



Australian Government

SHBBBOS011 Provide superficial lymph massage treatments

Release: 1

SHBBBOS011 Provide superficial lymph massage treatments

Modification History

Supersedes and is not equivalent to SHBBBOS006 Provide superficial lymph massage treatments.

Application

This unit describes the performance outcomes, skills and knowledge to provide superficial lymph massage for the treatment of specific skin and body conditions. It requires the ability to interpret a treatment plan, and to select and apply superficial lymph massage techniques.

This unit applies to beauty therapists with knowledge of the anatomy and physiology of the lymphatic system, the role of the lymphatic system in wound healing, inflammation and oedema and the biology of acne conditions. They provide treatments in beauty therapy or medical cosmetic clinics. Treatment may be performed post-operatively under medical supervision. They exercise judgement in planning and implementing an appropriate treatment program.

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

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Unit Code	Unit Title
SHBBSSC001	Incorporate knowledge of skin structure and functions into beauty therapy
SHBBSSC002	Incorporate knowledge of body structures and functions into beauty therapy
SHBXCCS006	Promote healthy nutritional options in a beauty therapy context

Competency Field

Body Services

Unit Sector

Beauty

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Establish client priorities.

2. Prepare for treatment.

3. Provide lymphatic massage.

PERFORMANCE CRITERIA

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

- 1.1. Access and review client treatment plan if available.
- 1.2. Discuss massage requirements and lifestyle factors with client and identify treatment priorities.
- 1.3. Review indications for treatment, contraindications and client feedback and modify treatment plan as required.
- 1.4. Identify contraindications which prevent treatment and recommend suitable alternative treatments or refer client to appropriate professional as required.
- 1.5. Confirm treatment objectives and develop or revise treatment plan with client.
- 1.6. Obtain written medical approval as required.
- 2.1. Clean and check readiness of treatment area and availability of equipment according to organisational policy.
- 2.2. Prepare client, equipment and products based on agreed treatment plan.
- 2.3. Present self, according to organisational policy.
- 2.4. Use energy, water and other resources efficiently during preparation and subsequent treatment process.
- 2.5. Comply with health and hygiene regulations and requirements.
- 3.1. Position self to minimise fatigue and risk of injury.
- 3.2. Apply superficial lymph massage routine according to treatment plan.
- 3.3. Ensure client modesty and comfort throughout treatment.
- 3.4. Maintain infection control procedures throughout treatment.
- 3.5. Monitor effects and modify massage appropriately.
- 3.6. Apply post treatment products according to manufacturer instructions.

4. Review treatment and provide post treatment advice.
 - 4.1. Evaluate lymph massage treatment with client.
 - 4.2. Record outcomes of treatment on client treatment plan.
 - 4.3. Advise client on expected reactions and provide home care and lifestyle advice.
 - 4.4. Discuss next treatment and rebook client as required.
 - 4.5. Complete and store treatment documentation.
5. Clean treatment area.
 - 5.1. Remove used linen and clean surfaces and equipment according to organisational policies and procedures.
 - 5.2. Restock equipment and products in preparation for next treatment.
 - 5.3. Dispose of general waste to minimise negative environmental impacts according to organisational policies and procedures.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Reading skills to:	• interpret and follow manufacturer instructions and safety data sheets for dilution, handling and disposal of cleaning products • source and interpret credible information from anatomy and physiology publications and anatomical charts and models.
Writing skills to:	• record treatment using anatomy and physiology terminology to describe body areas and anatomical positions related to lymph massage.
Oral communication skills to:	• select and use appropriate terminology in consultations with clients • protect confidentiality of client information by ensuring that other clients and colleagues do not overhear discussions • calculate treatment price and timing.

- Self-management skills to:
- manage treatment length
 - recognise scope of practice issues and refer clients to colleagues or health care professionals.
- Technology skills to:
- access credible online publications and resources that build knowledge for providing advice to clients
 - use client software to update client notes, and record stock data and product purchases.

Unit Mapping Information

Supersedes and is not equivalent to SHBBBOS006 Provide superficial lymph massage treatments.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=255d312b-db07-48f2-b6d6-1b0b06c42898>

Assessment Requirements for SHBBBOS011 Provide superficial lymph massage treatments

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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:

- design, interpret, modify and record treatment plans for five clients for manual superficial lymph massage for the face and body as follows:
 - body for relaxation or retention of fluid
 - face to treat any two of the following:
 - facial oedema
 - pre and post-operatively
 - relaxation
 - scar tissue
 - acne
 - rosacea or telangiectasias
- for the above, design and provide treatment routines that demonstrate appropriate selection, application and combination of the following superficial lymph massage movements:
 - correct pressure, direction and stroke pattern
 - appropriate rhythm, speed and treatment duration
 - stationary, circle, pump, scoop and rotary movements.

Knowledge Evidence

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

- state or territory and local health, hygiene and skin penetration regulations and requirements relevant to superficial lymph massage treatment
- organisational policies and procedures relevant to superficial lymph massage treatment:
 - client record management
 - equipment use and maintenance
 - incident reporting
 - linen use and laundry
 - personal hygiene and presentation
 - presentation of treatment area

- waste disposal
- work health and safety
- legal and insurance liabilities and responsibilities regarding treatments
- scope of practice:
 - when to refer clients to other practitioners
 - role of complementary therapist and medical practitioner
- indications for manual superficial lymph massage:
 - facial oedema
 - pre and post-operative
 - relaxation
 - scar tissue
 - acne
 - rosacea
 - telangiectasias
- contraindications to manual superficial lymph massage:
 - raised temperature
 - disease:
 - heart
 - kidney
 - liver
 - skin
 - acute asthma
 - acute allergies
 - cancer
 - contagious disease
 - organ transplant
 - hyperthyreosis over the throat area
- detailed anatomy and physiology of lymphatic system:
 - lymphatic pathways
 - lymph tissue, vessels, nodes, nodules
 - lymphocytes
 - lymph composition and formation
 - the spleen
 - the thymus
 - the thoracic duct and the right lymphatic duct
 - lymphatic circulation
 - role of lymphatic system in immunity and wound healing
 - formation of oedema
 - correct terminology

- anatomy and physiology of the skin and skin structures as they relate to superficial lymph massage treatments
- phases of skin growth, cell renewal, healing of skin and factors affecting epidermal mitosis
- normal skin response to irritation and trauma
- scars, including hypertrophic and keloid (their origin and evolution), and abnormal scar tissue
- effects of lymphatic treatments on physical structure of skin
- wound healing in different skin types and locations
- causes of skin reactions and allergies in regard to treatments.

Assessment Conditions

Skills must be demonstrated in a beauty industry environment; this can be:

- a beauty industry workplace or
- a simulated beauty 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 with different body massage requirements, who have the expectation that the services provided reflect those of a commercial business
- relevant organisation documentation:
 - blank client records
 - product instructions and safety data sheets
 - organisational policies and procedures relevant to providing superficial lymph massage.

Assessment must ensure use of:

- cleaning and disinfection products and equipment
- client gowns or covers
- individual workstations consisting of:
 - adjustable facial couch with safe working access for operator and equipment
 - magnifying lamp
- a professional range of massage and skincare and home care products
- treatment towels or linen, or disposable linen.

Assessment activities that allow the individual to:

- provide superficial lymph massages within commercially 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 Organisations' 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.

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