

-SQA- SCOTTISH QUALIFICATIONS AUTHORITY

HIGHER NATIONAL UNIT SPECIFICATION

GENERAL INFORMATION

-Unit Number- **5450867**
-Superclass- **HK**
-Title- **AROMATHERAPY**

-DESCRIPTION-

GENERAL COMPETENCE FOR UNIT: Consulting with the client, preparing for and carrying out aromatherapy treatments.

OUTCOMES

1. consult with clients to develop aromatherapy treatment plans;
2. prepare to carry out aromatherapy treatments;
3. perform aromatherapy treatments;
4. evaluate the effectiveness of the treatments.

CREDIT VALUE: 2 HN Credits

ACCESS STATEMENT: While access to this unit is at the discretion of the centre it would be essential that the candidate has prior experience of the structure of the body and massage techniques. This would be evidenced by possession of HN Units: 7612547 Anatomy and Physiology of the Human Body and 5470597 Body Treatments - Manual or similar qualifications or experience.

Knowledge of first aid issues, communication and psychology is also desirable. This may be evidenced by possession of HN Units: 7460647 Safe and Hygienic Salon Practices, 7471487 Client Psychology and Communication or appropriate NC modules in first aid or a First Aid Certificate.

For further information contact: Committee and Administration Unit, SQA, Hanover House, 24 Douglas Street, Glasgow G2 7NQ.

Additional copies of this unit may be purchased from SQA (Sales and Despatch section). At the time of publication, the cost is £1.50 (minimum order £5).

HIGHER NATIONAL UNIT SPECIFICATION**STATEMENT OF STANDARDS****UNIT NUMBER:** 5450867**UNIT TITLE:** AROMATHERAPY

Acceptable performance in this unit will be the satisfactory achievement of the standards set out in this part of the specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

OUTCOME

1. CONSULT WITH CLIENTS TO DEVELOP AROMATHERAPY TREATMENT PLANS

PERFORMANCE CRITERIA

- (a) Explanation of the purposes and processes of aromatherapy treatment is comprehensive in terms of their possible effects on clients.
- (b) Diagnoses of the condition of clients are comprehensive in terms of physical condition, emotional state, life style and contra indications.
- (c) Explanation of the appropriate oils is accurate in terms of their properties and effects.
- (d) All interaction with clients is sensitive, professional and empathic.
- (e) Treatment objectives and plans are confirmed with clients and recorded accurately.

RANGE STATEMENT

Objectives: relaxation; wellbeing; stress relief.

Contra-indications: to treatments; to oils.

Treatments: inhalation; compress; massage.

Oils: vegetable carrier oils;

essential oils: bergamot; black pepper; camomile roman; camomile german; clary sage; cypress; eucalyptus; frankincense; geranium; jasmine; juniper; lavender; lemon; marjoram french; neroli; peppermint; rose; rosemary; sandalwood; ylang-ylang.

Treatment areas: whole body; face; scalp.

Clients: new; existing.

EVIDENCE REQUIREMENTS

Observation of the candidate consulting new and existing clients. This may be supported by supplementary evidence in the form of written/oral questions, case studies or client records where observation is not available to cover the full range.

Written and/or oral questioning will also be required to ensure that the candidate has knowledge of:

- the reasons for consultations;
- particular consultation techniques;
- basic properties, basic composition, origins and extraction methods of oils;
- effects of a minimum of 20 oils which should be available to the centre;
- forms of treatment;
- a working knowledge of body systems to a level which enables the candidate to diagnose client needs and plan treatments;
- contra-indications: thrombosis; heart conditions; increased temperature; cancer; recent surgery; recent injury; medication; sepsis; pregnancy;
- special care: epilepsy; diabetes; clients currently undergoing medical treatment; high blood pressure; low blood pressure; electronic implants; metal implants;

OUTCOME

2. PREPARE TO CARRY OUT AROMATHERAPY TREATMENTS

PERFORMANCE CRITERIA

- (a) The treatment environment is prepared to ensure its cleanliness, warmth and client relaxation.
- (b) All equipment is appropriately prepared in accordance with good practice and positioned appropriately for the treatments to be undertaken.
- (c) The candidate's preparation is appropriate in terms of dress, appearance and condition of his/her hands.
- (d) The client is appropriately covered and positioned to ensure comfort and to enable the treatments to be performed.
- (e) Oils are selected and blended in accordance with the agreed treatment plans.

RANGE STATEMENT

Treatment environment: temperature; lighting; ventilation; privacy; access to washing and toilet facilities.

Treatments: massage; inhalation; compress.

Oils: vegetable carrier oils; essential oils.

