

## Higher National Unit Specification

### General information for centres

**Unit title:** Beauty Treatment: Hand and Foot Therapy

**Unit code:** DN7R 33

**Unit purpose:** This unit is designed to give the candidate skills and underpinning knowledge to provide hand and foot therapy treatments. It is primarily intended for candidates who wish to work in the beauty therapy or nail treatments industry.

On completion of this unit, the candidate will be able to:

- 1 Demonstrate consultation techniques, prior to hand and foot treatments and form an appropriate treatment plan.
- 2 Demonstrate a range of practical hand and foot therapy treatments.
- 3 Evaluate hand and foot treatments and provide aftercare.

**Credit points and level:** 1 HN Credit at SCQF level 6: (8 SCQF credit points at SCQF level 6\*)

*\*SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

**Recommended prior knowledge and skills:** It is not necessary for candidates to have had previous experience in this field. However access to this unit requires the candidate to possess the relevant underpinning knowledge and skills found in Anatomy and Physiology SCQF level 7.

**Core skills:** There may be opportunities to gather evidence towards core skills in this Unit, although there is no automatic certification of core skills or core skills components.

**Context for delivery:** This is an optional Unit in the framework for HNC/HND Beauty Therapy. It is recommended that it should be taught and assessed within the subject area of the group award to which it contributes.

**Assessment:** Two different instruments of assessment will be used to assess this unit: The theory aspect of outcomes 1 will be assessed using a paper containing 20 restricted response questions lasting no more than 1 hour in duration covering all the knowledge required to carry out a range of hand and foot therapy treatments, this should be carried out in controlled conditions. The practical aspects of outcomes 1 to 3 will be assessed by an observational checklist. This checklist also includes the completion of client consultation/ record cards for each practical treatment. The procedures are assessed against a checklist of the knowledge and skills required as indicated by the assessor.

## **Higher National Unit specification: statement of standards**

**Unit title:** Beauty Treatment: Hand and Foot Therapy

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The sections of the Unit stating the Outcomes, knowledge and/or skills, and evidence requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

### **Outcome 1**

Demonstrate consultation techniques, prior to hand and foot therapy treatments and form an appropriate treatment plan.

#### **Knowledge and/or skills**

- ◆ Personal preparation
- ◆ Benefit
- ◆ Contra-indications
- ◆ Disorders
- ◆ Range of treatments
- ◆ Professionalism and sensitivity
- ◆ Preparation
- ◆ Sterilisation
- ◆ Client care

#### **Evidence requirements**

Candidates will need evidence to demonstrate their knowledge and/or skills by showing that they have an understanding sufficient to meet the requirements of each item. The theory aspect of the assessment will take the form of 20 restricted response questions and completed observation checklist and client consultation/record card in which the candidate will be required to:

- ◆ describe the benefits of treatments
- ◆ plan an appropriate treatment strategy to meet the client's requirements
- ◆ explain the contra-indications to treatments
- ◆ demonstrate sensitivity and professionalism towards the client
- ◆ prepare for hand and foot treatments
- ◆ describe commercially available nail, hand and foot products

The above items refer to bullet points listed under knowledge/or skills.

## **Higher National Unit specification: statement of standards (cont)**

### **Unit title:** Beauty Treatment: Hand and Foot Therapy

Practical aspects of this outcome will be assessed through:

- ◆ a practical observation checklist
- ◆ completed consultation/client records

The theory aspects of Outcome 1 and 2 will be assessed using one paper through a closed book restricted response 20 question paper. The assessment should last no longer than 1 hour.

### **Assessment guidelines**

The assessment of this outcome is combined with practical elements of all the outcomes. This could be constructed over several sessions lasting up to the times imposed by the industry for each practical treatment. One of the points on the checklist is the completion of detailed client consultation/record cards. This will indicate that the candidate can plan, perform, evaluate and record a detailed treatment strategy to address the client's needs, thus utilising all underpinning theoretical and practical knowledge

### **Outcome 2**

Demonstrate a range of practical hand and Foot treatments.

