

## Higher National Unit Specification

### General information for centres

**Unit title:** Manual Lymphatic Drainage

**Unit code:** F1BC 35

**Unit purpose:** This Unit is designed to enable candidates to gain the necessary theoretical knowledge and practical skills to provide Manual Lymphatic Drainage (MLD). It is intended for candidates who want to expand their massage skills with this highly specialised technique.

On completion of the Unit the candidate should be able to:

- 1 Describe the various client conditions affected by lymphatic dysfunction.
- 2 Consult with clients to develop MLD treatment plans.
- 3 Prepare for and carry out MLD treatment.
- 4 Evaluate the effectiveness of the treatment provided.

**Credit points and level:** 2 HN Credits at SCQF level 8: (16 SCQF credit points at SCQF level 8\*)

*\*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:** Access to this Unit requires the candidate to possess an underpinning knowledge of anatomy and physiology, health and safety legislation, first aid and body massage.

List Units

**Core Skills:** There are opportunities to develop the Core Skills of Information Technology and Communication at Higher in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

**Context for delivery:** If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

**Assessment:** This Unit will be assessed through written assessments and practical observations.

Outcome 1 will be assessed by a written project.

Outcome 2 will be assessed by restricted response questions under closed-book controlled conditions.

The practical aspects of Outcome 2, 3 and 4 are assessed holistically through manual lymphatic drainage involving client consultation, treatment plans, preparation and application of effective treatment and evaluation. The observations will be supported by client case study notes.

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

**Unit title:** Manual Lymphatic Drainage

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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**

Describe the various client conditions affected by lymphatic dysfunction

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

- ◆ Comprehensive study of MLD, including:
  - functions of the lymphatic system
  - diseases and disorders of the lymphatic system
  - conditions which would benefit from MLD treatment

#### **Evidence Requirements**

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ Explain the functions of the lymphatic system.
- ◆ Describe four disorders of the lymphatic system from the following: tonsillitis, glandular fever, lymphoedema, lymphadenitis, hodgkin's lymphoma, milroy's, disease, lymphangioma, cellulites, filariasis.
- ◆ Describe why the various client conditions would benefit from mld treatment including: oedema, cellulite, post cosmetic surgery, poor circulation, psychological and physiological conditions indicative to MLD treatment.

The project must be approximately 2,000 words with referencing and bibliography.

#### **Assessment guidelines**

Candidates should research and demonstrate their knowledge and understanding of lymphatic function, dysfunction and conditions which would benefit from treatment. This can be presented in the form of a project.

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

**Unit title:** Manual Lymphatic Drainage

### Outcome 2

Consult with clients to develop MLD treatment plans

#### Knowledge and/or skills

- ◆ Consultation and recording of client details
- ◆ Contra-indications
- ◆ MLD treatment: procedure, indications, effects
- ◆ Selection and agreement of treatment plan

#### Evidence Requirements

Candidates will need to provide evidence to demonstrate their skills and/or knowledge by showing that they can:

- ◆ Gather clear and accurate client details in a sensitive, empathetic manner using questioning and visual examination.
- ◆ Identify and explain the relevant contra-indications which should include heart failure, deep vein thrombosis, raised and lowered blood pressure, kidney failure, acute inflammatory disorders. Special care should be taken with asthma and thyroid problems. It should be noted that all manual massage contra-indications are also relevant and that the ones listed are MLD specific.
- ◆ Explain to client the MLD treatment in terms of procedure, indications and effects.
- ◆ Identify specific conditions, explain treatment aims and agree a plan with the client.

Evidence will be generated by written and practical assessment. The written assessment, in the form of restricted response questions based on contra-indications, will be undertaken in closed-book controlled conditions within a one hour working period. The candidate must achieve all questions.

Details of the practical assessment are given after Outcome 4.

#### Assessment guidelines

It is recommended that the practical aspects of this Outcome are combined with Outcomes 3 and 4.

