

Key Role D5 Help people to recover from sports injuries

Unit D51 Work with health care and other professionals to agree and implement a response to a sports injury

Unit Summary

About this Unit

This unit is about identifying the nature of the participant's injury, and planning and implementing a response. Unless the candidate is working in a first aid situation, the unit requires them to work under the direction of a relevant health care professional (for example a medical practitioner or chartered physiotherapist). For each element they have to keep records and store these records safely and securely following legal requirements.

Who is the Unit for?

The unit is aimed at people involved in providing health care and support to participants in sport, exercise and active recreation. These people will not normally be eligible for registration with the General Medical Council or Council for the Professions Supplementary to Medicine.

What Does the Candidate Have to Do?

The unit has five elements. These are:

D51.1 Identify the nature of the participant's injury

The candidate has to collect and use as much available information as possible and observe and note the visible aspects of the injury. They should carry out basic palpatory and physical assessments and question the participant, all in a way that maintains their dignity. They must find out about the participant's level and frequency of participation and the expectations of treatment. The candidate must identify and classify the nature of the participant's injury and take appropriate action through either providing first aid to a recognised standard, following the PRICE regime or referral to a relevant health care professional.

D51.2 Agree the aims of rehabilitation with a health care professional

The candidate has to contribute aims and objectives that are relevant to the nature of the injury, the participant's needs and expectations. They should agree the aims and objectives with the participant and other relevant personnel (other sports professionals and relevant health care professionals), make sure the aims and objectives are achievable and meet the requirements of the health care professional.

D51.3 Plan a rehabilitation programme with a health care professional and other personnel

The candidate has to make sure the programme contains treatment methods that are safe, consistent with the requirements of the relevant health care professional. They should make sure there are ways of measuring progress built in and that the necessary resources and time are available. They should discuss and agree all aspects of the programme with the participant and other professionals.

D51.4 Implement an agreed rehabilitation programme

The candidate must implement the programme as planned and monitor and report progress. They must adjust the programme in the light of progress and directions from the relevant health care professional.

D51.5 Conclude an agreed rehabilitation programme

The candidate must identify when the aims and objectives of the programme have been achieved, inform other relevant personnel and seek their feedback. They should inform the participant that the programme has finished, advise them on aftercare and record what has happened.

Explanations and Examples for Some of the Terms Used

The following are provided as guidance to candidates and assessors:

Aftercare

Written or verbal guidance for the participant on continued compliance with the rehabilitation programme.

Rehabilitation

Intervention to progress someone from the initial injury to a return to participation in sport, exercise

Relevant healthcare professional

A member of the General Medical Council or the Council for the Professions Supplementary to Medicine.

Sports injury

Injuries to bones, joints and soft tissues as a result of participation in sport, exercise or active recreation

Element D51.1

The candidate must be able to:

Identify the nature of the participant's injury

Performance criteria

When doing so, the candidate must:

1. collect and use as much available information as possible on the participant's **injury** and the circumstances in which it occurred
2. question the **participant** in a way that maintains their dignity
3. accurately observe and note the visible aspects of the **participant's injury**
4. correctly carry out basic **palpatory and physical assessment** relevant to the **participant's injury**
5. identify and classify the nature of the **injury** and take **appropriate action**
6. establish the **participant's** level and frequency of participation and their expectations of treatment
7. accurately and clearly record the results of the assessment and the **appropriate action** and store the records in a safe place, according to legal requirements

Range

This element covers the following injuries:

- a) to bones
- b) to joints
- c) to soft tissues:

the following palpatory and physical assessments, limited to:

- a) passive movement
- b) active movement
- c) resisted movement
- d) degree of swelling
- e) variations in body temperature
- f) tenderness

the following participants:

- a) male
- b) female
- c) preadolescent
- d) adolescent
- e) adult
- f) special needs

and the following appropriate actions:

- a) providing immediate care to a recognised standard of first aid relevant to sport
- b) protection, rest, ice, compression and elevation
- c) referral to relevant health care professional

Element D51.2

The candidate must be able to:

Agree the aims of rehabilitation with a health care professional

Performance criteria

When doing so, the candidate must:

1. contribute aims that are relevant to the **participant's** injury and their expectations and individual needs
2. agree the aims and objectives with the **participant** and a relevant health care professional and, where appropriate, other personnel
3. make sure the aims and objectives are achievable within the time and resources available
4. make sure the aims meet the requirements of a relevant health care professional
5. accurately and clearly record all agreements that they have made and store these in a safe place

Range

This element covers the following participants:

- a) male
- b) female
- c) preadolescent
- d) adolescent
- e) adult
- f) special needs

Element D51.3

The candidate must be able to:

Plan a rehabilitation programme with a health care professional and other personnel

Performance criteria

When doing so, the candidate must:

1. make sure the programme contains **rehabilitation methods** that are safe, consistent with the requirements of a relevant health care professional, and provide the optimum means of achieving the agreed aims and objectives
2. make sure the plan has milestones for assessing progress and criteria for progressing and regressing the programme according to achievement
3. make sure that all the necessary resources are available for the programme
4. make sure the programme is realistic in terms of schedule
5. discuss and agree all aspects of every stage of the programme with the **participant** and a health care professional and other relevant personnel
6. accurately and clearly record all agreements that they have made and store these in a safe place

Range

This element covers the following
rehabilitation methods:

- a) progressive exercise
- b) massage
- c) non-electrical thermal modalities
- d) bandaging and taping

and the following **participants:**

- a) male
- b) female
- c) preadolescent
- d) adolescent
- e) adult
- f) special needs