EVIDENCE REQUIREMENTS

Observation of the candidate preparing self, environment, equipment, oils and client for the treatments.

Written or oral questioning will also be required to ensure that the candidate has knowledge of:

- the reasons for particular preparations of the environment and equipment;
- processes and procedures for blending oils to take account of proportions, notes, compatibility and synergy.
- health and safety legislation;

OUTCOME

3. PERFORM AROMATHERAPY TREATMENTS

PERFORMANCE CRITERIA

- (a) Oils are used appropriately in accordance with the objectives of the treatment plan.
- (b) The aromatherapy techniques used are appropriate to the part of the body and in accordance with the objectives of the treatment plan.
- (c) The treatment is appropriate in terms of timing, sequence and duration of its component parts including relaxation periods.
- (d) Aromatherapy massage strokes maintain continuity and rhythm in accordance with good practice.

RANGE STATEMENT

Objectives: relaxation; wellbeing; stress relief.

Aromatherapy massage: effleurage, petrissage, lymphatic drainage;

Oils: vegetable carrier oils; essential oils.

Treatment areas: whole body; face; scalp.

Clients: new; existing.

EVIDENCE REQUIREMENTS

Observation of the candidate carrying out aromatherapy treatment sessions for new and existing clients.

Written and/or oral questioning will also be required to ensure that the candidate has knowledge of:

- the reasons for particular treatments;
- forms of massage;
- methods of applying oils to body;
- how to adapt techniques to suit different parts of body and to achieve different effects;
- the need for correct sequence, duration and continuity of massage movements.

OUTCOME

4. EVALUATE THE EFFECTIVENESS OF THE TREATMENTS

PERFORMANCE CRITERIA

- (a) All aftercare and homecare procedures are explained to clients concisely and comprehensively.
- (b) Evaluation of the effectiveness of the treatments is accurate in relation to client feedback.
- (c) Changes to future treatment plans are accurately confirmed with the client.
- (d) Clients are advised on possible after effects of treatments.
- (e) Details of the sessions are accurately and completely recorded.

RANGE STATEMENT

Aftercare and homecare: processes and procedures.

EVIDENCE REQUIREMENTS

Observation of the candidate advising client on aftercare for new and existing clients either in a real situation or in a role play. Other methods such as case studies, written or oral questions may be used where performance cannot be observed. Client records and client testimony may also provide evidence.

Written and/or oral questioning will also be required to ensure that the candidate has knowledge of:

- the concepts of aftercare and homecare;
- evaluation followed by specific aftercare instruction;
- a working knowledge of body systems to a level which enables the candidate to evaluate the effects of treatment;
- forms of home treatment;
- legislation relating to storage and labelling of oils;
- the need to keep complete and accurate records;
- methods of recording.

MERIT A pass with merit may be awarded to a candidate who achieves all outcomes and in doing so, consistently demonstrates skills to a higher order than that required to achieve the outcomes. The level of skills required for a merit award will be evidenced by:

- (a) demonstrating treatment planning and manual skills of a high order and applying a quality therapeutic treatment over a range of clinical problems within the time constraints imposed by commerce.
- (b) complying concise notation prior to making a verbal report on client treatment.
- (c) demonstrating a high degree of sensitivity through an empathic physical and mental approach.

ASSESSMENT

In order to achieve this unit, candidates are required to present sufficient evidence that they have met all the performance criteria for each outcome within the range specified. Details of these requirements are given for each outcome. The assessment instruments used should follow the general guidance offered by the SQA assessment model and an integrative approach to assessment is encouraged. (See references at the end of support notes).

Accurate records should be made of the assessment instruments used showing how evidence is generated for each outcome and giving marking schemes and/or checklists, etc. Records of candidates' achievements should also be kept. These records will be required for external verification.

SPECIAL NEEDS

Proposals to modify outcomes, range statements or agreed assessment arrangements should be discussed in the first place with the external verifier.

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HIGHER NATIONAL UNIT SPECIFICATION**SUPPORT NOTES**

UNIT NUMBER: 5450867

UNIT TITLE: AROMATHERAPY

SUPPORT NOTES: This part of the unit specification is offered as guidance. None of the sections of the support notes is mandatory.

There are, however, aspects of alternative therapy practice which require particular care, and centres are strongly advised to give their attention to the notes on context/content below.

NOTIONAL DESIGN LENGTH: SQA allocates a notional design length to a unit on the basis of the time estimated for achievement of the stated standards by a candidate whose starting point is as described in the access statement. The notional design length for this unit is 80 hours. The use of notional design length for programme design and timetabling is advisory only.

