

## Higher National Unit specification

### General information for centres

**Unit title:** Reflexology: Advanced

**Unit code:** F1BL 35

**Unit purpose:** This Unit is designed to extend the candidates' knowledge and skills of reflexology treatments. It will prepare them for work within a clinical environment.

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

- 1 Understand current developments within reflexology.
- 2 Consult and prepare for reflexology treatments.
- 3 Perform reflexology and administration of client self-help.
- 4 Evaluate the effectiveness of the treatment.

**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:** It is recommended candidates have completed the HN Units: Reflexology; Anatomy and Physiology; Research and Methodology; Complementary Therapy: Professional Issues in Practice.

**Core Skills:** There are opportunities to develop the Core Skills of Problem Solving, Working with Others and Communication at SCQF level 6 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:** Outcome 1 will be assessed by a written project. Outcomes 2, 3 and 4 will be assessed holistically using a checklist during observation of practical treatments. There will also be a closed-book written paper of 20 questions to cover Outcomes 2, 3 and 4.

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

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The sections of the Unit stating the Outcomes, Knowledge and/or Skills, and Evidence Requirements are mandatory.

### **Outcome 1**

Understand current developments within reflexology

#### **Knowledge and/or Skills**

- ◆ National organisations and institutes
- ◆ National and international networking
- ◆ Legislation

#### **Evidence Requirements**

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can, with reference to an investigative project:

- ◆ outline the recent developments within the reflexology professional bodies and the Standard Setting Body
- ◆ research the relevant elements of the current legislation in relation to reflexology
- ◆ identify the main networking bodies worldwide within reflexology

Candidates should investigate both national and international professional bodies. The research information incorporated in the report should be referenced.

#### **Assessment Guidelines**

A submission date for the projects should be agreed and adhered to. Oral questioning can be used to reinforce authenticity of evidence.

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

**Unit title:** Reflexology: Advanced

### **Outcome 2**

Consult and prepare for reflexology treatments

#### **Knowledge and/or Skills**

- ◆ Consultation/communication skills
- ◆ Contra-indications/special care
- ◆ Consent
- ◆ Treatment planning
- ◆ Foot observation and assessment
- ◆ Preparation of environment/client/candidate

#### **Evidence Requirements**

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

- ◆ gather clear and accurate client details in a sensitive, empathetic manner using questioning and visual examination
- ◆ identify any contra-indications or special care to the reflexology treatment
- ◆ gain the relevant consent either from GP, parent/guardian or client
- ◆ prepare a suitable treatment environment with appropriate lighting, temperature, ventilation and privacy
- ◆ prepare the client taking positioning and comfort into consideration
- ◆ ensure personal presentation is to a high standard in terms of appearance and hygiene
- ◆ accurately assess the feet both visually and tactile

Evidence will be generated through practical case studies. Candidates should consult with and prepare clients for reflexology.

Treatments are to be carried out over a range of 14 clients and cover a varying range of conditions.

One condition is to be explored further and completed in conjunction with the practical case study. An assignment will cover the research gained of the condition and the findings gained from the reflexology treatments.

#### **Assessment Guidelines**

This Outcome will be holistically assessed with Outcomes 3 and 4. Details of the assessment are stated at Outcome 4

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

**Unit title:** Reflexology: Advanced

### **Outcome 3**

Perform reflexology and administration of client self-help

#### **Knowledge and/or Skills**

- ◆ Nerve innervations
- ◆ Applications technique
- ◆ Client care
- ◆ Communication
- ◆ Meridians/body systems
- ◆ Client self-help

#### **Evidence Requirements**

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

- ◆ employ diagnostic use of the nerve innervations to support client consultation
- ◆ use advanced techniques where required: sliding, knuckling, pulsing, rotating and pointing
- ◆ maintain client care and comfort — the discomfort of the treatment/techniques should be taken into consideration
- ◆ use and work with the correct body systems and meridians in conjunction with the client consultation and nerve innervations
- ◆ advise on client self-help administration taking into account client responsibilities and responses

Evidence should be recorded on an observational checklist.

