



REFLEXOLOGY ASSOCIATION OF AUSTRALIA CERTIFICATE OF CLINICAL REFLEXOLOGY

UNIT CODE RA16 REF4A

UNIT TITLE PERFORM THERAPEUTIC REFLEXOLOGY TREATMENTS

DESCRIPTOR This unit describes the skills required to administer and adapt treatment strategies for a therapeutic reflexology treatment based on a complete health assessment and according to the philosophy and practices of the reflexology framework.

Element	Performance Criteria
1. Manage the treatment	<ul style="list-style-type: none">• <i>Factors which may interfere with the effectiveness of the treatment are explained</i>• The <i>procedure and management</i> of the treatment is explained to the client• Client is to be informed of possible physical or emotional <i>reactions during a session</i>• Client is to be informed of possible physical or emotional <i>reactions following a session</i> and the appropriate course of action to take• <i>Reactions to treatment are recognised by the practitioner</i> and promptly responded to if necessary• <i>Consent for treatment</i> is confirmed• Reflexology is provided according to the treatment plan• Recommendations are fully documented• Client and practitioner comments to treatment are recorded.
2. Assess and apply treatment to best suit the individual	<ul style="list-style-type: none">• Form a treatment approach that considers a range of cognitive abilities• Obtain consent from others when applicable• Recognise differences in norms between genders and ages and apply accordingly
3. Apply reflexology techniques	<ul style="list-style-type: none">• Use a range of <i>reflexology techniques</i> and pressure variations are to target the relevant body systems according to the client's general health, stage in life, age, tissue condition and sensitivity

	<ul style="list-style-type: none"> • Adapt length of session, leverage and pressure in accordance with assessment indications and client tolerance Use of holding and supporting techniques is adjusted to achieve the best outcome • Use <i>selected sequences and reflexes</i> on both feet to target <i>body systems</i> requiring additional attention
4. Advise and resource the client	<ul style="list-style-type: none"> • Client queries are answered with clarity using the appropriate language. • Honesty and integrity are used when explaining treatment plans and recommendations to the client. • Appropriate interpersonal skills are used when explaining to the client the techniques used, their therapeutic benefits and recommendations • Client independence and responsibility in treatment are promoted whenever possible by educating the client in self-help practical techniques that support the treatment
5. Review the treatment	<ul style="list-style-type: none"> • The effects of previous treatment are identified and recorded. • Record details of treatment provided and client discussions • The treatment plan is reviewed • The need for ongoing and/or additional treatment is evaluated and discussed • Changes to the plan are negotiated with the client to ensure optimal outcomes.

Knowledge Evidence

The candidate is required to have successfully complete tasks demonstrating effective therapeutic reflexology management and delivery within the context of the work role demonstrating knowledge in:

Procedure and management includes:

- Legal and Ethical and regulatory implications of treatment
 - Codes of conduct
 - Duty of care
 - Discrimination
 - Children in the workplace
 - Consent
 - Privacy
 - Reporting and document requirements for record keeping details
 - Best practice reflexology principles
 - Operating within scope of practice
 - Referral to relevant practitioners
 - Work health safety compliance

Factors which interfere with the effectiveness of treatment may include:

- other medical treatment being undertaken
- client's physical and psychological readiness and/or wellness
- client's developmental stage in life
- cultural factors
- precautions to observe and contraindications to treatment
- post reflexology activity

Mode of administration and management may include:

- 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 in preparation and of specified positioning of client/patient
- requirements for finishing techniques

Reactions during a session may include:

- discomfort
- emotional reactions
- feedback – verbal, tactile, visual
- muscular spasms
- body temperature discomfort
- deep relaxation
- alleviation of presenting symptoms

Reactions following a session may include:

- 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 recognized by the practitioner 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 a 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 refers to:

- 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

Reflexology Techniques

Relaxation techniques may include:

- stroking and effleurage techniques
- friction light and deep
- holding
- breathing
- knuckling
- rotation and loosening
- stretching
- kneading
- twisting and wringing
- percussion

Reflexology techniques may include:

- thumb and finger walking
- microrotation
- knuckling
- pivot
- sweeping
- rocking
- sedating light or deep
- holding/balancing
- hook in and back-up
- palpating

Selected sequences may mean

- techniques, as appropriate to specific reflexes, from different reflexology frameworks and philosophy; their maps, systems, techniques and relationships:
 - Ingham, Asian, Universal, Dougans, Maternity
 - hands, ears, face
 - meridian theory and points
 - Brazilian toe massage
 - Biomechanics and mobilisation
- 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

Body systems includes:

- detailed anatomical structure and physiological function of all body systems
- common diseases and functional problems for each body system
- fundamental principles of biomechanics
- signs and symptoms of disease and disorder/dysfunction

Advise and resource the client refers to

- providing relevant literature or information materials
- referring client to other information sources
- providing and demonstrating plan of self reflexology treatment for client
- suggestion of referrals to other health professionals

Performance Evidence

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

Evidence must include

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

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- use of the following relaxation techniques on multiple occasions
 - stroking and effleurage
 - friction – light and deep
 - rotation and loosening
 - stretching
 - twisting and wringing
 - diaphragm relaxer
 - diaphragm breathing
 - spinal twist
 - toe rotation
 - holding
 - kneading and knuckling
- use of each of the following techniques on multiple occasions
 - thumb and finger walking
 - microrotation
 - palpation
 - holding/balancing
 - sedating light and deep
 - hook in and back up
- treatment provided according to the individual, condition and the presence of complicating factors
- 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
- ability to use equipment and resources competently and safely
- ability to communicate effectively with client
- ability to manage time throughout consultation and treatment
- ability to suggest alternative health care professionals when a case is outside practitioner's competence
- client preparation for treatment according to reflexology principles
- treatment provision and client responses documentation
- a reflexology plan for self-help for client
- treatment of care delivered 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

Method of Assessment

Assessment may include:

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

Resource requirements

- 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
- talc/cream/lotion
- draping material
- cleaning tools
- demonstration model/client

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 reflecting workplace conditions. Assessment may contain both theoretical and practical components and must cover a range of examples in a range of clinical situations, including delivery 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.