### RPL Standard



### HLTREF002 – Provide reflexology for relaxation

**How to complete this form:**

Complete all areas in **blue** on the following pages by providing information on your previous skills and qualifications using the information below as a guide.

**Unit Description:**

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.

### To gain RPL for this unit of competency the applicant must meet the following benchmarks along with providing evidence that their current level of knowledge and skills is

Relevant to all performance criteria, knowledge and **performance evidence**. 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 applicant must provide evidence of the following to gain RPL for this unit:**

* 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.
* Applicants who may have completed a similar unit within a health course where they have provided relaxation reflexology.
* The applicant must demonstrate knowledge of all Performance Criteria, Essential Knowledge and Skills

**Example Evidence:**

### Evidence of working within the industry

### Relevant transcript & certificate

### Copy of membership of an Australian professional body that represents massage therapists

### Completion of ACFB e-learning quiz/oral questioning related to appropriate responses to difficult or challenging behaviour may be required

**Evidence documents MUST include, but not limited to:**

### Evidence of work within a health industry where direct client consultation is completed

### Submission of client consultation forms including medical history forms for at least four (4) different people where relaxation reflexology was completed. The documents must provide evidence of competency to select 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, work within a health industry where direct client consultation is completed

**Note**: All documents with client identifiers blanked out, demonstrating the ability to work with clients with a variety of presenting conditions clinic supervision by a person who meets the assessor requirements

**Practical Demonstration** *(completed after enrolment to determine currency of knowledge and skills)*

* A practical demonstration of your ability to competently implement a reflexology for relaxation massage treatment within a full client consultation, including; interview, client questioning, physical assessment of the lower limb and foot, treatment planning, reflexology for relaxation massage treatment, evaluation, suggestions/recommendations, documentation.

### *Unit Evidence Description*



|  |  |  |  |
| --- | --- | --- | --- |
| **Applicant Name** |  |  |  |



|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| HLT42015 | | Certificate IV in Massage Therapy | | | **HLTREF002** | **Provide reflexology for relaxation** | **Office Use only** | |
| HLT52015 | | Diploma of Remedial Massage | | |
| **Type of Unit:** Elective | | | **Prerequisite:** None | |  | | **Sufficient** | **F.E.R.** |
| **Elements / Performance Criteria** | | | | **Evidence***(Applicant; Explain in detail how your evidence relates to the required knowledge listed)* | | |  |  |
| **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 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 |  | |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Knowledge Evidence** | **EVIDENCE**  (please explain in detail how your evidence relates to each of the required knowledge listed) | **Office Use Only** | |
|  | | **Sufficient** | **F.E.R.** |
| 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 |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Performance Evidence** | **EVIDENCE** *(This evidence will be collected via documents outlined on first page)* | **Office Use Only** | |
|  | | **Sufficient** | **F.E.R.** |
| 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 * use of suitable facilities, equipment and resources, including: talc/cream/lotion, draping material, cleaning equipment | *This evidence will be collected via submission of documentation requested on the first page and via practical demonstrations.* |  |  |

**Office Use Only**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **RPL Outcome** | | | | |
| **RPL Achieved** | Yes □ | No □ | |
| **Further Evidence Required** | Yes □ | No □ | |
| **Further Evidence *(list of required evidence)*** | | | | |
|  | | | | |
|  | | | | |
|  | | | | |
|  | | | | |
|  | | | | |
|  | | | | |
|  | | | | |
| *RPL Assessor Name:* | | | *Date:* | |