



REFLEXOLOGY ASSOCIATION OF AUSTRALIA CERTIFICATE OF CLINICAL REFLEXOLOGY

UNIT CODE RA16 REF2A

UNIT TITLE PLAN AND PROVIDE REFLEXOLOGY FOR RELAXATION

DESCRIPTOR: This unit covers the skills required to interpret information gathered in the client assessment and preparation for a relaxation reflexology treatment using basic reflexology techniques.
This unit is relevant for individuals who provide relaxation sessions and does not include reflexology for therapeutic consults.

Elements	Performance Criteria
1. Setup the workspace appropriately	<ul style="list-style-type: none">• The workspace is prepared in accordance with occupational health and safety standards• The environment is of a warm, inviting, healing nature• <i>Appropriate professional material</i> is displayed• <i>Access and organize good ergonomic equipment</i> and materials appropriate for both client and practitioner• <i>Clean, comfortable and professional standard soft furnishings</i> are provided
2. Obtain and record client information	<ul style="list-style-type: none">• Information collected from the client about the <i>client's general health</i> is sought in a respectful way with all enquiries asked in a purposeful, systematic and diplomatic manner• <i>Factors likely to have an influence</i> on the treatment are identified during the consultation process and strategies are implemented to minimise the effects of these factors wherever possible• Information is managed in a confidential and secure way• Information is gathered, recorded and organised in a way which can be interpreted readily by other professionals
3. Prepare for treatment	<ul style="list-style-type: none">• Client is draped for warmth with feet and hands exposed as appropriate for working on• Ensure comfort levels• Clearly explain the treatment process• Discuss with the client <i>possible reactions</i> during and after treatment

	<ul style="list-style-type: none"> • Informed client consent is obtained prior to conducting a Reflexology assessment.
4. Gather together physical observations of the feet and hands	<ul style="list-style-type: none"> • <i>Assessment of the feet</i>, along with signs and symptoms, is recorded in a thorough and objective manner • Structural abnormalities of the foot are related to the case history • Skin conditions are identified, assessed and incorporated into the treatment plan. • • <i>Signs and symptoms</i> of condition in the client are recognised and identified as pre-requisites for treatment/care • <i>Precautions/contra-indications</i> to reflexology are observed, recorded and related to treatment plan • Clients are recommended to seek medical advice where appropriate
5. Select and apply appropriate reflexology techniques as required	<ul style="list-style-type: none"> • Ensure that <i>appropriate holds and support</i> are used throughout the treatment • A range of <i>relaxation techniques</i> is applied • Apply <i>reflexology techniques</i> in accordance with the reflexes worked, general health of client and tissue condition, age, health and sensitivity • While holding and supporting the foot adequately, <i>leverage and appropriate pressure</i> are used as required to work the specific techniques. • All reflexes on both feet are completed utilizing an appropriate sequence. • The <i>length of session time is appropriate</i> for the client.
6. Manage the treatment	<ul style="list-style-type: none"> • Reflexology is provided according to treatment plan • <i>Potential sensitivities</i> of clients are anticipated and their dignity is respected at all times • Essential requirements for the maintenance of clinical and practitioner hygiene are identified, established and routinely observed • Finalise the treatment with relevant information on recommended follow up action • Referral and/or collaboration with <i>other health professionals</i> is discussed as indicated.

Knowledge Evidence:

The candidate is required to have sufficient knowledge to perform reflexology for relaxation to a standard acceptable within a work environment. This includes knowledge of:

- Principles and philosophies underlying reflexology including its history, the systems of foot and hand treatment and key features of reflexology foot and hand charts
- Legal and ethical considerations relevant to practice within the reflexology framework
- Basic anatomy and physiology of all the body systems and their relevant reflexes
- Client information required for relaxation reflexology
- Set up requirements and client preparation
- Relevant assessment options and procedures in both foot observation and response
- Common disease states and functional problems of each body system,
- Clinical indications and factors that affect the level of pressure applied relevant to precaution indications
- First Aid and CPR
- Possible responses and contra-indications to treatments
- How to access and interpret up to date information
- Relaxation techniques including
 - diaphragm relaxer
 - spinal twist
 - toe rotation
 - metatarsal kneading
 - back and forth
 - ankle loosening
- Reflexology techniques
 - thumb and finger walking
 - micro-rotation with thumbs and fingers
 - hook in and back up
 - palpating

Professional material may include:

