



## REFLEXOLOGY ASSOCIATION OF AUSTRALIA CERTIFICATE OF CLINICAL REFLEXOLOGY

UNIT CODE	RA16 REF5A
UNIT TITLE	MONITOR AND EVALUATE REFLEXOLOGY TREATMENTS
DESCRIPTOR	This unit describes the skills required to monitor and evaluate reflexology treatments, in relation to client outcomes and practice management, according to the philosophy and practices of the reflexology framework.

Element	Performance Criteria
1. Evaluate the treatment	<ul style="list-style-type: none"><li>• Progress feedback is sought from the client</li><li>• The effects of previous treatment/s is identified in relation to the treatment plan and changes negotiated with the client</li><li>• Assess treatment effect on client's physical, spiritual and emotional wellbeing</li><li>• Compare results with previous practice results and known research</li><li>• Any need for ongoing and/or additional information is requested from client and evaluated for improvement to the treatment plan</li><li>• Progress is fully documented in treatment plan</li></ul>
2. Make treatment adjustments	<ul style="list-style-type: none"><li>• Identify and respond to <i>observations that may be restricting client progress</i></li><li>• Base changes to the treatment plan on evaluation of the client progress</li><li>• Use discussed results and previous research to make relevant changes to the treatment plan.</li><li>• Document any changes accurately</li></ul>
3. Apply client evaluations to clinic practice	<ul style="list-style-type: none"><li>• Compare client progress with past experiences in clinical practice</li><li>• The length of session time is appropriate for the client</li><li>• Identify necessities for ongoing research and development to achieve desired client outcomes</li><li>• Seek out and attend professional development opportunities</li><li>• Develop and adjust work practices to improve service</li></ul>

## Range of Variables

*Factors which interfere with the effectiveness of treatment may include:*

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

*Mode of administration may include:*

- use of oils, cream, lotion, talcum powder, corn starch

*Reactions during a session may include:*

- discomfort

*Reactions following a session may include:*

- feeling of wellbeing
- *Practitioner responses to reactions may include:*
- adjusting treatment accordingly

*Consent to treatment refers to:*

- understanding of what is involved in reflexology treatment according to the principles of reflexology framework

*Relaxation techniques may include:*

- stroking and effleurage techniques

*Reflexology techniques may include:*

- thumb and finger-walking

*Holding and supporting the foot may mean*

- holding hand may act as an adjunctive to working hand for support

*Leverage may mean:*

- thumbs and fingers of working hand provide pressure in opposition to each other
- he

*Pressure may mean:*

- light pressure is utilized for the elderly, infants or debilitated

*Specific techniques may mean*

- techniques as appropriate to specific reflexes

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

- both feet are completely worked for maximum effect

*Length of session time as appropriate to client may mean*

- a general session of reflexology may be of one hour's duration
- appropriate according to client's health and needs and/or the combination of techniques applied

*Advise and resource the client refers to*

- referring client to other information sources

## **Evidence Guide**

*Critical Aspects of Evidence*

- treatment incorporates the philosophies and beliefs of a reflexology framework
- demonstrated ability to apply commonly used treatment techniques listed under the range of variables
- treatment is provided according to the individual, condition and the presence of complicating factors
- ability to suggest alternative health care professionals when a case is outside practitioner's competence
- client is prepared for treatment according to reflexology principles
- treatment provided and client responses are documented
- ability to demonstrate and provide reflexology plan for self help for client
- all treatment of care delivered is consistent with legislative and regulatory requirements

*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

### *Underpinning knowledge and skills*

- Knowledge of history, philosophy and beliefs of the reflexology framework
- Understanding of anatomy and physiology according to reflexology framework
- Knowledge of best practice reflexology principles
- Knowledge of fundamental structure and function of anatomical systems
- Understanding of the fundamental principles of biomechanics
- Ability to identify prominent bones/structure, muscles, ligaments and tendons of the feet through palpation
- Ability to gather and interpret information through the tactile senses
- Knowledge of possible reactions and contraindications to treatment
- Ability to manage time throughout consultation and treatment
- Knowledge of legal and regulatory implications of treatment
- Ability to use equipment and resources competently and safely
- Ability to communicate effectively with client

### *Resource implications*

#### *Resource requirements may include*

- an appropriately stocked and equipped clinic or simulated clinic environment
- relevant texts or medical manuals
- relevant paper based/video/audio assessment instruments
- appropriate assessment environment
- 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 cover a range of examples to sufficiently include a range of clinical situations