

## Higher National Unit Specification

### General information for centres

**Unit title:** Beauty Therapy: Lymphatic Massage for Aesthetic Purposes

**Unit code:** DN6M 34

**Unit purpose:** This Unit is designed to enable candidates to gain the necessary theoretical knowledge and practical skills to provide lymphatic massage. It is suitable 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 lymphatic massage treatment plans.
3. Prepare for and carry out lymphatic massage treatment.
4. Evaluate the effectiveness of the treatment provided.

**Credit points and level:** 2 HN Credits at SCQF level 7: (16 SCQF credit points at SCQF level 7\*)

*\*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 the underpinning knowledge of human body systems (lymphatic, circulatory, muscular, skeletal and nervous systems). A qualification in Face and Body Massage would also be desirable.

**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 HND Beauty Therapy. 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:** Evidence for the Unit should be generated through practical demonstrations and written assessments.

Outcome 1 will be assessed by a written project/report.

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

## **General information for centres**

### **Unit title:** Beauty Therapy: Lymphatic Massage for Aesthetic Purposes

The practical aspects of Outcomes 2, 3 and 4 are assessed collectively through observation of the application of lymphatic massage treatment 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:** Beauty Therapy: Lymphatic Massage for Aesthetic Purposes

**Unit code:** DN6M 34

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**

A comprehensive study of lymphatic massage should be undertaken to enable the candidate to describe:

- ◆ functions of the lymphatic system
- ◆ contra-indications and special care
- ◆ conditions which would benefit from Lymphatic Massage treatment for aesthetic purposes

#### **Evidence requirements**

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

- ◆ detail the functions of the lymphatic system
- ◆ 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 taken with asthma and thyroid problems
- ◆ describe the various client conditions which would benefit from lymphatic massage treatment for aesthetic purposes including: oedema, cellulite, post cosmetic surgery, stretch marks, scars including keloids, eczema, psoriasis, acne, rosacea, poor circulation, muscular tension, stress

Candidates should research lymphatic massage to demonstrate their knowledge and understanding of lymphatic dysfunction and conditions, which would benefit from treatment and submit a project of approximately 1,500 – 2,000 words with a bibliography

#### **Assessment guidelines**

The assessment used for this Outcome should enable candidates to demonstrate their knowledge of the client conditions affected by lymphatic dysfunction.

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

**Unit title:** Beauty Therapy: Lymphatic Massage for Aesthetic Purposes

### **Outcome 2**

Consult with clients to develop lymphatic massage treatment plans

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

- ◆ Client details are obtained and accurately recorded
- ◆ Contra-indications are recognised and explained
- ◆ Lymphatic massage treatment is clearly explained to the client
- ◆ The treatment plan is selected and agreed

#### **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 the relevant contra-indications
- ◆ explain lymphatic massage treatment in terms of procedure, indications and effects
- ◆ identify specific conditions, explain treatment aims and agree a plan with the client

The written assessment will take the form of 10 extended response questions based on contra-indications and special care conditions. This assessment will be under closed book controlled conditions of 1½ hour.

Practical observation assessed against a checklist may take place after completion of sufficient treatments to infer competency. The candidate is required to produce three case studies for three clients with different conditions, where each client receives four lymphatic massage treatments. The conditions should be chosen from the list included in the Evidence Requirements (3<sup>rd</sup> bullet point) in Outcome 1. Supplementary oral questions can be used to clarify decisions made. The candidate must be able to prove full knowledge of any assessment area that cannot be demonstrated.

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.

Practical observation assessed against a checklist may take place after completion of sufficient consultations to infer competency.

The conditions should be chosen from the list included in the Evidence Requirements (3<sup>rd</sup> bullet point) in Outcome 1. Supplementary oral questions can be used to clarify decisions made.

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

**Unit title:** Beauty Therapy: Lymphatic Massage for Aesthetic Purposes

### **Outcome 3**

Prepare for and carry out lymphatic massage treatment

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

- ◆ The client is correctly prepared and positioned, the treatment area, therapist and products
- ◆ Lymphatic massage treatment is carried out with the correct posture and positioning throughout
- ◆ Lymphatic massage techniques are performed in sequence within an acceptable timescale
- ◆ Client care, comfort and relaxation is maintained throughout the treatment

#### **Evidence requirements**

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

- ◆ Prepare a suitable treatment environment with appropriate lighting, temperature, ventilation and privacy.
- ◆ Provide products in accordance with health and safety regulation.
- ◆ Prepare and position the client correctly ensuring that oedematous body areas are comfortably supported.
- ◆ Perform lymphatic massage treatment in accordance with client requirements. The neck area must always be drained first followed by the appropriate localised areas and watershed work as required. Generalised lymphatic massage 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 1hr 15 minutes if a generalised treatment is required and less time for a localised treatment.
- ◆ Maintain client care, comfort and relaxation as some of the client conditions can be uncomfortable and the candidate needs to be aware of client body language and non-verbal communication throughout the treatment.

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.

Practical observation assessed against a checklist may take place after completion of sufficient consultations to infer competency.

The conditions should be chosen from the list included in the Evidence Requirements (3<sup>rd</sup> bullet point) in Outcome 1. Supplementary oral questions can be used to clarify decisions made.

