

Higher National Unit specification

General information for centres

Unit title: Reflexology

Unit code: F1BD 34

Unit purpose: This Unit is designed to enable candidates to gain the basic knowledge of and develop the practical skills required to perform reflexology treatments.

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

- 1 Consult with clients to develop reflexology treatment plans.
- 2 Prepare for reflexology treatments.
- 3 Perform reflexology treatments.
- 4 Evaluate the effectiveness of the reflexology treatments.

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 is at the discretion of the centre. However, it is strongly recommended that candidates hold a qualification in Anatomy and Physiology.

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: Evidence for this Unit should be generated through practical assessments.

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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

Consult with clients to develop reflexology treatment plans

Knowledge and/or Skills

- ◆ Purposes and processes of reflexology
- ◆ History and philosophies of reflexology
- ◆ Client assessment
- ◆ Foot analysis
- ◆ Contra-indications/special care situations
- ◆ Treatment objectives and limitations
- ◆ Comparison of subsequent treatments

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by undertaking client consultations to develop a treatment plans. During consultations candidates should:

- ◆ assess the client, taking into consideration physical condition, emotional state and lifestyle
- ◆ confirm treatment objectives with client indicating limitations
- ◆ analyse the foot in terms of skin texture, temperature, colour, smell, tone, moisture content, mobility, abnormalities and condition of nails
- ◆ recognise diseases and disorders of the foot
- ◆ discuss the possible effect of common medication in terms of the agreed treatment
- ◆ deal with contra-indications and cases requiring special care
- ◆ establish a measurable marker of client condition to allow comparison of one treatment to the next
- ◆ interact with clients in a professional and empathic manner

Candidates will be required to compile four case studies of six treatments each which will be assessed, however only one consultation will be practically observed.

Ten extended response questions in closed-book, supervised conditions will be required to ensure that the candidate has knowledge of:

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- ◆ the reason for consultation
- ◆ the history, theory and philosophy of reflexology
- ◆ a working knowledge of the body systems to a level, which enables the candidate to assess clients, needs and plan treatment
- ◆ an understanding of commonly prescribed medication and the effect they may have on reflexology treatment
- ◆ contra-indications: thrombosis, Phlebitis, heart conditions, increased temperature, cancer, trauma or infection of the foot, recent surgery, shingles, sepsis, pregnancy
- ◆ special care: epilepsy, diabetes, clients currently undergoing medical treatment, high blood pressure, low blood pressure, metal or electronic implants

Assessment Guidelines

Client record cards should support the observations and written/oral questioning can be used to ensure all knowledge and/or skills items are covered.

Candidates may be encouraged to record measurable outcomes, in terms of stress levels, pain levels, hours of sleep, fatigue levels, energy levels etc. which will allow them to evaluate the effectiveness of the treatments in Outcome 4.

Candidates may be encouraged to make observation of as many feet as possible, in order that proficiency in this area is achieved, before beginning the case studies.

Candidates may be observed consulting with clients. It is recommended they consult with a minimum of four clients although not all consultations need to be observed.

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Outcome 2

Prepare for reflexology treatments

Knowledge and/or Skills

- ◆ Preparation of treatment environment/equipment/client/candidate
- ◆ Position and comfort of client
- ◆ Health and safety

Evidence Requirements

Candidate will need to provide evidence to demonstrate their knowledge and/or skills by preparing themselves, the treatment environment, equipment and the client for a reflexology treatment.

Candidates should:

- ◆ ensure treatment environment is clean, warm and relaxing for client
- ◆ prepare equipment in accordance with good practice
- ◆ correctly position couch and stool to ensure good candidate posture and freedom of movement
- ◆ ensure candidate's personal presentation is to a high standard in terms of appearance and hygiene
- ◆ position and cover client to ensure comfort and enable treatment to be performed

An observational checklist should be used to record evidence.

- ◆ health and safety
- ◆ correct working posture for the client
- ◆ correct treatment posture for the client

Candidates will be required to compile four case studies of six treatments each which will be assessed, however only one treatment preparation will be practically observed.

Assessment Guidelines

The assessment for this Outcome can be combined with Outcome 1 and 3

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Outcome 3

Perform reflexology treatments

Knowledge and/or Skills

- ◆ Timing, sequence and duration of treatment
- ◆ Relaxation techniques — effleurage, petrissage, mobilisation techniques
- ◆ Foot support
- ◆ Reflexology techniques — thumb and finger walking, hooking, pointing
- ◆ Location body organs
- ◆ Physiology of body systems
- ◆ Possible effects on the body systems
- ◆ Structure of the foot, ankle and lower leg
- ◆ Reflex points
- ◆ Safe and effective treatments

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by carrying out full reflexology treatment sessions on a range of clients. Candidates should:

- ◆ ensure the treatment is appropriate in terms of timing, sequence and duration
- ◆ apply techniques appropriate to the client
- ◆ support the foot throughout the treatment
- ◆ identify tenderness in reflex points in the foot
- ◆ record position and degree of tenderness in the reflex points using a scale and diagram
- ◆ define cross reflexes
- ◆ explain possible reactions during the treatment to the client
- ◆ maintain a safe and effective treatment when diseases and disorders are presented

Ten extended response questions in closed-book, supervised conditions will be required to ensure that the candidate has knowledge of:

- ◆ the reason for applying particular techniques
- ◆ basic physiology of the body systems
- ◆ possible effects of reflexology on the body systems
- ◆ location of reflexes on the feet
- ◆ structure of the foot, ankle and lower leg
- ◆ define cross reflexes and zone theory

Candidates will be required to compile four case studies of six treatments each which will be assessed, however only one treatment will be practically observed.

