

Higher National Unit specification

General information for centres

Unit title: Infant Massage

Unit code: F1BB 35

Unit purpose: This Unit has been designed to prepare candidates by giving them the underpinning knowledge and skills to instruct parents/legal guardians to perform appropriate massage on their infant taking into consideration the infant's general health, developmental stage and demeanour. The Unit would be appropriate for candidates in the area of complementary therapies, enabling them to offer another service if they wished to work in a multi disciplinary practice, or if working on a self-employed basis.

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

- 1 Explain the unique anatomy and physiology, growth, development and communication modes of the infant in relation to receiving massage.
- 2 Consult with the parent/legal guardian to develop and plan massage treatment of the infant.
- 3 Instruct and evaluate massage of an infant.

Credit points and level: 1 HN credit at SCQF level 8: (8 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 strongly recommended that candidates possess an anatomy and physiology Unit SCQF level 7 minimum, a recognised massage therapy qualification eg Body Massage, *Communication* Unit D01B12 or equivalent and a First Aid Certificate. Current legislation regarding the protection of children.

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.

Where a claim for an embedded Core Skill has been validated, a standard statement will be added by SQA.

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.

General information for centres (cont)

Assessment: Evidence for this Unit may be generated through a number of instruments of assessment:

Outcome 1: should take the form of an assignment.

Outcome 2: should take the form of closed-book, short answer questions under controlled conditions.

Outcome 3: requires the candidate to undertake both written and practical assessments in the form of practical demonstrations and a case study with accompanying documentation.

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.

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

Explain the unique anatomy and physiology, growth, development and communication modes of the infant in relation to receiving massage

Knowledge and/or Skills

- ◆ Anatomy and physiology of the infant
- ◆ Fine and gross motor development
- ◆ Social and emotional development
- ◆ Language development
- ◆ Cognitive development
- ◆ Infant communication
- ◆ Benefits of infant massage

Evidence Requirements

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

- ◆ explain the differences between adult and infant systems of the body and the resulting precautions that should be ensured when massaging an infant
- ◆ describe the growth and development of the infant and how massage can be used/adapted to accommodate the changes
- ◆ describe the ways in which infants communicate their needs and how massage can be used/adapted to respond to those needs
- ◆ describe the physiological, psychological and physical benefits of massage for the infant
- ◆ describe the benefits of infant massage for the parent/legal guardian
- ◆ describe special needs conditions, the precautions that should be taken, the benefits of and the adaptations that may be necessary when massaging the infant : premature babies, autism, cerebral palsy, cystic fibrosis, down's syndrome, muscular dystrophy, sensory impairments and spina bifida, the precautions that should be taken and the benefits

Assessment Guidelines

This Outcome should be assessed by an assignment supported by diagrams and tables where applicable.

Higher National Unit specification: statement of standards (cont)

Unit title: Infant Massage

Outcome 2

Consult with the parent/legal guardian to develop and plan massage treatment of the infant

Knowledge and/or Skills

- ◆ Role and qualities of the instructor
- ◆ Code of ethics and legislation for infant massage instruction
- ◆ Communication skills/consultation techniques/confidentiality
- ◆ Contra-indications, special care situations and referrals
- ◆ Common ailments
- ◆ Preparation of environment/equipment/clients*

*Client refers to both the parent/legal guardian and the infant.

Evidence Requirements

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

- ◆ describe the role and qualities of the instructor in infant massage
- ◆ demonstrate an understanding of the Code of Ethics and legislation for infant massage instructors
- ◆ describe the communication skills necessary to carry out a consultation with the parent/legal guardian before instructing techniques
- ◆ list and state the reasons for contra-indications, special care and medical referral prior to infant massage
- ◆ list caution sites that parent/legal guardians should avoid when massaging the infant
- ◆ describe the ideal environment and resources required for infant massage
- ◆ state the advantages and disadvantages of using different massage mediums on infants and of different massage supports for the infant and positions for the parent/legal guardian in giving infant massage
- ◆ state the hygiene and safety precautions for infant massage
- ◆ describe how massage can benefit common ailments

This Outcome should be assessed by 10 questions requiring short responses, closed-book and under controlled conditions.

Assessment Guidelines

Some of the question could have more than one section. The responses may be oral or written.