PURPOSE This unit develops the candidate's ability to undertake the complete processes of the range of aromatherapy treatments from the initial stage of planning the objectives of the treatment with the client, preparing the necessary environment, equipment and oils and carrying out the treatment, through to the final stage of post treatment evaluation and advice. As well as becoming proficient in the skills involved the candidate will also generate knowledge of the oils and techniques involved.

CONTENT/CONTEXT Therapies are techniques for creating contexts for client/therapist interaction designed to increase the wellbeing of the client. These contexts may be manipulated by organising:

- the environment in which the client/therapist interaction takes place. For example special rooms may be set aside for the therapy;
- the layout of the environment;
- the materials used in the therapy, such as oils/or other objects, designed to create a mood, or frame of mind or to act as a focus for client/therapist interaction.

Therapies which may legitimately lay claim to the ability to increase the wellbeing of clients are:

- based on a rich and detailed tradition of scientific knowledge and research;
- governed by detailed (often legally binding) codes of ethics and procedures;

- restricted in their use to members of recognised bodies.

It is clear that none of these strictures apply to alternative therapies in beauty therapy. These therapies are designed to increase only the feeling of wellbeing in a client, and that usually only moderately, in line with similar effects from beauty treatment services available in salons. It is important, therefore that nothing in the teaching and assessment of these HN units should lay claim to any greater effect.

Nevertheless, the advanced techniques in the alternative therapy units need to be based on underpinning knowledge comparable with that in other HN units.

There is no agreed body of scientific knowledge which supports the claim that these therapies have any physical effect and nothing in the teaching and learning should lead a candidate to suppose that there is.

On the other hand there is sufficient evidence in psychological and social-psychological research which may explain the effects of these therapies in increasing feelings of wellbeing, and this should form the underpinning knowledge used to develop a critical attitude in the candidate. Differing explanations, derived from well established empirical research, should be used to encourage the candidate to analyse and comment upon the techniques and their effects. Other explanations, deriving from spiritual and religious traditions, or from imaginative speculation, may be presented, but only with great care so long as these are clearly distinguished from the scientific explanations.

It is clear that the candidates should not be brought in contact with clients without ensuring they have a thorough understanding of the limited nature of the therapies.

Not all candidates (whether through lack of maturity or personality features) will have the necessary qualities and they should not be forced into this situation without their well-informed consent. Similarly, candidates (or others) who might role-play clients should only do so after obtaining their well-informed consent and then only after thorough preparation.

Candidates should be aware of the limits of the technique and of the boundaries over which it would be unethical to stray. They should not attempt to diagnose any physical or psychological ailment, or suggest cures or imply that what they are engaged in will relieve ailments, however trivial.

In all interaction with clients, the candidates should be taught to be open and honest about the techniques and their intended effects. Some candidates, for reasons of belief or personal choice, may not wish to practise the techniques and their wishes must be respected.

This unit requires a large degree of underpinning knowledge to enable the candidate to operate effectively. If taken as part of a programme much of this knowledge may be gained in units such as: 7612547 Anatomy and Physiology of the Human Body, 7460647 Safe and Hygiene Salon Practices, 7471487 Client Psychology and Communication and 5470597 Body Treatments - Manual. Where this unit is being delivered as a stand alone unit the presenting centre should ensure that appropriate time and input is given to the technical knowledge required.

Underpinning knowledge

Identification of client's needs with reference to age, health, medical history and lifestyle.

Identification and handling of relevant information from findings.

Why it is important to establish the client's lifestyle, physical and emotional condition.

Why the treatment plan must include length of treatments, number of treatments and consider the availability of the client.

Knowledge of variations in techniques according to the size of the client.

Effects of different forms of massage movement.

The importance of personal hygiene and professional appearance.

Why perfumes and jewellery should be discrete.

The reasons for observation of hygiene precautions before during and after treatment.

Anatomy and physiology:

Skin structure and functions

- The five layers of the epidermis
- The dermis including connective tissues, nerve endings , sweat glands, sebaceous glands, capillaries and hairs
- Location of muscle and adipose tissue

Principles of circulation, blood pressure, pulse rate and varicose veins

- Structure and function of blood vessels
- Principles of capillary exchange and cell metabolism
- Functions of blood. Erythemic response.
- Structure and function of lymphatic vessels and lymph. Principles of circulation of lymph.
- Position of major groups of lymph nodes.
- Connection between lymph and blood.
- Position of the primary bones of the skeleton and groups for hands, feet, spine and skull.
- Functions of the skeleton and ligaments.
- Outline of digestive tract and renal system.
- Positions and actions of the facial muscles, sterno mastoid, platysma, orbicularis oris, mentalis, buccinator, masseter, risorius, orbicularis oculi.
- Positions and actions of superficial muscles;

Deltoid, biceps, triceps, brachialis, trapezius, latissimus dorsi, erector spinae, serratus anterior, pectorals, intercostals, diaphragm, rectus

abdominis, obliques, gluteals, hamstrings, quadriceps extensor; sartorius, abductors, abductors of upper leg, gastrocnemius, soleus, tibialis anterior.