#### **Assessment Guidelines**

This Outcome will be holistically assessed with Outcome 2 and 4. Details of the assessment are stated at Outcome 4.

Treatments are to be carried out across a range of clients and cover a range of conditions. One condition to be further researched and completed within a case study. An assignment will cover the findings from the condition and workings within reflexology.

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

**Unit title:** Reflexology: Advanced

### **Outcome 4**

Evaluate the effectiveness of the treatment

#### **Knowledge and/or Skills**

- ◆ Evaluation
- ◆ Client feedback
- ◆ Aftercare/homecare
- ◆ Documentation

#### **Evidence Requirements**

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

- ◆ evaluate the effectiveness of the treatment by gaining client feedback in an accurate empathetic and supportive manner
- ◆ provide general aftercare advice following treatment
- ◆ provide specific homecare plans including client self-help using hand reflexology
- ◆ record clearly and accurately client details relating to the effectiveness of advanced reflexology treatments
- ◆ use problem-solving strategies to manage possible immediate and short term effects of reflexology
- ◆ interpret client feedback and give advice and support, which is constructive and satisfactory to the client

Treatments should be carried out on a range of 14 clients. The diverse client group should present with differing conditions and include clients wishing to main good health

#### **Assessment Guidelines**

This holistic assessment provides evidence for Outcomes 2, 3 and 4. This should be evidenced by the use of observation checklists and case studies. The candidate is required to complete 50 treatments in total by completion of 4 x 10 week case studies and the remainder 10 treatments made up of individual treatments.

Supplementary oral questions can be used to clarify decisions. Evaluate existing printed case studies and reason with the therapists choice of treatment leads to reinforce the value of reflective evaluation. Any differences which are evident may need to be justified.

## Administrative Information

**Unit code:** F1BL 35  
**Unit title:** Reflexology: Advanced  
**Superclass category:** HK  
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### History of changes:

Version	Description of change	Date

**Source:** SQA

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## Higher National Unit specification: support notes

### Unit title: Reflexology: Advanced

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 expand on their existing reflexology skills using a variety of different techniques. Candidates are required to research current developments within reflexology both nationally and internationally. The practical aspects of the Unit are to then consult, prepare, carry out and evaluate treatment effects using appropriate techniques and providing self-help and homecare advice on a range of client conditions.

**Outcome 1** candidates are required to complete a comprehensive study and research the current developments within the reflexology professional bodies and the Standard Setting Body, both nationally and internationally. The research should include details of relevant legislation.

**Outcome 2** involves client consultation and preparation for reflexology treatments. Candidates will carry out thorough consultations with a range of clients to ensure that any areas of contra-indication or special care are determined before treatment is carried out. Clients will present with a variety of conditions.

A variety of techniques may be used in the treatment plan, determined by the visual and tactile assessment of the feet.

**Outcome 3** candidates will work the nerve innervations to support the consultation information received from the client. Different techniques should be explained to the client fully and a variety of advanced techniques may be used in one session. Client care and comfort throughout the session is necessary with full explanations at each stage. To cover the range of body systems and meridians reference may be made to candidate completed case studies within a body system and candidates will evaluate the rationale behind the therapist's choice of techniques, body systems and meridians. Any differences the candidate may suggest require to be justified with evidenced rationale.

**Outcome 4** involves the thorough evaluation of the treatment plan and their effects on the clients. Clear precise aftercare and homecare advice should be given taking into account any legislation that may be required.

Candidates should reference their work in support of their conclusions. To cover the range of body systems and meridians reference may be made to existing case studies within a body system or meridian. Candidates should evaluate the rationale behind the therapist's choice of treatment. Any differences the candidate may suggest require to be justified with an evidence rationale.

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

This Unit is an optional Unit in the framework for HND Complementary Therapy. It will be delivered and assessed within the particular Group Award to which it contributes. There should be sufficient theoretical knowledge and practical experience by candidates to ensure competence and confidence of all advanced reflexology techniques.

