



**Australian Government**

# **Assessment Requirements for HLTREF002 Provide reflexology for relaxation**

**Release: 1**

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## Modification History

| Release   | Comments                                                                                                                                                             |
|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Release 1 | 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.<br><br>New unit. |

## 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:

- provided relaxation reflexology to at least 4 different people, selecting reflexology techniques based on sound assessment of the feet:
  - evaluated and responded appropriately to skin and structural abnormalities
  - used techniques and sequences within scope of reflexology thumb and finger practice

## 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:

- principles of reflexology and zone therapy:
  - historical development of reflexology
  - foot and hand system of treatment
- legal and ethical considerations (national and state/territory) for providing relaxation reflexology:
  - codes of conduct
  - duty of care
  - informed consent
  - mandatory reporting
  - practitioner/client boundaries
  - privacy, confidentiality and disclosure
  - records management

- work role boundaries:
  - working within scope of practice
  - presenting symptoms that require referral to a medical practitioner
- work health and safety
- client information required prior to relaxation treatment
- protocols for conducting reflexology sessions in relation to:
  - environment
  - equipment
  - client privacy
  - responding to client instructions
  - rituals
- key features of the reflexology map of hands and feet
- factors to consider in foot observation and how to respond:
  - overall appearance
  - signs of bacterial or viral infection
  - signs of keratosis, swelling, colour changes and other skin anomalies
  - signs of structural abnormalities
- precautions to be taken in reflexology for relaxation
- signs of structural abnormalities, conditions on which to work lightly, often or for a short time
- reflexology relaxation techniques and how to apply them:
  - diaphragm relaxer
  - spinal twist
  - toe rotation
  - metatarsal kneading
  - back and forth
  - ankle loosening
- reflexology techniques and sequences and how to apply them:
  - thumb and finger walking
  - microrotation with thumbs and fingers
  - hook in and back up
  - palpating
- use of leverage in reflexology and its appropriate use
- holding and supporting techniques
- factors that affect the level of pressure applied
- basic structure and function of systems and regions of the body and their respective reflexes, including:
  - cardiovascular system
  - immune/lymphatic system
  - endocrine system

- nervous system
- reproductive system
- respiratory system
- muscular system
- articular system
- skeletal system
- digestive system
- urinary systems

## Assessment Conditions

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

- use of suitable facilities, equipment and resources, including:
  - 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

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

## Links

Companion Volume implementation guides are found in VETNet -

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