



Australian Government

HLTREF002 Provide reflexology for relaxation

Release: 1

HLTREF002 Provide reflexology for relaxation

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. New unit.

Application

This unit describes the skills and knowledge required to gather client information, prepare equipment for reflexology, make observations of the feet and then select and use basic reflexology techniques and sequences based on information and observations.

This unit applies to individuals who provide reflexology relaxation sessions either as part of their work as a dedicated reflexologist or in conjunction with other treatment modalities. It does not include reflexology for therapeutic purposes.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Prepare for treatment

- 1.1 Collect pertinent information regarding client's general health and foot observations
- 1.2 Review information and use to inform treatment
- 1.3 Manage information in a confidential and secure manner
- 1.4 Access and organise appropriate equipment and materials for treatment
- 1.5 Prepare the client for treatment with appropriate draping, and confirm comfort levels
- 1.6 Clearly explain the process of a reflexology treatment

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

to the client

1.7 Advise client of possible physical or emotional reactions both during and after treatment

2. Make feet and hand observations

2.1 Assess and accurately record physical details of feet

2.2 Relate physical condition of feet to client information collected and incorporate into treatment approach

2.3 Observe and record precautions/contra-indications to reflexology and incorporate into treatment approach

3. Select and use reflexology techniques and sequences

3.1 Hold and support feet adequately during treatment

3.2 Use thumb and finger techniques suited to client health status, age, tissue condition and sensitivity

3.3 Apply leverage and pressure as required by selected techniques

3.4 Follow sequences to work all reflexes on both feet and relate to hands, depending on client needs

3.5 Recognise reactions to treatment and provide appropriate response

4. Finalise treatment and advise client

4.1 End the treatment using appropriate protocols

4.2 Provide client with information on recommended follow up activities

4.3 Recognise situations where medical advice is required and advise clients to seek that advice

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

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

Assessment Requirements for HLTREF002 Provide reflexology for relaxation

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. 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>