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

### Unit title: Reflexology: Advanced

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

Written case studies should be submitted at end of the allocated time for the Unit. It is recommended that 4 case studies with 10 treatments each on various client conditions is carried out. 10 individual treatments should also be undertaken with feedback and evaluation given. As a guide, each treatment should last approximately 45 minutes to 1 hour dependant on the individual client.

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

#### *Opportunities for developing Core Skills*

All elements of the Core Skill of Problem Solving, that is, planning and organising, critical thinking, and reviewing and evaluating, will be developed to a sophisticated level as clients are diagnosed, and practical reflexology treatment activities are devised, performed and evaluated. Candidates undertake a detailed analysis of factors relating to health in different types of client. Identifying and assessing the relevance of all factors including any contra-indications or special care to the reflexology treatment and a suitable treatment environment with appropriate lighting, temperature, ventilation and privacy involves on going review and adaptation. Analytical evaluation of the effectiveness of treatments is assessed and could be enhanced by in depth discussion of the full range of measurable outcomes which could be used to measure success.

Negotiating and consulting with clients, doctors and other parties, agreeing consent and objectives and reviewing and evaluating achievement is an integral aspect of treatment. Candidates will have natural opportunities to develop a sophisticated level of oral communication skills in practical work with clients. They should be fully aware of a range of listening techniques in order to interpret client needs and relate and respond to others in the most appropriate and effective way. Sensitivity and an empathic understanding of the physical, emotional and cultural needs of different people will support the ability to adapt language and non-verbal communication to progress effective communication. Communicating appropriate complex information to clients, explaining and reassuring during treatment sessions and advising on post treatment needs will be an essential aspect of competence. Candidates should be able to use and adapt vocabulary, register and style to suit their purpose and clientele, and to respond to in depth questioning from both clients and the assessor confidently and accurately. They should research, produce and present oral and written communication to a professional standard. Skills in accessing and evaluating sources which provide ideas and information should be developed, in order that candidates are able to continuously analyse current reference materials from a range of paper based and electronic sites.

### Open learning

If this Unit is delivered by open learning methods, additional planning resources may be required for candidate support, assessment and quality assurance. 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:** Reflexology: Advanced

### **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](http://www.sqa.org.uk)).

## General information for candidates

### Unit title: Reflexology: Advanced

This Unit is designed to expand on your existing reflexology knowledge and skills. You will gain the knowledge required to enable you to research current reflexology developments, consult with a variety of clients, carry out practical applications and provide homecare plans. You will research conditions which would benefit from treatments and acknowledge the conditions you cannot treat.

**Outcome 1** — you will begin by comprehensively researching current developments within the reflexology industry.

**Outcome 2**— you will learn how to carry out a detailed consultation with clients. You will accurately record client information and give clear explanations of the treatments and the different techniques to be used to clients. Contra-indications will be considered throughout the consultation. You are required to show sensitivity and empathy throughout the consultation and agree the treatment plan with your client.

You are required to treat 4 clients 10 times within case studies and 10 individual treatments with Advanced Reflexology Techniques within a range of body systems and meridians. You are required to prove full knowledge of any assessment area that cannot be demonstrated. This can be shown by evaluating existing printed case studies and individual treatments and reasoning the therapists choice of treatment. Any differences you may want to suggest require to be justified with an evidenced rationale.

**Outcome 3** you will perform a variety of advanced reflexology techniques ensuring client comfort throughout. You will advise your clients on self-help.

**Outcome 4** — you will be required to evaluate your treatment plans and the effects the treatments have had on the clients. You will provide your clients with aftercare/homecare advice.

**Outcomes 2, 3 and 4** — you will be assessed holistically through observation of the practical application of advanced reflexology treatments. This involves client consultation, treatment plans, preparation and application of effective treatment and evaluation of the treatments. Assessment will also include 20 closed-book questions.