Assessment Requirements for SHBBSPA004 Provide Indian head massages for relaxation

Release: 1
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Modification History
Not applicable.

Performance Evidence
Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- communicate, follow and adjust treatment plans to provide six safe and appropriate Indian head massages for different clients
- provide Indian head massage to treat each of the following areas as appropriate to the above clients:
  - arms
  - face
  - neck
  - primary chakra areas
  - scalp
  - shoulders
- design, record and update treatment plans and records for each client using correct anatomical terminology and specifying details of:
  - client feedback
  - contraindications and conditions
  - massage routines
  - outcomes of previous and current treatment
  - post treatment lifestyle and product advice
  - products used
  - recommended future treatments
  - relevant medical history and medication
  - treatment duration, areas treated and areas not treated
  - treatment objectives
- design and provide treatment routines that demonstrate appropriate selection, application and modification of the following massage movements:
  - effleurage
  - petrissage
  - Marma point
  - tapotement
  - vibration
• present self, according to organisational policy
• comply with health and hygiene regulations and requirements.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

• state or territory and local health and hygiene regulations and requirements relevant to providing massage treatments
• organisational policies and procedures relevant to providing massage treatments:
  • client record management
  • equipment use and maintenance
  • incident reporting
  • linen use and laundry procedures
  • personal hygiene and presentation
  • presentation of treatment area
  • waste disposal
  • water use minimisation
  • work health and safety
• legal and insurance liabilities and responsibilities regarding treatments
• scope of practice:
  • when to refer clients to other practitioners
  • importance of not stating a diagnosis of a contraindication
  • limitations to Indian head massage
  • role of complementary therapist and medical practitioner
• factors likely to affect suitability of treatments for client needs:
  • budgetary and time constraints
  • outcomes of previous treatments
  • physical attributes
• history, origins, and traditions of Indian head massage
• features, benefits and effects of Indian head massage
• principles of body, mind and spiritual wellness
• basic aspects of Ayurveda and Ayurvedic bodywork
• Marma points application
• major chakra areas as they relate to Indian head massage
• benefits of continuous treatments
• effects and benefits of Indian head massage on body systems:
  • circulatory
  • digestive
  • integumentary
  • lymphatic
- muscular
- nervous
- respiratory
- skeletal and articular
- common disorders of body systems and their relationship to Indian head massage
- contraindications that prevent or restrict treatment or require clearance from a medical professional to proceed and relationship to Indian head treatments:
  - allergies to products
  - areas exhibiting loss of sensation
  - bacterial, fungal, parasitic and viral infections
  - cancer
  - clients under the influence of alcohol or drugs
  - clients with symptoms of infectious disease:
    - fever
    - nausea
    - extreme fatigue
    - extremes of body temperature
    - dysfunctions of the nervous system
    - epilepsy
    - heart condition
    - injury or surgery in treatment area
    - recent scar tissue
    - severe circulatory disorder
    - severe migraine or headaches
    - skin trauma
    - spondylitis
    - thrombosis or embolism
    - type one and two diabetes mellitus
    - undiagnosed lumps, bumps or swellings
    - very high or low blood pressure
- adverse effects to Indian Head massage and appropriate remedial action:
  - dizziness
  - headache
  - nausea
  - skin irritation
- lifestyle factors and benefits of lifestyle changes
- sustainable operating procedures for the conservation of product, water and power
- aftercare advice, products and future treatments to maintain client objectives.
**Assessment Conditions**

Skills must be demonstrated in a spa environment; this can be:

- an industry workplace or
- a simulated workplace set up for the purpose of skills assessment, that provides services to paying members of the public.

Assessment must ensure access to:

- paying clients, both new and regular, with different Indian head massage requirements, who have the expectation that the services provided reflect those of a commercial business
- access to hand washing facilities:
  - basin
  - hot and cold running water
  - liquid soap
  - single use towels or hand dryer
- relevant workplace documentation:
  - blank client cards
  - organisational policies and procedures relevant to massage treatments
  - product instructions
  - safety data sheets for cleaning products.

Assessment must ensure use of:

- cleaning and disinfection products and equipment
- individual work station consisting of:
  - adjustable treatment table or chair with safe working access for client and worker
  - trolley for products and bowls
- massage mediums
- treatment towels or linen, or disposable linen.

Assessment activities that allow the individual to:

- complete Indian head massages within commercially and organisational realistic speed, timing and productivity
- demonstrate competency in an environment reflective of real work situations
- manage tasks and contingencies in the context of the job role.

Assessors must satisfy the Standards for Registered Training Organisation’s requirements for assessors and:

- hold a qualification as a beauty therapist
• have worked as a beauty therapist for at least three years where they have applied the skills and knowledge of this unit of competency.

Links

Companion Volume implementation guides are found in VETNet - https://vetnet.education.gov.au/Pages/TrainingDocs.aspx?q=255d312b-db07-48f2-b6d6-1b0b06c42898