

Abdominal Massage

As an NDIS provider, Life Without Barriers (LWB) must comply with the NDIS Practice Standards and Quality Indicators to deliver high quality and safe High Intensity Daily Personal Activities (HIDPA) support. In addition, trainers should use the [High Intensity Support Skills Descriptors](#) to ensure the training they offer equips LWB staff with the skills and knowledge expected to provide high intensity supports.

To support this, on the next page is a table to guide Appropriately Qualified Health Practitioners (AQHP) in the training requirements regarding the provision of Complex Bowel Care.

When training LWB staff in Abdominal Massage, please include ALL the essential elements relevant to the person's plan and support task.

You will be asked to complete an endorsement following training to confirm the following:

- you have accessed the NDIS LWB 5635 HIDPA Complex Bowel Care Abdominal Massage – Training Essentials (this document)
- you have accessed the relevant LWB HIDPA Support Procedure
- names of staff member/s you trained in the person's plan and support task
- that the staff member/s were assessed as effectively demonstrating skills, knowledge and understanding associated with the person's plan, or whether further training is required.

If you have any additional questions regarding the training and requirements of our staff, please contact our Professional Learning Team at LearningDMH@lwb.org.au.

Thank you for working in partnership with LWB to maintain the safety and well-being of the people we support, and for assisting us in complying with the [NDIS Practice Standards and Quality Indicators](#) related to the provision of Complex Bowel Care.

Essential Training Element	Training Outcome LWB staff members will practically demonstrate:
Understands the process of complex bowel care abdominal massage, the purpose and complications associated with the procedures	Knowledge of the basic anatomy of the lower gastrointestinal tract and how the nervous system impacts the lower gastrointestinal tract
	An understanding of the role of good bowel care in supporting a person to lead the life they choose and the purpose of abdominal massage
	An understanding of the person’s Bowel Care Plan and when and if abdominal massage is required
	Identification of situations when the procedure should not be performed, for example, if the person has a stomach wound, sores, unexplained pain, or pregnancy
	An understanding of complications with abdominal massage, especially how starting on the left side (wrong) can worsen constipation
Emergency Response	An understanding of when to stop the procedure and what action to take
Administer digital stimulation as per the person’s plan	How to check the person’s Complex Bowel Care Plan
	How to gather equipment and prepare the area
	How to assist the person into the correct position for the procedure (as per plan) and reassure them throughout the process
	How to check for abnormalities, including bruising, pressure injury, and skin integrity
	How to ask the person to relax their legs and abdominal region and use relaxation tips to help them release tension in the abdomen
	How to apply massage oil as required.
	How to begin the massage on the right lower abdomen and continue to massage in the correct direction.

Essential Training Element	Training Outcome LWB staff members will practically demonstrate:
	How to use the proper cupping technique or C motion and massage for the accurate timeframe as planned.
	How to assist with toilet hygiene when the procedure has been completed or when the person feels the urge
	How to record any abnormalities, including bruising, pressure injury, and skin integrity issues
	How to document bowel results and observations in the Bowel Chart
Shows respect for the individual and works with them to make the process comfortable	Ensuring support practice respects the person throughout the process
	An explanation to the person of each step to be taken and seek their consent before performing any tasks
	Actively involving the person in their support, as outlined in their plan, and to their chosen level
Health, Safety and Environment	Hygiene and infection control procedures. For example, they wash their hands before and after the procedure
	How to clean and dispose of all equipment and waste appropriately
	Appropriate and accurate documentation when the procedure is completed