Element D51.4

The candidate must be able to:

Implement an agreed rehabilitation programme

Performance criteria

When doing so, the candidate must:

1. implement the **programme** following the agreed plan and the approval of a relevant health care professional
2. monitor the **participant's** progress and report to the relevant health care professional and other personnel as agreed
3. adjust the aims and the **programme** in a way that is consistent with the **participant's** achievements and the directions of the relevant health care professional
4. discuss and agree progress and adjustments with the **participant**
5. clearly and accurately record progress and adjustments and store these in a safe place

Range

*This element covers the following **programmes** consisting of:*

- a) progressive exercise
- b) massage
- c) non-electrical thermal modalities
- d) bandaging and taping

*and the following **participants**:*

- a) male
- b) female
- c) preadolescent
- d) adolescent
- e) adult
- f) special needs

Element D51.5

The candidate must be able to:

Conclude an agreed rehabilitation programme

Performance criteria

When doing so, the candidate must:

1. identify when the optimum levels of the **programme** have been achieved
2. inform health care and other professionals and seek their approval to conclude the **programme**
3. inform the **participant** of the **programme's** conclusion
4. provide them with correct information on aftercare
5. record the achievements of the **programme** and details of any aftercare that has been suggested
6. evaluate and record all aspects of their personal practice
7. store all records in a safe place

Range

*This element covers the following **programmes** consisting of:*

- a) progressive exercise
- b) massage
- c) non-electrical thermal modalities
- d) bandaging and taping

*and the following **participants**:*

- a) male
- b) female
- c) preadolescent
- d) adolescent
- e) adult
- f) special needs

What Knowledge, Understanding, Values and Skills Does the Candidate Need?

The candidate must show that they know and understand:

For the whole unit

1. the requirement for working under the direction of a relevant health care professional when establishing the nature of injuries and planning and implementing rehabilitation programmes
2. the importance of working closely with other professionals such as coaches and sports scientists
3. the importance of accurate record keeping at every stage of identifying injuries through to concluding a rehabilitation programme
4. the importance of confidentiality and storing records securely and safely
5. the importance of discussing programmes with the participant and other sports professionals
6. current legal requirements for storing information on participants and action taken to deal with their injury

Identifying the nature of the participant's injury

7. the importance of identifying the nature of the participant's injury before proceeding any further
8. the types of information that need to be collected to identify the nature of an injury and where the candidate should collect such information from
9. what to look for when observing the visible aspects of the participant's condition
10. how to carry out basic palpatory and physical assessments as listed
11. the importance of being sensitive when examining and questioning a participant about their injury and how to do so
12. the importance of establishing the participant's level and frequency of participation and what they expect from the treatment
13. how to identify and classify injuries
14. procedures to follow in the event of acute injuries
15. procedures to follow in the event of chronic injuries

Identifying and prioritising aims and objectives

16. the importance of agreeing aims and objectives with the participant and other relevant personnel
17. how to develop aims and objectives for a range of injuries and participant expectations

Planning rehabilitation programmes

18. the range of methods available and how to choose appropriate methods for a range of sports injuries
19. the importance of identifying and explaining contraindications to participants
20. the importance of milestones and how to set them
21. resources that will be needed for the range of methods available and how to access these
22. how to decide whether a schedule of treatment is realistic

Implementing rehabilitation programmes

23. the importance of monitoring
24. how to report on the participant's progress
25. how to adjust the aims and objectives and the programme itself in response to assessed progress

Concluding rehabilitation programmes

26. how to identify when the aims and objectives have been achieved
27. the importance of aftercare and how to advise the participant

What Key Skills Could the Candidate Cover?

If a candidate successfully completes this unit, they could provide evidence for the following key skills:

Communications

Element 4.1 Take part in discussions

Element 3.2 Produce written material

Element 2.3 Use images

Element 4.4 Read and respond to written materials

Application of Number

Element 1.1 Collect and record data

Element 1.2 Tackle problems

Working with others

Element 3.1 Identify collective goals and responsibilities

Element 3.2 Work to collective goals

Improving own Learning and Performance

Element 3.1 Identify targets

Element 3.2 Follow schedule to meet targets

Problem solving

Element 3.1 Select procedures to clarify problems with a range of possible solutions

Element 3.2 Identify alternative solutions and select solutions to problems

What Core Skills Could the Candidate Cover? (For candidates in Scotland)

If a candidate successfully completes this unit, they could provide evidence for the following core skills:

Spoken Communication

Element 4.1 Demonstrate an understanding of complex spoken communication

Element 4.2 Take part in sustained discussions on complex topics

Written Communication

Element 4.1 Demonstrate an understanding of complex written communication

Element 3.2 Produce well structured written communication

Using Number

Element 1.1 Apply basic numerical skills to solve simple problems relevant to the workplace

Element 1.2 Interpret and communicate data relevant to the workplace

Working with others

Element 3.1 Negotiate collective and personal responsibilities in relation to set targets

Element 3.2 Establish and maintain working relationships, in relation to set targets

Element 3.3 Analyse personal contribution to working with others to achieve targets

Problem solving

Element 3.1 Explain the nature of a non-routine problem

Element 3.2 Identify a strategy for solving a non-routine problem and plan its implementation

Element 3.3 Implement a strategy for solving a non-routine problem

Element 3.4 Assess the effectiveness of a strategy for solving a non-routine problem.