

-SQA-SCOTTISH QUALIFICATIONS AUTHORITY

HIGHER NATIONAL UNIT SPECIFICATION

GENERAL INFORMATION

-Unit Number- **5470597**
-Superclass- **HK**
-Title- **BODY TREATMENTS: MANUAL**

-DESCRIPTION-

GENERAL COMPETENCE FOR UNIT: Designing an individual body treatment strategy in consultation with a client and effectively applying manual classical massage treatments.

OUTCOMES

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

CREDIT VALUE: 2 HN Credits

ACCESS STATEMENT: Access is at the discretion of the centre. However, it would be beneficial if the candidate had prior competence in the structure of the body, first aid issues, communication and psychology.

This may be evidenced by possession of HN Units: 7612547 Anatomy and Physiology of the Human Body, 7460647 Safe and Hygienic Salon Practices and 7471487 Client Psychology and Communication, standard grade Biology, a first aid certificate or other similar qualifications or experience.

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 (£5.00)).

HIGHER NATIONAL UNIT SPECIFICATION

STATEMENT OF STANDARDS

UNIT NUMBER: 5470597

UNIT TITLE: BODY TREATMENTS: MANUAL

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 MANUAL BODY TREATMENT PLANS

PERFORMANCE CRITERIA

- (a) The techniques associated with each classical movement are described correctly.
- (b) The effects and uses of each massage movement are described correctly.
- (c) Analyse the clients physical, physiological and psychological requirements.
- (d) Determine through observation and questioning, the presence of contra-indications to manual body treatment.
- (e) All interaction with client is sensitive, professional and empathic.
- (f) Devise body treatment plans appropriate for client requirements.

RANGE STATEMENT

Treatments: generalised; localised.

Clients: new; existing.

Techniques: effleurage; petrissage; tapotement; vibration.

Contra-indications: internal; external.

Effects: relaxation; stress-relief; lymphatic drainage.

EVIDENCE REQUIREMENTS

Observation of the candidate consulting 3 clients with different body types. This may be supported by supplementary evidence in the form of written and/or oral questions, case studies or client records where observation is not available to cover the full range.

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

- the reasons for consultation;
- particular consultation techniques;
- a working knowledge of body systems to a level which enables the candidate to diagnose clients' needs and plan treatments;
- contra-indications: thrombosis; heart conditions; shingles; heavy medication; infectious diseases; undiagnosed pains/lumps; increased temperature; cancer; malignant melanoma; recent surgery or injury;
- special care: epilepsy; diabetes; clients currently undergoing medical treatment; high blood pressure; low blood pressure; electronic implants; metal implants; pregnancy; effects of alcohol or after a heavy meal;
- effects of each massage technique.

OUTCOME

2. PREPARE TO CARRY OUT MANUAL BODY 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.
- (c) The candidate's preparation is appropriate in terms of personal hygiene, dress, appearance and condition of hands.
- (d) Client is appropriately covered to ensure comfort and privacy.

RANGE STATEMENT

Treatment environment: temperature; lighting; ventilation; cleanliness and safety.

Equipment: towels; blankets; talcs; oils; creams; pillows/supports; trolley.

EVIDENCE REQUIREMENTS

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

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

- the reasons for particular preparations of the environment and equipment;
- the importance of, and requirements for, personal hygiene and professional appearance.

OUTCOME

3. PERFORM MANUAL BODY TREATMENTS

PERFORMANCE CRITERIA

- (a) The candidate and client are correctly positioned to ensure good working posture and freedom of movement.
- (b) The application of techniques is appropriate in terms of the clients' physical, physiological and psychological condition and aims of the treatment plans.
- (c) The techniques are appropriate in terms of timing, sequencing and duration of its component parts.
- (d) Client care, comfort and relaxation are maintained throughout.

RANGE STATEMENT

Clients: new; existing.

Techniques: effleurage; pertissage; tapotement; vibration.

Application: rate rhythm; depth and pressure.

EVIDENCE REQUIREMENTS

Observation of the candidate carrying out manual body treatments on 3 differing body types.

Supplementary evidence in the form of written and/or oral questioning, case studies or client records may also be used to confirm that treatments matched agreed plans. Written and/or oral questioning will also be required to ensure that the candidate has knowledge of:

- the reasons for particular techniques;
- forms of massage;
- contra-indications: thrombosis; heart conditions; shingles; heavy medication; infectious diseases; undiagnosed pains/lumps; increased temperature; cancer; malignant melanoma; recent surgery or injury;
- special care: epilepsy; diabetes; clients currently undergoing medical treatment; high blood pressure; low blood pressure; electronic implants; metal implants; pregnancy; effects of alcohol; after a heavy meal;
- a working knowledge of body systems to a level which enables the candidate to perform treatments;
- how to adapt techniques to suit different parts of the body, different types and sizes of body and different muscle definitions;
- the need for correct sequencing, duration and continuity of massage movements.