#### **Knowledge and/or skills**

- ◆ Practical treatments
- ◆ Treatment strategy
- ◆ Safe practice

#### **Evidence requirements**

Candidates will need evidence to demonstrate all aspects of their knowledge and/or skills in this outcome by showing that they can:

- ◆ perform an effective manicure, pedicure, warm oil, paraffin wax and massage treatment on the hand and foot, ensuring client comfort and care
- ◆ perform a treatment which is appropriate in terms of sequencing, timing and achieve the objectives of the treatment plan
- ◆ demonstrate the method of implement usage is in accordance with safe practice
- ◆ position the client appropriately for treatment
- ◆ demonstrate appropriate presentation, in terms of dress, appearance and personal hygiene.
- ◆ demonstrate the full spectrum of hand and foot treatments such as; manicure, pedicure, warm oil, paraffin wax, hand and foot massage
- ◆ demonstrate appropriate use, positioning and hygienic preparation
- ◆ demonstrate appropriate presentation, in terms of dress, appearance and personal hygiene
- ◆ position the client correctly for treatment

The practical aspects will be assessed through:

- ◆ A practical observation checklist
- ◆ Completed consultation/client records

## **Higher National Unit specification: statement of standards (cont)**

**Unit title:** Beauty Treatment: Hand and Foot Therapy

### **Assessment guidelines**

The assessment of this outcome is combined with practical elements of all the outcomes. This could be constructed over several sessions lasting up to the times imposed by the industry for each practical treatment. One of the points on the checklist is the completion of detailed client consultation/record cards. This will indicate that the candidate can plan, perform, evaluate and record a detailed treatment strategy to address the client's needs, thus utilising all underpinning theoretical and practical knowledge

### **Outcome 3**

Evaluate hand and foot treatments and provide aftercare

#### **Knowledge and/or skills**

- ◆ Aftercare/homecare
- ◆ Evaluation
- ◆ Record cards

#### **Evidence requirements**

Candidates will need evidence to demonstrate all aspects of their knowledge and/or skills in this outcome by showing that they can:

- ◆ provide aftercare and homecare procedures concisely and comprehensively
- ◆ evaluate the effectiveness of the treatment accurately and acknowledge client feedback
- ◆ record client details concisely

Assessment of outcome 3 will be through:

- ◆ Practical observation checklist which can be a continuation of that used for outcomes 1 and 2
- ◆ Completed consultation/client records

### **Assessment guidelines**

The assessment of this outcome is combined with practical elements of all the outcomes. This could be constructed over several sessions lasting up to the times imposed by the industry for each practical treatment. One of the points on the checklist is the completion of detailed client consultation/record cards. This will indicate that the candidate can plan, perform, evaluate and record a detailed treatment strategy to address the client's needs, thus utilising all underpinning theoretical and practical knowledge

## **Administrative Information**

<b>Unit code:</b>	DN7R 33
<b>Unit title:</b>	Beauty Treatment: Hand and Foot Therapy
<b>Superclass category:</b>	HL
<b>Date of publication:</b>	June 2005
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## Higher National Unit specification: support notes

### Unit title: Beauty Treatment: Hand and Foot Therapy

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

### Guidance on the content and context for this Unit

This unit is primarily intended to prepare candidates to perform a range of hand and nail therapy treatments while employing all underpinning knowledge. Candidates are required to be assessed by restricted response questions along with an observational assessment to evaluate their effectiveness. Included within this observational checklist is the completion of client consultation/ record cards for each hand and foot therapy treatment. Candidates will complete this optional unit in beauty therapy after first completing Applied Anatomy and Physiology or with both units working in tandem. This will enable students to perform hand and foot therapy treatments.

In Outcome 1 candidates should be encouraged to think about the following:

- ◆ reasons for consultation
- ◆ particular consultation techniques
- ◆ procedures for manicure, pedicure, hand massage, foot massage, warm oil, paraffin wax
- ◆ working knowledge of the nail, hand and foot to a level which enables the candidate to diagnose clients needs and plan treatments
- ◆ contra-indications: inflammation, chilblains, ringworm, impetigo, verrucae, scabies, paronychia, warts, ingrown toenails, severe bruising, athlete's foot, allergic reactions, recent scar tissue, recent injury
- ◆ disorders: hangnail, beaus line, black streaks, blue nail, corrugations, discoloured nail, eggshell nails, onycholysis, increased curvature, bitten nails, splitting nails, psoriasis, overgrown cuticle, transverse furrows, callouses, hammer toes, blisters, corns, bunions
- ◆ special care: clients currently undergoing medical treatment, epilepsy, diabetes, Raynauld's Phenomenon

In Outcome 2 candidates should be encouraged to think about the following:

- ◆ reasons for particular treatments;
- ◆ treatment routines: manicure, pedicure, hand massage, foot massage, paraffin wax, warm oil;
- ◆ implements: emery board, cuticle knife, hoof stick, orange stick, cuticle clippers, nail brush, toe nail clippers;
- ◆ products: buffing paste, cuticle cream, cuticle remover, hand/foot cream, enamel, top coat, base coat, ridge fillers, nail hardeners, enamel thinner, hard skin remover, foot spray
- ◆ different nail shapes, sizes
- ◆ health and safety procedures: plugs, leads, storage, temperature control
- ◆ need for correct sequencing and continuity of massage movements
- ◆ benefits of treatment
- ◆ consequences of damage to structures