Higher National Unit specification: statement of standards (cont)

Unit title: Infant Massage

Outcome 3

Perform instruction and evaluate massage of an infant

Knowledge and/or Skills

- ◆ Massage techniques
- ◆ Aftercare
- ◆ Treatment evaluation and client* feedback
- ◆ Evaluate infant response

Evidence Requirements

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

- ◆ advise adaptations to contra-indications and/or special care/referral/common ailments accordingly
- ◆ check the treatment area complies in terms of health and safety and hygiene and participants observe good safety and hygiene requirements
- ◆ demonstrate (using an appropriate mannequin) massage techniques suitable for the age of the infant: 0–3 months, 3–6 months, 6–9 months, 9–12 months
- ◆ use resources to aid the instruction to parents/legal guardians
- ◆ ensure that clients* are positioned correctly throughout the session and suggest alternatives if necessary
- ◆ give aftercare advice: hygiene and safety, fluid intake, response of infant to massage, frequency of massage
- ◆ record the effectiveness of the session from parent/legal guardian and the instructor

Evidence should include:

- ◆ Assessor observation checklists recording the candidate performance for two real or simulated instruction sessions. One instruction session should be a one-to-one the other should be a small group between 3 and 6.
- ◆ Each of the above real/simulated instruction sessions should address massage for a different age of infant. Oral questions should be used to confirm knowledge of instructing massage for age groups not instructed.
- ◆ One case study of the candidate instructing, evaluating and advising a parent/legal guardian (or group of) in infant massage for four sessions.

Assessment Guidelines

Demonstration of massage should not take longer than 15 minutes which should include the parent/legal guardian mirroring the demonstration.

*Client refers to both the parent/legal guardian and the infant.

Higher National Unit specification: statement of standards (cont)

Unit title: Infant Massage

Candidates may use the subject(s) of their case study for (summative) assessment as long as appropriate progression is recorded eg if the candidate is assessed on their fourth session with a parent/group, the session instructed should not be as if they were meeting for the first time.

Administrative Information

Unit code: F1BB 35
Unit title: Infant Massage
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: Infant Massage

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 has been designed to prepare candidates by giving them the underpinning knowledge to instruct parents/legal guardians to perform appropriate massage taking into consideration the general health, developmental stage and demeanour of the infant. The Unit would be appropriate for candidates in the area of Complementary Therapies, enabling them to offer another service if working in a multidisciplinary practice, or if working on a self-employed basis.

It is strongly recommended that candidates only undertake this Unit after having achieved:

- ◆ Anatomy and Physiology (SCQF level 7)
- ◆ Body Massage (SCQF level 6)
- ◆ Communication D01B12 (or equivalent)
- ◆ A First Aid Certificate
- ◆ Candidates should also be in receipt of the equivalent of 'Disclosure Scotland' vetting process

Information for QDT the above should not be included.

Guidance on the delivery and assessment of this Unit

Where it has not been specifically stated, please read parent or legal guardian wherever the word parent appears.

Outcome 1

It is absolutely imperative that the candidate comprehends the difference in the underdeveloped anatomical structures of the infant and the implications this has for massaging. The assignment set, in terms of anatomy and physiology should cover the following systems:

- ◆ Skeletal including teeth
- ◆ Muscular
- ◆ Skin
- ◆ Neural
- ◆ Cardiovascular
- ◆ Respiratory
- ◆ Digestive
- ◆ Immune — including the immunisation schedule
- ◆ Renal
- ◆ Reproductive

The assignment should indicate the adaptations that should be made as a result of these underdeveloped systems, ie restriction of techniques and pressure.

Higher National Unit specification: support notes (cont)

Unit title: Infant Massage

The candidate also needs to be aware that the physical, social and emotional development of the infant is constantly changing. This has an incredible effect on how massage is performed and how effective it might be. Thus underpinning knowledge in this area is imperative. The candidate should be able to describe the differences in movement, interaction and communication between birth and specific landmarks such as 3, 6, 9 and 12 months. It must be appreciated that these are also variable from infant to infant. The candidate should give evidence of an understanding of infant states; eg deep sleep, light sleep, drowsy state, quiet alert state and active alert state and when and how massage should be performed in each of these states. In addition, candidates should be able to identify the cries of an infant: hunger, anger, tiredness, pain/discomfort, boredom, by their characteristics and advise on massage in these circumstances. It is important for the candidate to be able to recognise and interpret the infant's verbal and non-verbal cues that indicate s/he is ready and willing for massage, and when s/he is not wishing massage to be performed.

The candidate should be able to clearly describe the **physiological benefits** ie associated with the biochemical reactions within the body that are not physically seen but improve as a result of massage, the **psychological benefits** ie cognitive benefits such as relaxation, reduction in tension, reassurance, bonding, increasing vocalisation, and **physical benefits** ie increase in joint mobility, flexibility. In addition there is a long list of benefits for parent/legal guardians in that it: increases bonding/attachment, physical and emotional support, helps parents/legal guardians relax and increases ability to read infant cues, interpret needs and desires, develops parental/guardian confidence in child-rearing, fosters feelings of trust, enjoyment and security, helps all in times of stress/discomfort, provides a focused time of attention for parent/infant to enjoy, provides a positive tool for parents to help nurture infant's physical and emotional development.