OUTCOME

4. EVALUATE THE EFFECTIVENESS OF THE TREATMENT

PERFORMANCE CRITERIA

- (a) Evaluation of the effectiveness of the treatment is accurate in relation to stated aims and client feedback.
- (b) Suitable home/after care advice is given where appropriate.
- (c) All details of treatment sessions are accurately and completely recorded.

RANGE STATEMENT

Aims: relaxation; stress relief; lymphatic drainage.

Clients: new; existing.

EVIDENCE REQUIREMENTS

Observation of the candidate evaluating treatments for each of the three clients. Supplementary evidence in the form of written and/or oral questioning, case studies and client records may also be used where observation is not available to cover the full range.

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

- the need for evaluation in relation to treatment plans;
- a working knowledge of body systems to a level which enables the candidate to evaluate the treatment plan;
- 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 be kept. These records will be available 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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SUPPORT NOTES

UNIT NUMBER: 5470597

UNIT TITLE: BODY TREATMENTS: MANUAL

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

NOTIONAL DESIGN LENGTH: SQA allocates a notional design length to a unit on the basis of 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 design individual body treatment strategies in consultation with clients, prepare for manual body treatment sessions and carry out and evaluate sessions. As well as becoming proficient in the skills involved, the candidate will also generate knowledge of body system and massage techniques.

CONTENT/CONTEXT

Underpinning knowledge

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

Identification and handling of relevant information from findings.

Reasons 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. Procedures for obtaining meaningful feedback from the client and why this is important.

Physical effects of treatment both temporary and cumulative.

The importance of personal hygiene and professional appearance.

Why perfumes and jewellery should be discreet.

The reasons a therapist should observe hygiene precautions, requirements and applications of health, safety and hygiene consumer protection and premises legislation, local bylaws government guidelines and industry codes of practice.

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.

Why the client must be reassured and the consequences of client being nervous.

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; heavy medication; infectious diseases; undiagnosed pains/lumps; increased temperature; cancer; malignant melanoma; recent surgery or injury

Special care: epilepsy; diabetes; clients currently undergoing medical treatment; high blood pressure; low blood pressure; electronic implants; metal implants; pregnancy; effects of alcohol; after a heavy meal.

- skin structure and functions;
- the five layers of the epidermis;
- the dermis including connective tissues; nerve endings; sweat glands, sebaceous glands, capillaries and hair;
- 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, principles of circulation of lymph
- structure and function of lymphatic vessels and lymph;
- position of major groups of lymph nodes;
- connection between lymph and blood.

Position and action of superficial muscles - deltoid, biceps, triceps, brachialis, trapezius, latissimus dorsi, erector spinae, serratus anterior, pectorals, intercostals, diaphragm, rectus abdominis, obliques, gluteals, hamstrings, quadriceps, sartorius, abductors, abductors of the 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 the tendons.

Position of the primary bones of the skeleton and groups for hand, feet, vertebral column and skull.

Functions of the skeleton and ligaments.

Outline of digestive tract and renal system.

Structure and function of breasts including relationship to pectoral muscle.

Preparation of treatment room/area.

The importance of maintaining the heat, light, ventilation and noise at a suitable level for massage.

What constitutes commercial, cost effective timings for treatment.

Effective treatment height for the massage support including the height that is comfortable for the candidate and with an adequate surrounding space.

The psychological effects of massage.

The nature and avoidance of erogenous zones in treatment.

Skills

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

Ability to perform the differing techniques of massage.

Communication skills of listening, reading, body language, adopting suitable vocabulary.

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 and performing the full range of massage strokes, to build up competence and confidence in the candidate as knowledge level increases. 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 development of the candidate's underpinning 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. Case studies and written and/or oral 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 and/or oral questioning will almost certainly be needed to ensure that this knowledge is adequately assessed and to cover areas of the range not covered by performance. It is important that this evidence is assessed in relation to this unit especially when this unit is taken as a stand alone unit. However, in any cases much of this knowledge may be assessed in other units when delivered as part of an integrated programme. Provided this evidence is recorded against the requirements of this unit 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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