### Outcome 3

Prepare for and carry out MLD treatment

#### Knowledge and/or skills

- ◆ Preparation of therapist, treatment area and products
- ◆ Preparation and positioning of client
- ◆ Posture and positioning
- ◆ Performance of MLD techniques in sequence within an acceptable timescale
- ◆ Maintenance of client care, comfort and relaxation throughout treatment

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

### Unit title: Manual Lymphatic Drainage

#### Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ Prepare and position the client correctly ensuring that oedematous body areas are comfortably supported.
- ◆ Perform a MLD treatment in accordance with client requirements. Generalised MLD should include: neck, face, arms, abdomen, legs (front), back, gluteals, legs (back) and watershed work. The correct posture and positioning of the candidate is essential throughout the treatment as the routine is very precise and requires a high level of concentration with rhythmical application.
- ◆ Perform the correct techniques including: stationary circles, pump technique, scoop technique, rotary technique in sequence within an acceptable timescale of 1 hour 15 minutes if a generalised treatment is required and less time if a localised treatment is given.
- ◆ Ensure client care, comfort and relaxation is maintained throughout the treatment observing body language and non-verbal communication.

Details of the practical assessment are given after Outcome 4.

#### Assessment guidelines

It is recommended that the assessment of this Outcome is combined with Outcomes 2 and 4, details of which are given at Outcome 4.

### Outcome 4

Evaluate the effectiveness of the treatment provided

#### Knowledge and/or skills

- ◆ Effectiveness of treatment in relation to client feedback
- ◆ Advice on possible contra-actions to treatments
- ◆ General aftercare and specific homecare plans
- ◆ Recording of client details

#### Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ Evaluate the effectiveness of the treatment by gaining client feedback in an accurate empathic and supportive manner.
- ◆ Advise clients on possible contra-actions to treatments including: extreme tiredness, dizziness, disorientation, nausea, allergic reaction and emotional release.
- ◆ Provide general aftercare advice following treatment and specific homecare plans including self massage, exercise, breathing techniques.
- ◆ Record clearly and accurately client details relating to the effectiveness of MLD treatment.
- ◆ Use problem solving strategies to manage possible contra-actions, interpret client feedback and give advice and support, which is constructive and satisfactory to the client.

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

### **Unit title:** Manual Lymphatic Drainage

Practical observation of the application of MLD treatment should include client consultation, treatment plans, preparation and application of effective treatment and evaluation. Candidates are required to produce three case studies for three clients presenting with different conditions, where each client receives four Manual Lymphatic Drainage treatments to support the practical evidence.

### **Assessment guidelines**

It is recommended that the assessment of this Outcome is combined with Outcomes 2 and 3.

Practical observation assessed against a checklist may take place on completion of sufficient treatments to ensure competency. The conditions should be chosen from the list included in the Evidence Requirements (third bullet point) for Outcome 1. Supplementary oral questioning can be used to support decisions. The candidate must be able to evidence full knowledge of any area that cannot be demonstrated.

## Administrative Information

**Unit code:** F1BC 35

**Unit title:** Manual Lymphatic Drainage

**Superclass category:** HK

**Original date of publication:** February 2007

**Version:** 01

### History of changes:

Version	Description of change	Date

**Source:** SQA

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## Higher National Unit specification: support notes

### Unit title: Manual Lymphatic Drainage

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 80 hours.

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

This Unit is intended to enable candidates to extend their existing massage skills using the specialised technique of MLD. Candidates will be given the essential underpinning knowledge to describe, consult, prepare, carry out, and evaluate treatment effects using appropriate techniques and provide homecare plans on a range of client conditions.

**Outcome 1** involves a comprehensive study of MLD to develop the candidate's knowledge and understanding of the specialised strokes: stationary circles, scoop, pump and rotary techniques and should be clearly described.

Candidates are required to build on existing lymphatic anatomy and physiology knowledge and research functions of the lymphatic system relating to MLD. Filtration, diffusion, osmosis and the movement of plasma proteins in a healthy, holistically balanced body are essential knowledge for candidates to be able to discuss imbalance relating to disease and disorder. The various client conditions which would benefit from MLD should be researched theoretically and adapted practically during practical case study work. The client conditions should include oedema, cellulite, post cosmetic surgery, poor circulation, psychological and physiological conditions indicative to MLD treatment such as muscular tension and stress.

**Outcome 2** involves the underpinning knowledge of MLD specific contra-indications including heart failure, deep vein thrombosis, raised and lowered blood pressure, kidney failure and acute inflammatory disorders. Special care should also be included and involves asthma and thyroid problems.

**Outcomes 2, 3 and 4** involve the practical preparation, delivery and evaluation of MLD. Treatments should be taken from the following indications: oedema, cellulite, post cosmetic surgery, poor circulation, psychological and physiological conditions indicative to MLD treatment such as muscular tension and stress.