## **Higher National Unit specification: support notes (cont)**

### **Unit title:** Beauty Treatment: Hand and Foot Therapy

The above items refer to the points listed under knowledge/or skills. Candidates must demonstrate a satisfactory treatment for all points during practical sessions. Candidates will be required to meet all the criteria listed on the observational checklist, therefore ensuring an efficient and effective treatment. Detailed client record cards must also be produced for each practical hand and foot therapy treatment, and include preparation and consultation. The completion of outcome 2 can be judged to be satisfactory where the evidence provided is sufficient to meet the requirements for each hand and nail treatment. The assessment should take place in a simulated salon situation. The procedures are assessed against a checklist of the knowledge and skills required as indicated by the assessor.

In Outcome 3 candidates should be encouraged to think about the following:

- ◆ concepts and procedures of aftercare
- ◆ evaluation followed by specific aftercare advice
- ◆ need to keep accurate record cards
- ◆ methods of recording

The completion of outcome 3 can be judged to be satisfactory where the evidence provided is sufficient to meet the requirements for the evaluation each hand and foot treatment against the client feedback and the knowledge of the aftercare advice given. The evaluations are assessed against a checklist of the knowledge and skills required as indicated by the assessor. Effective methods of recording treatments should be demonstrated.

## **Guidance on the delivery and assessment of this Unit**

### ***Opportunities for developing Core Skills***

This unit is likely to form part of a group award which is primarily designed to provide candidates with technical, professional knowledge and skills related to beauty therapy. It would be expected however that those who successfully completed the award would work in the beauty or foot therapy industry. It is likely to be delivered towards the later half of the awards by which times candidates should have a good appreciation of the Anatomy and Physiology required for this unit. Delivery should be in the form of practical demonstrations with candidates practicing the skills required to achieve the competences. Along side the practical performance aspect the candidates should receive lectures and course notes relating to the theoretical aspects of hand and nail therapy treatments. Assessment will be by restricted response questions and practical observation which, will be undertaken close to the end of the delivery period of the unit. The procedures are assessed against a checklist of the knowledge and skills required as indicated by the assessor. The completed client consultation/record cards also form part of the observational checklist

## **Open learning**

The theoretical aspects of this Unit could be studied through open/flexible learning. However, the high level of practical competences required, make this Unit unsuitable to open learning.

For further information and advice please refer to *Assessment and Quality Assurance for Open and Distance Learning (SQA, February 2001 – publication code A1030)*.

## **Higher National Unit specification: support notes (cont)**

**Unit title:** Beauty Treatment: Hand and Foot Therapy

### **Candidates with additional support needs**

This Unit specification is intended to ensure that there are no artificial barriers to learning or assessment. The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering alternative Outcomes for Units. For information on these, please refer to the SQA document *Guidance Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs*, which is available on the SQA website [www.sqa.org.uk](http://www.sqa.org.uk).



## General information for candidates

### Unit title: Beauty Treatment: Hand and Foot Therapy

This unit is designed to give you skills and knowledge to produce hand and foot therapy treatments, in the beauty or nail treatments industry. This unit is part of the HN Beauty Therapy group award and must be completed in conjunction with Anatomy and Physiology. Delivery will be in the form of practical demonstrations with you practicing the skills required to achieve the competence on each other, or models. In addition for the practical performance aspects you will receive course notes and lectures relating to the theoretical aspect of:

- ◆ benefits and procedures
- ◆ treatment strategy
- ◆ contra-indications
- ◆ Disorders
- ◆ range of treatments
- ◆ professionalism and sensitivity
- ◆ preparation
- ◆ sterilisation
- ◆ personal presentation
- ◆ client care
- ◆ practical treatments
- ◆ safe practice
- ◆ aftercare/homecare
- ◆ evaluation
- ◆ record cards

In order to complete this unit successfully, you will be required to achieve a satisfactory level of performance in a restricted response question paper that covers the theory aspects of Outcomes 1 to 3. The practical aspect of outcomes 1 to 3 is covered in the practical assessment undertaken close to the end of the unit. The practical element is assessed against a checklist of the knowledge and skills required as indicated by the assessor. One of the points on this checklist is the completion of detailed client record cards that will show that by the end of this unit you can plan, perform, evaluate and record a detailed treatment strategy to address your clients needs utilising all your underpinning theoretical and practical knowledge.