



Australian Government

Assessment Requirements for HLTREF004 Provide therapeutic reflexology treatments

Release: 1

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Modification History

Release	Comments
Release 1	<p>This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages.</p> <p>Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence. Minimum clinic hours added. Additional assessor requirements.</p>

Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- performed the activities outlined in the performance criteria of this unit during a period of at least 120 hours of reflexology client consultation work
- prepared for and managed at least 60 therapeutic reflexology treatments - clients must include males and females from different stages of life with varied presentations
- used each of the following relaxation techniques on multiple occasions:
 - stroking and effleurage
 - friction - light and deep
 - holding
 - breathing
 - knuckling
 - rotation and loosening
 - stretching
 - kneading
 - twisting and wringing
 - diaphragm relaxer
 - spinal twist
 - toe rotation
- used each of the following therapeutic techniques on multiple occasions:
 - thumb and finger walking

- microrotation with thumbs and fingers
- sedating - light or deep
- hook in and back up
- palpating

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- legal and ethical considerations (national and state/territory) for client assessment:
 - codes of conduct
 - duty of care
 - informed consent
 - mandatory reporting
 - practitioner/client boundaries
 - privacy, confidentiality and disclosure
 - records management
 - working role boundaries:
 - working within scope of practice
 - presenting symptoms that require referral to a medical practitioner
 - work health and safety
- different reflexology frameworks, systems and techniques:
 - philosophy of system
 - key techniques used
 - variations in maps of the feet and hands
 - interrelationships between frameworks
- reflexology relaxation techniques and how to apply them
- reflexology techniques and how to apply them:
 - thumb and finger walking
 - microrotation with thumbs and fingers
 - sedating - light or deep
 - hook in and back up
 - palpating
 - holding/balancing
- specific reflexology systems and how they are used, including:
 - Ingham
 - Asian/Chinese
 - Universal
 - Dougans

- hands
- ears
- face
- meridians/acupressure points
- Brazilian toe hold
- maternity
- biomechanics/mobilisation
- potential reactions during treatment and how to respond:
 - discomfort
 - emotional reactions
 - feedback - verbal, tactile, visual
 - muscular spasms
 - body temperature discomfort
 - deep relaxation
- potential reactions following treatment and appropriate client advice:
 - increased urination
 - slight headache, nausea, malaise
 - increased bowel symptoms
 - temporary exacerbation of symptoms
- documentation requirements for recording treatment details
- detailed structure and physiological function of all anatomical systems and regions of the body
- common disease states and functional problems of each body system
- relationship of reflexes and energy centres on the feet and hands and the functioning of each body system

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated clinical environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including:
 - client information – case history, treatment plan
 - client and practitioner's seating
 - talc/cream/lotion
 - draping material
 - cleaning equipment
- modelling of industry operating conditions, including provision of services to the general public
- clinic supervision by a person who meets the assessor requirements outlined below for at least 40 of the 120 hours of client consultation work

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

In addition, assessors must:

- have at least 3 years current clinical experience working as a reflexologist providing services to the general public
- hold practising membership of an Australian professional body that represents reflexologists
- fulfil the continuing professional development requirements of the professional body to which they belong

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>