



## REFLEXOLOGY ASSOCIATION OF AUSTRALIA CERTIFICATE OF CLINICAL REFLEXOLOGY

**UNIT CODE** RA REF3A

**UNIT TITLE** PERFORM REFLEXOLOGY HEALTH ASSESSMENT

**DESCRIPTOR** This unit describes the skills required to assess the therapeutic needs of a reflexology client according to the philosophy and practices of the reflexology framework. It requires the gathering of client health information, physical observations and the development of a reflexology treatment plan.

Element	Performance Criteria
1. Inform client and Identify expectations	<ul style="list-style-type: none"><li>• The client is addressed appropriately.</li><li>• The services able to be provided and limits of available services are clearly explained.</li><li>• The client's expectation of the service/clinic are explored and clarified.</li><li>• Personal abilities, level of professional competence and parameters of role are defined to the client and practiced at all times.</li><li>• Identify and respond to any <i>barriers that may influence assessment</i></li><li>• <i>Rationale of the treatment /assessment plan</i> is discussed with the client.</li><li>• The <i>legal rights</i> of the client and practitioner are identified</li><li>• <i>Factors which may interfere with the effectiveness of the treatment</i> are explained</li><li>• </li></ul>
2. Assess physical condition of the feet	<ul style="list-style-type: none"><li>• Informed client consent is obtained prior to conducting a Reflexology assessment.</li><li>• Essential requirements for the maintenance of clinical and practitioner hygiene are identified, established and routinely observed</li></ul>

	<ul style="list-style-type: none"> <li>• Make <i>visual and tactile</i> inspection of the feet and record findings</li> </ul>
3. Develop the treatment plan	<ul style="list-style-type: none"> <li>• Combine results of physical assessment and case history information</li> <li>• Use <i>reflexology philosophy</i> and <i>known human body function and pathology</i></li> <li>• The <i>mode of administration and diagnostic techniques</i> in management of the treatment is explained to the client</li> <li>• Client is informed of possible <i>physical or emotional reactions during a session</i></li> <li>• Client is to be informed of possible <i>physical or emotional reactions following a session</i> and the appropriate course of action to take</li> <li>• Honesty and integrity are used when explaining treatment plans and recommendations to the client.</li> <li>• Appropriate interpersonal skills are used when explaining treatment plans and recommendations to the client.</li> <li>• Client independence and responsibility in treatment are promoted whenever possible.</li> <li>• <i>Consent for treatment</i> is ensured</li> <li>• Proposed treatment plan and recommendations are fully documented</li> <li>• Client and practitioner comments to treatment are recorded</li> </ul>
4. Manage the health assessment and treatment plan	<ul style="list-style-type: none"> <li>• Assessment and treatment plan are discussed with the client to determine priorities</li> <li>• Anomalies and imbalances detected in assessment are investigated further through appropriate questioning and analysis of client feedback</li> <li>• Enquires from the client are responded to by the practitioner using language the client understands.</li> <li>• The time, location and content of future sessions are clearly explained to the client</li> <li>• <i>Referral and/or collaboration with other health professionals</i> is discussed as indicated.</li> </ul>

## Knowledge Evidence

The candidate must be able to demonstrate the essential knowledge required to manage a reflexology health assessment which includes knowledge on:

*Barriers that may influence assessment:*

- physical (age, constitution, lifestyle, diet, environment, exercise)
- psychological (social, emotional, intellectual)
- cultural (values and attitudes)
- medical history
- *Rationale of the treatment /assessment plan*
- methods of preparing treatment and management plans
- scope and depth of information required including health history past and present, signs and symptoms ( onset, duration, location, pain, restrictions)

*Legal rights*

- legal and ethical considerations relevant to practice within the reflexology framework including codes of conduct, duty of care, consent, privacy, reporting and record management
- work health and safety

*Factors which interfere with the effectiveness of treatment:*

- other medical treatment being undertaken
- client's physical and psychological readiness and/or wellness
- cultural factors
- contraindications to treatment
- post reflexology activity

*Visual and tactile:*

- General appearance and feel of the feet (texture, flexibility, colour)
- Identification and assessment of foot and hand skin condition and bone structure
- Common ailments of feet and hands
- Meridian pathway links

*Reflexology philosophy*

- identify tender reflexes, numbness, swelling, tension
- adapt pressure to suit client
- feedback – tactile, verbal, non-verbal (body movements), visual (facial expressions)

- for the very ill work lightly ,often and short time
- work less rather than more initially
- possible precautions/contraindications to treatment