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

**Unit title:** Beauty Therapy: Lymphatic Massage for Aesthetic Purposes

### **Outcome 4**

Evaluate the effectiveness of the treatment provided

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

- ◆ Evaluate the effectiveness of the treatment in relation to client feedback
- ◆ Provide advice on possible contra-actions to treatments
- ◆ General aftercare and specific homecare plans are provided
- ◆ All details are clearly and accurately recorded

#### **Evidence requirements**

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

- ◆ Evaluate the effectiveness of the treatment by gaining client feedback in an accurate emphatic 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 and general advice for the client to refer to between visits.
- ◆ Record clearly and accurately client details relating to the effectiveness of lymphatic massage 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.

Candidates will be assessed through observation of the application of lymphatic massage treatments involving client consultation, treatment plans, preparation and application of effective treatment and evaluation of treatment. The practical assessments should involve three clients presenting with different conditions where each client receives four lymphatic massage treatments. Observation checklists should be used to record evidence and these should be supported by client case study notes.

#### **Assessment guidelines**

Practical observation assessed against a checklist may take place after completion of sufficient treatments to infer competency. The candidate is required to produce three case studies for clients with different conditions, where each client receives four lymphatic massage treatments. The conditions should be chosen from the list included in the Evidence Requirements, (3rd bullet point) in Outcome 1. Supplementary oral questions can be used to clarify decisions made. The candidate must be able to prove full knowledge of any area that cannot be demonstrated.

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 after completion of sufficient consultations to infer competency.

The conditions should be chosen from the list included in the Evidence Requirements (3rd bullet point) in Outcome 1. Supplementary oral questions.

## **Administrative Information**

<b>Unit code:</b>	DN6M 34
<b>Unit title:</b>	Beauty Therapy: Lymphatic Massage for Aesthetic Purposes
<b>Superclass category:</b>	HK
<b>Date of publication:</b>	June 2005
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## **Higher National Unit specification: support notes**

### **Unit title:** Beauty Therapy: Lymphatic Massage for Aesthetic Purposes

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 lymphatic massage. 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 lymphatic massage to develop the candidate's knowledge and understanding of the specialised strokes: stationary circles, scoop, pump and rotary techniques should be clearly described.

Candidates are required to build upon existing lymphatic anatomy and physiology knowledge and research functions of the lymphatic system relating to lymphatic massage. 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 contra-indications and special care.

The various client conditions which would benefit from lymphatic massage for aesthetic purposes should be researched theoretically and adapted practically during practical case study work. The client conditions should include oedema, cellulite, post cosmetic surgery, stretch marks, scars including keloid, eczema, psoriasis, acne rosacea, poor circulation, muscular tension, stress.

**Outcome 2** involves the underpinning knowledge of lymphatic massage 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 3 and 4** involve the practical preparation, delivery and evaluation of lymphatic massage treatments. Treatments should include: oedema, cellulite, post cosmetic surgery, stretch marks, scars including keloids, eczema, psoriasis, acne, rosacea, poor circulation, muscular tension and stress.

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

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

This Unit is an optional unit in the framework for HND Beauty Therapy. It should be delivered 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 lymphatic massage 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:** Beauty Therapy: Lymphatic Massage for Aesthetic Purposes

Written case studies should be submitted at end of the allocated time for the Unit. It is recommended that three case studies with four treatments each on three different client conditions is carried out. Each treatment should last approximately 45 minutes if localised and 1¼ hours if general.

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.

### **Open learning**

The theoretical aspects of this Unit are appropriate for open and distance learning. However due to the practical nature of the skills involved for head and body treatments it would be technically difficult to offer this on an open/distance learning basis.

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 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 Therapy: Lymphatic Massage for Aesthetic Purposes

This Unit is designed to expand your knowledge of existing face and body massage skills using specialised lymphatic massage techniques. You will gain the knowledge required to enable you to describe lymphatic massage treatments, consult with clients, carry out the practical application of the treatments 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 lymphatic massage 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 lymphatic massage. 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 contra-indications and special care.

The various client conditions which would benefit from lymphatic massage for aesthetic purposes should be researched theoretically and adapted practically during practical case study work. The client conditions should include oedema, cellulite, post cosmetic surgery, stretch marks, scars including keloid, eczema, psoriasis, acne rosacea, poor circulation, muscular tension, stress.

The information researched and gathered in this Outcome will be submitted for assessment in a project to prove competency.

Outcome 2 involves the underpinning knowledge of lymphatic massage 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.

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

Outcome 2, 3 and 4 the practical elements are assessed collectively through observation of the application of lymphatic massage treatment involving client consultation, treatment plans, preparation and application of effective treatment and evaluation. Assessment may take place after completion of sufficient treatments to infer competency. You are required to produce three case studies, one for each client with different conditions. The client conditions should be chosen from the following: oedema, cellulite post cosmetic surgery, stretch marks, scars, including keloids, eczema, psoriasis, acne rosacea, poor circulation, muscular tension, stress. Supplementary oral questions can be used to clarify decisions made.

You must be able to prove full knowledge of any area that cannot be demonstrated.