Voluntary muscle tissue, muscle fatigue and the effects of temperature and increased circulation on muscle contraction.

- Muscle tone and how it can vary.
- Structure and functions of tendons.

Principles of operation of nervous system including motor points, nerve impulses and autonomic system.

Principles of endocrine system, the major endocrine glands, the hormones secreted and their actions.

Outline of the respiratory and olfactory systems to include knowledge of limbic response.

Identification of contra-indications and special care which may require client to obtain physician's approval and the procedure to be followed.

Contra-indications: thrombosis; heart conditions; shingles; increased temperature; cancer; malignant melanoma; recent surgery or injury; heavy medication; sepsis; pregnancy.

Special care: epilepsy; diabetes; clients currently undergoing medical treatment; high blood pressure; low blood pressure; electronic implants; metal implants.

Methods of analysing assessment data to enable selection of oils.

Vegetable carrier oils. Essential oils including origins (plant families), methods of extraction and distillation. There should be at least the following twenty oils available in the centre:

bergamot; black pepper; camomile roman; camomile german; clary sage; cypress; eucalyptus; frankincense; geranium; jasmine; juniper; lavender; lemon; marjoram french; neroli; peppermint; rose; rosemary; sandalwood; ylang-ylang.

Properties of essential oils (eg: calmativ; stimulating) basic chemical structures (esters, ketones, alcohols phenols, turpenes, aldehydes) storage methods, effects of sensitisation, irritation and toxicity. Knowledge of existence of unsafe oils.

Processes and procedures for blending oils to take account of proportions, notes, compatibility and synergy.

Variations in blending having regard to client's physical characteristics and area being treated.

Range of products suitable for recommendation as part of the ongoing treatment plan.

Simple home care to support treatment.

Principles and procedures for obtaining meaningful feedback from the client and why this is important.

Physical effects of treatment both temporary and cumulative.

How effectiveness of aromatherapy massage may be judged.

Preparation of treatment room/area.

Requirements and applications of health, safety and hygiene, consumer protection and premises legislation, local byelaws, government guidelines and industry codes of practice, in connection with massage treatments and treatment rooms.

Principles and procedures for avoiding cross-infection and ensuring that equipment and materials are clean and hygienic.

Record keeping systems and the necessity of keeping full and accurate records.

Interpretation of body language and the correct responses.

What constitutes commercially, cost-effective timings for carrying out treatment.

Skills

Ability to diagnose client requirements prior to, during and after treatments.

Ability to blend oils accurately.

Ability to perform the differing massage strokes.

Ability to perform the additional treatments: inhalations; baths; compresses.

Communication skills of listening, interpreting body language, adopting suitable vocabulary to enhance client understanding.

APPROACHES TO GENERATING EVIDENCE Throughout the unit there will require to be a large tutor input to cover knowledge aspects. This should be supplemented by hands on experience, eg: practising blending oils and performing massage strokes, to build up competence and confidence in the candidate as his/her knowledge level increases. The use of simulations or role plays are preferable to real situations in formative assessments to ensure minimal distress to clients. Candidates may be able to work in pairs or to work on volunteer models whose feedback on formative performance would assist in identifying areas of weakness. Ongoing questioning would assist in monitoring the growth in candidate's knowledge. Individual research of trade magazines and text books could supplement tutor input in developing knowledge.

ASSESSMENT PROCEDURES Where possible throughout the unit, observation of the candidate in real situations would be the ideal form of assessment. In some cases role plays or simulations could also generate evidence of performance. Case studies and oral or written questioning may also be required to cover the full range.

There is a wide range of knowledge which requires to be assessed to ensure that the candidate has sufficient background to perform safely and effectively. Written/oral questioning will almost certainly be needed to ensure that this knowledge is adequately assessed and to cover areas of the range not

evidenced by observation of performance. It is important that it is assessed in relation to this unit especially when this unit is taken as a stand alone unit. However in many cases, much of this knowledge will be learned and assessed in other units. Provided this evidence is recorded against essential oils, there would be no need to reassess it.

REFERENCES

1. Guide to unit writing.
2. For a fuller discussion on assessment issues, please refer to SQA's Guide to Assessment.
3. Information for centres on SQA's operating procedures is contained in SQA's Guide to Procedures.
4. For details of other SQA publications, please consult SQA's publications list.

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