*Known human body function and pathology*

- fundamental structure and function of anatomical systems
- prominent bones/structure, muscles, ligaments and tendons of the feet
- fundamental principles of biomechanics
- common disease states relative to body system

*Mode of administration and diagnostic techniques :*

- use of oils, cream, lotion, talcum powder, corn starch
- requirement for feedback and interaction
- range of relaxation and reflexology techniques
- variations in hold, leverage and pressure intensity according to tissue condition, age, health and sensitivity of client
- requirements of specified positioning of client/patient
- requirements for finishing techniques

*Reactions during a session:*

- discomfort
- emotional reactions
- muscular spasms
- body temperature discomfort
- deep relaxation
- alleviation of presenting symptoms

*Reactions following a session:*

- feeling of wellbeing
- relief of symptoms
- increased urination
- slight headache, nausea, malaise
- increased bowel actions
- temporary exacerbation of symptoms
- increased energy
- improved sleep

- *Reactions to treatment are recognised by practitioner and promptly responded to may include:*
- adjusting treatment accordingly
- seeking appropriate expertise
- discussing reactions with the client
- adherence to clinic guidelines for response to accidents and emergencies
  - use of first aid procedures according to organisations such as St Johns, Australian Red Cross or other appropriate First Aid trainers
  - maintaining a Senior First Aid Certificate which is renewed every three years
  - assessing local emergency services

*Consent to treatment:*

- understanding of what is involved in reflexology treatment according to the principles of reflexology framework
- informed consent according to the local and national regulations and legal guidelines

*Specific techniques:*

- techniques as appropriate to specific reflexes
- palpation
- pressure application

*Reflexes worked on both feet according to body systems or sequence:*

- both feet are completely worked for maximum effect
- specific attention is given to particular reflex areas in relation to client's state of well being
- feet may be worked in relation to body systems
- feet may be worked one at a time

*Length of session time as appropriate to client:*

- a general session of reflexology may be of one hour's duration
- shorter sessions are appropriate for the elderly, infants and the very debilitated. i.e. consider client tolerance to technique, length of session, frequency
- shorter sessions may also be appropriate for acute situations, daily maintenance and for sessions delivered at a workplace

- a session longer than one hour may be appropriate according to client's health and needs and/or the combination of techniques applied
- Referral *and/or collaboration with* other health professionals professional, allied and complementary health services community resources and support services

### **Performance Evidence**

The candidate must show evidence of the ability to accomplish tasks associated with the elements and performance criteria within the context of the job role.

#### *Evidence includes:*

Performance of at least 120 hours of client reflexology consultation work having prepared and managed at least 60 reflexology assessments covering a range of both male and female of varying ages and presentations with evidence of -

- ability to make a reflexology assessment using touch, visual observation and listening skills
- ability to understand and record data obtained from client and incorporate this data into a reflexology treatment plan
- ability to prioritise presenting conditions
- establishment of urgency for treatment required
- ability to identify treatment options and establish treatment regimes
- ability to prepare treatment plans
- ability to deliver a reflexology treatment within the time-frame available and/or appropriate to the client's condition
- effective interaction with clients using interpersonal and questioning skills to communicate information and actively involve the client in the process and proposed treatment
- ability to provide advice within the scope of the practitioner's training

#### *Concurrent assessment and relationship with other units*

- communicate effectively with clients
- contribute to the control of infection
- work effectively within the health industry
- adhere to occupational health and safety
- ability to apply first aid

### *Resource implications*

### *Resource requirements*

- an appropriately stocked and equipped clinic or simulated clinic environment
- relevant texts or medical manuals
- relevant paper based/video/audio assessment consultation forms
- appropriate assessment environment with client and practitioner seating
- talc/cream/lotion
- draping material
- cleaning tools
- demonstration model/client

### *Method of Assessment*

#### *Assessment may include:*

- Practical demonstration
- Simulations
- Explanation of techniques
- Oral questioning and discussion
- Case studies and scenarios

### *Context of Assessment*

This unit is most appropriately assessed in the workplace or in a simulated workplace and under the normal range of work conditions. Assessment may contain both theoretical and practical components and must cover a range of examples including provision of service to the general public. The clinic supervisor must meet the assessor requirements below and supervise a minimum of 40 of the required 120 hours of client consultation work.

#### *Assessors must*

- Assessors must meet the Standards for Registered Training Organisations (RTOs) 2015/AQTF. (TAE40116 Certificate IV in Training and Assessment, or its successor.
- Have at least 3 years current clinical experience working as a reflexologist providing services to the public.
- Hold a current practicing membership of the Reflexology Association of Australia.