- Qualifications
- Code of Ethics
- Association registration evidence
- Charts, books
- Business appointment cards
- Brochures
- Appointment book
- Client record keeping facilities
- Receipt book

Ergonomic equipment and materials may include:

- Massage table
- Reflexology chair
- Stool
- Foot bowls

Soft furnishings may include:

- Pillows
- Bolsters
- Linen

Client general health may include:

- date of presentation
- Identifying personal details
- Source of referral (if applicable)
- Main presenting complaint or reason for reflexology treatment
- Other treatments being undertaken
- Presenting symptom picture
- General state of health :
 - Physical
 - Emotional
 - Mental
 - Allergies
 - Dietary
 - Sleep pattern
 - Exercise
 - Leisure activities
- Childhood and adulthood illness
- Accidents, injuries, operations
- Hospitalisations
- Occupational history and environment
- Other current medical treatment
- Medication, supplements and natural prescriptions – current and previous
- Social lifestyle including social drug usage
- Family history

Factors likely to have an influence on assessment may include:

- Language difficulties
- Disabilities
- Emotional trauma
- Lack of privacy or focus due to additional parties being present
- Cultural or gender factors
- Age

Possible reactions during may include

- Discomfort
- Emotional release
- Feedback – verbal, tactile, visual
- Muscular spasms
- Body temperature discomfort
- Deep relaxation
- Alleviation of presenting symptoms

Possible reactions after 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

Assessment of the feet may include

- Overall appearance of the feet
- Colour and texture of skin
- Bone and joint structure
- Arch
- Biomechanics
- Signs of bacterial or viral infection
- Signs of keratosis and other skin anomalies

Signs and symptoms of condition may include:

- Physical evidence
- Behavioural evidence
- States of disorder
- Test or examination results
- Sensations
- Onset
- Duration
- Location
- Causation
- Direction of chief complaint
- Ameliorating and aggravating factors
- Symptom qualities (intensity, severity, nature of complaint)
- Non-verbal signs and symptoms
- Functional and pathological disturbances

Precautions/contra-indications may include:

- Diseases and disorders of the feet
- Thrombosis
- Infectious/contagious diseases
- Acute fever
- Gangrene
- Infectious skin diseases of the foot
- Heavy medication
- Unstable pregnancy
- Diseases of the lymphatic and circulatory system
- Diabetes
- Clinical depression
- Following surgery
- First trimester of pregnancy
- IVF treatment

Appropriate holds and support may mean:

- Holding hand may act as an adjunctive to working hand for support
- Holding hand to create taut or soft surface over which techniques are applied
- Holding hand to adjust angle of foot for support
- Holding hand to provide maximum client comfort and security

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

Leverage and appropriate pressure may mean:

Leverage

- thumbs and fingers of working hand provide pressure in opposition to each other
- heels of hands may provide leverage for working fingers

Pressure

- light pressure is utilized for the elderly, infants or debilitated
- light pressure is utilized for poor tissue conditions
- light pressure is utilized over surface vein areas
- light pressure is utilized over acutely sensitive areas
- average to heavy pressure may be utilized according to client health and comfort
- client comfort to be given highest priority when applying pressure

Potential sensitivities may include:

- Gender
- Ethnic background
- Language
- Religious beliefs
- Cultural heritage
- Sexuality
- Ability
- Presenting disease state and personal history

Health professionals to refer to may include:

- The client's general practitioner
- Chiropractor
- Dietitian
- Naturopath
- Podiatrist
- Physiotherapist

Performance Evidence

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

Evidence includes:

- Provision of relaxation reflexology to at least 4 different people when the selection of reflexology techniques is based on sound assessment of the feet displaying:
 - appropriate evaluation and response to skin and structural abnormalities
 - techniques and sequences within the scope of the practitioner's reflexology training
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Concurrent assessment and relationship with other units

- Communicate effectively with clients
- Work effectively in the health industry

Resource implications

Resource requirements may include:

- An appropriately stocked and equipped clinic or simulated clinic environment
- Relevant texts or medical manuals
- Relevant paper based assessment instruments
- Appropriate assessment environment including
 - Client and practitioner seating
 - Talc/cream/lotion
 - Draping attire
 - Cleaning tools

Method of assessment

Assessment may include:

- Written assignment with practical demonstration
- Oral questioning
- Case studies and scenarios as a basis for discussion
- Short answer tests

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 clinical situations including services to the general public.

Assessors must meet the Standards for Registered Training Organisations (RTOs) 2015/AQTF.