It is also important for the candidate to be aware that they may be in a position of providing services/advising parents/legal guardians of those infants with special needs. It is therefore important that they are conversant with the different conditions that may affect an infant and what measures in terms of massage should be taken. They should be aware of precautions as well as benefits and/or adaptations.

In teaching the above, general 'Child Development' texts may be useful as are many of the books on baby massage. There are various internet sites that also provide adequate information.

It is suggested that the assignment is set at the beginning of the course, but a hand in date is given that allows enough time to ensure that some teaching input can be made at appropriate times later in the course, so that elements such as special needs situations and massage benefits and adaptations can be covered in context.

Outcome 2

Role of the instructor: to guide parent/legal guardian through massage procedures and to empower them to continue massaging their infant on a regular basis.

Qualities of instructor: calm, relaxed, patient, friendly, positive, approachable, good communication skills (active listening, appropriate response to verbal and non-verbal cues), supportive, non-judgemental, clear instruction (pace, pitch, intonation, volume), flexible (able to adapt to needs of parent/infant), facilitator, good preparation and time management skills.

It is expected that the candidate will need a good deal of teaching input and plenty of practice in the role of 'instructor' when instructing on a one-to-one basis as well as instructing to a small group.

Higher National Unit specification: support notes (cont)

Unit title: Infant Massage

There should be plenty of discussion and examples of good and poor practice as well as ‘what if’ situations. Time spent on this element is instrumental for achieving Outcome 3 as well as the theoretical components of Outcome 2.

The candidate should be able to describe several reasons for carrying out a consultation a minimum of six. The candidate should also be aware that confidentiality is important and all information relating to the infant will not be disclosed to a third party without parental consent. Obtaining parental consent is also important, to ensure that no information is left out, the parent/legal guardian confirm the aims of the treatment and that appropriate treatment has been carried out parental signature on record card. Ethically, the baby’s consent is given by its verbal or non-verbal cues to the parent/legal guardian and/or to the instructor. Candidates should be sensitive to these cues and respond appropriately. In addition to this last point, the Code of ethics covers:

- ◆ always carrying out a consultation before massage
- ◆ advising parent/legal guardian to refer infant for medical advice/help where appropriate
- ◆ ensuring both parent and infant consent
- ◆ never abusing the relationship between self/parent/infant
- ◆ never giving unqualified advice — work within the limits of your training
- ◆ respect infant/parent’s wishes throughout instruction session without being judgemental
- ◆ ensuring working environment complies with health, safety and hygiene regulations/requirements
- ◆ be adequately insured
- ◆ conduct self in professional manner

Relevant legislation: Current legislation surrounding children’s issues and Health and Safety and any Local Authority Bye-Laws in the area the candidate is working. An overview of the relevance of these pieces of legislation to the candidate in his/her working environment should be taught.

Contra-indications: infectious diseases, contagious skin disorders, recent fractures, sprains and swellings, recent haemorrhage, jaundice, meningitis, childhood leukaemia, osteoporosis (brittle bones)

Contra-indications that require GP referral:

- ◆ recent surgery — usually not for 6–8 weeks after surgery thereafter with GP consent may be beneficial to both infant and parents
- ◆ congenital heart conditions — not all cardiac conditions contra-indicated but need advice from GP/Consultant as to the severity of condition and whether massage can be given
- ◆ congenital dislocation of the hip — may interfere with healing process and/or cause discomfort
- ◆ spastic conditions, massage may be helpful but need GP approval
- ◆ dysfunction of the nervous system need GP approval
- ◆ epilepsy — need GP advice, if approval given monitor results carefully
- ◆ asthma — contra-indicated during an acute attack, may be helpful in sub-acute stage to help reduce anxiety

Higher National Unit specification: support notes (cont)

Unit title: Infant Massage

Localised contra-indications/special care:

- ◆ recent immunisation — wait 48 hours
- ◆ skin disorders — check not contagious, avoid affected areas as it may exacerbate it
- ◆ inflammatory skin conditions — eg psoriasis and eczema, restrict work over broken or weeping skin
- ◆ skin allergies — check all lubricants by patch test on wrist (wait 30 minutes)
- ◆ cuts and bruises — avoid area
- ◆ unhealed navel — no abdominal massage

Caution sites: front of neck & throat, orbital, back of neck, spinous processes, axilla, brachial region of upper arm, cubital region, back of elbow, kidney area, umbilical area, femoral triangle, popliteal fossa, inguinal area.

The ideal environment should take into account the safety and hygiene requirements, ie clear space — no trailing wires, hot drinks, cleanliness of area, no pets, temperature, lighting, music, adequate time allowance, no distractions. Parent should wash hands before & after, have short nails, remove jewellery, wear comfortable clothing, tie long hair back, check for any contra-indications/special care conditions — refer if necessary, keep oil away from infant's face, ensure all is removed before picking child up. Resources include pillows and cushions for parental and infant support, blanket to wrap infant in after massage, hand cleanser for parent before/after massage, appropriate lubricant, tissues, clean nappy & baby wipes, a few toys, drink for infant post massage.

