



Australian Government

HLTREF003 Perform reflexology health assessments

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. 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.

Application

This unit describes the skills and knowledge required to assess the therapeutic needs of clients through the lens of a reflexology diagnostic framework. It requires the ability to gather client information, perform a physical assessment and bring information together to develop a reflexology treatment plan.

This unit applies to reflexologists.

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. Determine scope of client needs

1.1 Explore and clarify client expectations

1.2 Provide clear information about scope and limits of services to be provided

1.3 Collect an accurate, relevant and organised health record and document in a form which can be interpreted readily by other professionals

1.4 Recognise needs that are beyond scope of own practice and make referrals to other health care professionals as required

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

- 1.5 Identify and respond to any barriers to information gathering and assessment
- 1.6 Seek client information respectfully and sensitively, using purposeful, systematic and diplomatic questions
- 1.7 Manage information in a confidential and secure way

2. Make a physical assessment of the feet

- 2.1 Provide information about the physical assessment and obtain client consent to proceed
- 2.2 Follow clinical and practitioner hygiene procedures
- 2.3 Seek client feedback on comfort levels
- 2.4 Assess client through both visual and tactile observation of the feet
- 2.5 Identify and assess skin conditions for incorporation into the treatment plan
- 2.6 Accurately record physical observations of the feet

3. Develop treatment plan

- 3.1 Correlate results of physical assessment and structural abnormalities of the feet with case history
- 3.2 Frame the analysis of information through the integration of western and eastern medical models and reflexology philosophy
- 3.3 Identify pre-requisites or contraindications to treatment
- 3.4 Select methodologies and treatments considering frequency, length and number of treatments based on outcomes of health assessment
- 3.5 Use professional judgement to draw substantiated conclusions about treatment needs
- 3.6 Establish expected treatment outcomes based on the reflexology framework and evidence
- 3.7 Accurately document proposed treatment plan

4. Confirm assessment and

- 4.1 Discuss assessment, its implications and rationale for

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Elements define the essential outcomes

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treatment plan with client

treatment with the client

4.2 Assign and agree treatment priorities and expectations in consultation with the client

4.3 Schedule times and session lengths suited to the required techniques and sequences

4.4 Respond to client questions using language the client understands

4.5 Discuss referral and collaborative options with the client as required

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 HLTREF003 Perform reflexology health assessments

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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 reflexology assessments - clients must include males and females from different stages of life with varied presentations
- interpreted health and wellness using the reflexology framework and the following assessment techniques
 - touch
 - visual observation
 - listening skills
- interacted effectively with clients:
 - clearly articulated information about services, treatment options and rationale
 - engaged clients in decision making

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 and treatment planning:

- 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
- referral options for practitioners:
 - professional health services including complementary health modalities
 - community resources and support services
 - types and availability of further medical testing
- factors and barriers that may impact on assessment, including:
 - physical
 - psychological
 - cultural
- factors that affect individual health status, including:
 - age
 - constitution
 - lifestyle
 - diet
 - personal and medical history
 - values and attitudes
 - balance of rest and activity
 - physical environment
 - social environment
- client information required for assessment and the scope and depth of information needed around:
 - client objectives and expectations
 - client history and its components
 - client current state of health
 - signs and symptoms:
 - onset
 - duration
 - location
 - quality and severity
 - non-verbal

- different ways that signs and symptoms of conditions present:
 - physical
 - psychological
 - social
 - spiritual
- features of signs and symptoms, including:
 - normal tissue texture, flexibility and colour
 - anatomical structure of the feet and hands
 - biomechanical abnormalities
 - common ailments of feet and hands
 - meridian pathways and related ailments
- principles and philosophy of reflexology assessment framework:
 - tender reflexes
 - numbness
 - swelling
 - tension
 - pressure variation suitable to the client
 - work lightly, often and for a short time when client is very ill, young or elderly
 - work less rather than more initially
 - non-verbal feedback – facial expressions and body movements in response to touch
 - verbal feedback
- reflexology diagnostic techniques and considerations:
 - pain sensitivity
 - client tolerance to technique and length of session
 - palpation
 - pressure application
- possible reactions, contra-indications to treatment and/or limitations for assessment:
 - broken bones, severe bruising or sprains in feet and/or hands
 - undiagnosed skin conditions
 - tinea or other infectious conditions
- links between presenting ailments, regions and systems of the body and the condition of the associated reflexes
- common disease states of each body system
- treatment planning techniques and considerations

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:

- health assessment/client consultation forms
- client and practitioners 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

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