Assessment Guidelines

The assessment of this Outcome can be combined with Outcome 1, 2 and 4. The candidates should treat four clients on six occasions. A tenderness of reflex scale of one to five is recommended.

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Outcome 4

Evaluate the effectiveness of the reflexology treatments

Knowledge and/or Skills

- ◆ Short term effects after a single treatment
- ◆ Long term effects after multiple regular treatments
- ◆ Position and degree of tenderness in a reflex
- ◆ Advice on after care and possible after effects of treatment
- ◆ Tenderness and textural changes in the feet
- ◆ Client feedback
- ◆ Record of session

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by evaluating the reflexology treatments carried out. The evaluations should include reference to:

- ◆ reflexes
- ◆ effects, both long and short term, after a single or multiple treatments
- ◆ positive/adverse effects of treatments
- ◆ after care advice
- ◆ client feedback

Candidates will be required to compile four case studies of six treatments each which will be assessed, however only one evaluation will be practically observed.

The evaluations can be written/oral/observation. Feedback from clients and therapist should support the evaluation. All treatments within the case studies must be evaluated.

Assessment Guidelines

Clients can be encouraged to keep diaries between treatments to record any possible reactions to the treatment. Evaluation sheets can be completed after each individual treatment as well as after a course of treatments. In order for the evaluation to be effective it is essential to record initial observations and measurements made at the consultation stage.

Administrative Information

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Unit title: Reflexology
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Version	Description of change	Date

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Higher National Unit specification: support notes

Unit title: Reflexology

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 designed to give candidates a solid foundation in reflexology treatment. It covers the basic principles of reflexology. Candidates will gain a good understanding of the body's anatomy and physiology in terms of the reflexology treatment.

Suggested Content

- ◆ Analysis of the body (showing a holistic understanding of the client):
 - Body – hair, skin, eyes, posture, gait, odour
 - Lifestyle – work environment, leisure activities, exercise, diet, fluid intake, sleep, family
 - Emotional – levels of stress, anxiety, energy, lethargy
 - Other treatments – complementary and conventional used by the client
 - Presenting medical conditions
 - Past medical history
 - Family medical history
 - Medication
 - Condition of the feet – moisture levels, temperature, texture, vascular network, smell, skin tone, muscle tone, structure, nail condition and other abnormalities eg. calluses, corns, verrucas, blemishes
 - The condition of the foot should be related to body condition

- ◆ Systems of the body

Study each system in relation to the location of the organs in the body and on the foot. Benefits of reflexology can be considered system by system:

 - Circulatory
 - Respiratory
 - Genito-urinary
 - Nervous system
 - Endocrine system
 - Skeletal system
 - Muscular system
 - Accessory organs
 - Digestive system

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- ◆ Structure of the foot, ankle and lower leg
 - Bones – tibia, fibula, calcaneus, talus, navicular, cuboid, cuneiform bones, metatarsals, phalanges
 - Muscles – tibialis anterior, tibialis posterior, extensor hallucis longus, extensor digitorum longus, flexor digitorum longus, plantaris, peroneus group, gastrocnemius and soleus

- ◆ Knowledge of medication
 - Anti inflammatories
 - Anticoagulants
 - Hormone replacement
 - Analgesic
 - Diuretics
 - Insulin

- ◆ After effects of treatment

Immediate effects, short term and long term. For example:

 - Increased urination
 - Increased bowel movement
 - Skin irritation
 - Fatigue
 - Energy Boost
 - Increase mucous production
 - Coughing
 - Sneezing
 - Emotional release

Guidance on the delivery and assessment of this Unit

This is an optional Unit within the HNC/D Complementary Therapies Group Award frameworks.

This is a practical Unit which should be delivered in an appropriate environment.

Candidates should be assessed throughout with the use of case studies, practical observations and written/oral work.

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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 assessed and practical 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 will include in depth consultation with clients. Consideration of appropriate forms and techniques of treatment for specific client needs taking account of contra-indications will involve a high level of critical thinking. Delivery of treatments which take account of the physical, physiological and psychological requirements of clients 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.

Candidates 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 analyse critically current reference materials from a range of paper based and electronic sites. The need to develop efficient systems of recording, coding and storing drafts and notes during formative work for ease of reference should be emphasised. Negotiating and consulting with clients, agreeing objectives and reviewing and evaluating achievement is essential to effective treatment. Candidates will have natural opportunities to develop a sophisticated level of oral communication skills in practical work with clients. They should be made 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 accurately, and with confidence.

Open learning

The theoretical aspects of this Unit could be delivered on an open or distance learning basis. However, the practical elements are not suited to delivery by distance learning because it requires candidates to be observed and questioned by a qualified practitioner. 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: Reflexology

This Unit will give you a solid foundation in the knowledge and skills required to perform reflexology treatments.

You will consult with the clients to develop reflexology treatment plans, in a safe and responsible manner, recognising the limitations of treatments. You will learn how to assess each client holistically, taking the client's physical condition, emotional state and lifestyle into consideration.

You will gain a good working knowledge of the body's systems in terms of reflexology treatments.

You will prepare the reflexology treatment environment, equipment and client prior to performing treatments. It is also important that you prepare yourself, in terms of appearance and hygiene, before carrying out the treatments.

You will learn about relaxation and reflexology techniques and apply to a range of clients.

After the reflexology treatments have been carried out you will evaluate their effectiveness to ascertain if the treatments are beneficial to the clients.