There are a variety of supports that parents can use to massage their infant: bed, floor, lap plinth. Candidates should be encouraged to consider the advantages and disadvantages of each for the comfort and safety of both the parent and the infant, including the effects on parental posture and comfort by taking up different positions on these supports.

Massage mediums: mineral oil, cold pressed vegetable oils eg almond oil, coconut oil, calendula oil, jojoba oil, olive oil, sunflower oil, massage gels, massage creams, massage lotions.

Candidates should be made aware that infants will be able to detect tension in their parents/legal guardians. Therefore, encouraging the parent to relax before a massage session is important. The candidate may need to give advice on how this can be done through means such as breathing exercises, progressive relaxation, simple stretches.

Massage can be very beneficial for common infant ailments. The candidate should be aware that parents are likely to ask if massage to a specific area or use of particular techniques would be useful, conversely they may be asked how massage may help. It is imperative that candidates can answer and demonstrate — thus empowering the parent to use such techniques to relieve symptoms in the future.

Higher National Unit specification: support notes (cont)

Unit title: Infant Massage

Outcome 3

The candidate is expected to put theoretical information gained in Outcome 2 into practice. The grounding for practical skills will have been achieved in the Unit Body Massage. Candidates will be required to demonstrate that they can achieve all criteria. An assessor's checklist should be used and the candidate should present documentation to support the simulations/role plays (consultation form, treatment record, evaluation form).

Massage techniques refers to the appropriate use of effleurage, petrissage, light frictions, gentle stretching and passive joint movement. The candidate should demonstrate that they are knowledgeable on different body positions that the parent could adopt to massage, and the variety of ways in which the infant could be positioned for effective treatment and comfort, dependant upon their age, general health, stage of growth and development and state of alertness. Candidates will be expected to use appropriate music, nursery rhymes, and touching type games eg head, shoulders, knees and toes to demonstrate how a parent can engage the infant as they grow and develop. Candidates will use a mannequin to demonstrate.

It is essential that candidates get enough 'practice' at both one-to-one instruction sessions and small group sessions. These practice sessions can be adequately carried out within the peer group and can be aided by peer review and discussion. However, formal summative assessment should not take place using peers. It is legitimate, where necessary, to have the candidate instruct an individual or small group who are also using model dolls, on the basis that participants agree to act in as realistic fashion as possible. Underpinning knowledge can be checked through oral questioning.

Practical demonstrations should be undertaken towards the end of the course. Case studies with supporting documentation consultation form, treatment record, evaluation forms and summary should be presented towards the end of the course.

Opportunities for developing Core Skills

(This section should be used to provide information on the opportunities to develop Core Skills in this Unit. It should expand on the summary information given on page 1).

Open learning

The theoretical aspect of this Unit is appropriate for open and distance learning. However, due to the practical nature of the skills involved in infant massage, it would be difficult to deliver and assess these through open or distance learning.

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: Infant Massage

This Unit has been designed to give you the underpinning knowledge and skills necessary to instruct parents or legal guardians to perform appropriate massage on their baby (up to 1 year of age), taking into account the general health, developmental stage and demeanour of the baby.

The first Outcome covers the theoretical components of the differences between adult and baby anatomy and physiology, the stages of growth and development and the benefits of baby massage for both the baby and the parents/legal guardians.

The second Outcome builds on your knowledge and skills achieved in Body Massage, and looks at how and why they are, or need to be, adapted for performing massage on babies. It also introduces you to the knowledge and skills required to 'instruct' a parent/legal guardian to perform baby massage.

The largest component of the course, the third Outcome requires you to assimilate your knowledge and skills from the above two Outcomes and instruct parents/legal guardians to perform massage on their baby.

Throughout this course, you will not massage a real live baby unless you have one yourself, because an important aspect of baby massage is the bonding and attachment that is created between the baby and its parents/legal guardians. Instead you will perform and instruct baby massage using a fully-jointed model doll. This is exactly the way that you would work in the industry if your role was to instruct parents/legal guardians to perform baby massage.

Your assessment of this Unit will consist of three parts. You must achieve the criteria in all three parts to be successfully awarded this Unit:

Outcome 1 — a written assignment (project) containing diagrams and charts where necessary.

Outcome 2 — closed-book, short answer questions, taken under controlled conditions.

Outcome 3 — instruct and evaluate two different baby massage sessions. You will also be required to complete a Case Study, whereby you instruct and evaluate 4 sessions with one parent/legal guardian and their baby.