



Australian Government

HLTREF004 Provide therapeutic reflexology treatments

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 prepare for and provide therapeutic reflexology treatments based on the outcomes of an existing health assessment and 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. Prepare client for treatment

1.1 Interpret treatment plan and clearly outline how the treatment will be provided and managed

1.2 Explain factors which may interfere with the effectiveness of the treatment

1.3 Inform and advise client about possible physical or emotional reactions during and following a session

1.4 Follow established protocols to physically prepare the client for treatment

1.5 Confirm client consent for treatment

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

2. Apply therapeutic reflexology and relaxation techniques

2.1 Select and use relaxation techniques that best prepare the client for treatment

2.2 Use reflexology techniques targeted to required body systems and the relevant reflex areas

2.3 Use and adjust leverage and pressure based on assessment indications and client tolerance

2.4 Use and adjust holding and supporting techniques during treatment to achieve optimum effect

2.5 Follow and complete sequences that target areas of therapeutic need

2.6 Consider general health of the client, tissue condition, age, health and sensitivity

2.7 Maintain client-focussed attention during treatment

2.8 Recognise reactions to treatment and respond promptly as required

3. Provide advice and resources to the client

3.1 Educate client in relevant and practical techniques that support the treatment plan

3.2 Answer client queries with clarity and using language that the client understands

3.3 Provide clear information on techniques being used, their therapeutic benefits and the underpinning philosophy

3.4 Use honesty and integrity when explaining treatment plans, schedules and recommendations to client

3.5 Promote client independence and responsibility in treatment and encourage reflexology self treatment when appropriate

3.6 Discuss and agree on evaluation strategies

3.7 Accurately document treatment provided and details of client communications

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 HLTREF004 Provide therapeutic reflexology treatments

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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 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

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