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

This Unit is a mandatory Unit in the framework for HND Complementary Therapies and assessed within the particular Group Award to which it contributes. Delivery should guarantee sufficient theoretical knowledge and practical experience by candidates to ensure competence and confidence of all MLD techniques.

Theoretical and practical skills should be delivered holistically with client case studies commencing once students have shown a competency and a confidence with the massage routine. Until then, candidates should work on peers during practical tuition time.

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

### **Unit title: Manual Lymphatic Drainage**

Written case studies should be submitted at the end of the allocated time for the Unit. It is recommended that three case studies with three treatments each on four different client conditions is carried out. Each treatment should last approximately 45 minutes if localised and 1 hour 15 minutes if general.

The restricted response theory assessment should be closed-book with a time allocation of one hour and is detailed in Evidence Requirements.

Ongoing oral questioning throughout the Unit will assist in monitoring the development of candidates' underpinning knowledge. Candidates should be encouraged to continue practising their practical skills and undertake home study through self-research, using textbooks and appropriate websites thus adding to the knowledge gained from the tutor.

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

Candidates should develop skills in the use of Information Technology as they manage the practical aspects of research activities. Instruction in the most effective use of learning resource centre systems will support candidates as they access and analyse a range of complex information. Skills in accessing and evaluating electronic sources which provide a range of current facts and ideas on professional concerns and issues will be developed, in order that candidates are able to read in depth and in detail reference materials from a range of Internet sites, electronic databases and journal archives. Checklists provided to support analytical evaluation of information accessed could include criteria to ensure a check on the currency, authority, accuracy, and balance of all information.

The need to develop efficient systems of recording, coding and storing outline information for ease of reference, such as logs, diaries, and notes folders will be emphasised. Where practical, candidates will have opportunities for computerised record keeping and be aware of the importance of saving and performing back ups. Although skills in written communication are not formally assessed, candidates will need to produce and present written materials to a standard acceptable in the vocational area and related industries and they will be familiar with current examples of appropriate documents. Candidates will be expected to express essential ideas, information accurately and coherently, to use a formal structure and recognised format, and to check language, spelling, punctuation and syntax for accuracy.

#### **Open learning**

This Unit is not suitable for open and distance learning, due to the large proportion of practical work and assessment observations.

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

#### **Candidates with disabilities and/or additional support needs**

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. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs (www.sqa.org.uk)*.

## General information for candidates

### Unit title: Manual Lymphatic Drainage

This Unit is designed to expand your knowledge of existing face and body massage skills using specialised Manual Lymphatic Drainage (MLD) techniques. You will gain the knowledge required to enable you to describe MLD treatment, consult with clients, carry out the practical application of the treatment and provide homecare plans. You will research the specific conditions which would benefit from treatment and the conditions which cannot be treated.

**Outcome 1** involves a comprehensive study of MLD to develop the specialised strokes. Stationary circles, scoop, pump and rotary techniques should be clearly described.

You are required to build upon existing lymphatic anatomy and physiology knowledge and research functions of the lymphatic system relating to MLD. Filtration, diffusion, osmosis and the movement of plasma proteins in a healthy, holistically balanced body are essential knowledge to enable you to discuss imbalance relating to disease and disorder.

The various client conditions which would benefit from MLD should be researched theoretically and adapted practically during practical case study work. The client conditions should include oedema, cellulite, post cosmetic surgery, poor circulation, psychological and physiological conditions indicative to MLD treatment such as muscular tension, stress. The information researched and gathered in this Outcome will be submitted for assessment in a project to evidence competency.

**Outcome 2** encompasses the underpinning knowledge of MLD specific contra-indications including heart failure, deep vein thrombosis, raised and lowered blood pressure, kidney failure and acute inflammatory disorders. Special care should also be included and involve asthma and thyroid problems.

The underpinning knowledge regarding contra-indications will be assessed using restricted response questions under closed-book conditions with a time allocation of one hour.

**Outcomes 2, 3 and 4** the practical elements are assessed collectively through observation of the application of MLD treatment involving client consultation, treatment plans, preparation and application of effective treatment and evaluation. Assessment may take place after completion of sufficient treatments to ensure competency. You are required to produce three case studies for three clients with different conditions, where each client receives four MLD treatments. The client conditions should be chosen from the following oedema, cellulite, post cosmetic surgery, poor circulation, psychological and physiological conditions indicative to MLD treatment muscular tension, stress. Supplementary oral questioning can be used to support decisions. You must be able to evidence full knowledge of any area that cannot be demonstrated.