

SCHEME OF WORK APPLICATION FORM

For each ITEC qualification, the lecturer/centre must complete a Scheme of Work indicating how the lecturer is planning to cover the ITEC syllabus throughout the course.

Set out the planned sessions in terms of *Learning Outcomes* to be achieved. These should match those stated within the ITEC syllabus for each unit. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the syllabus.

Qualification Title: Figure Diagnosis and Body Electrical Treatments

Lecturer(s) responsible:

Total contact tuition hours proposed: 200

Learning Objective	Lecture Content	Suggested Resources	Approximate Hours
Figure Diagnosis			
Understand, explain and demonstrate correct client care and modesty at all times	<ul style="list-style-type: none"> • Checking consultation and contraindications • Explaining the treatment to the client, particularly the process and reasons for weighing and measuring • Help the client onto the couch and protect the client's modesty at all times • Ensure that all parts of the client are covered, preferably with a robe, except the area being measured • Ensure that pants are kept on • Ensure the client does not step on the bare floor at any time 	OHP/Whiteboard Lecture Q&A Handout Homework Test	20
Understand and explain methods of consultation	<p><i>A sample of a consultation form can be found at www.itecworld.co.uk</i></p> <p>Students should demonstrate knowledge of the importance of the following:</p> <ul style="list-style-type: none"> • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open and/or closed questions where appropriate) • Eye contact • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Consent to treatment (including signature and date) • Any contraindications to treatment (as listed below) • Client lifestyle • Client profile • Importance of planning a treatment programme bearing in mind the clients religious, moral and social beliefs • Determining the nature and extent of the client's needs • Agreement with the course of action • Explanation of any possible side effects to the treatment • Explanation how the programme will be evaluated and the review process 		
Understand and explain Morphology Understand, explain and assess the different postural/figure conditions	<ul style="list-style-type: none"> • Mesomorph • Ectomorph • Endomorph • Dowager's hump • Round shoulders • Winged scapulae • Midriff bulge • Protruding abdomen • Hyper-extended knees • Fluid retention • Weight distribution • Poor muscle tone • Kyphosis • Lordosis • Scoliosis 		

Understand, explain and demonstrate how to test the major muscle groups for muscle tone	<ul style="list-style-type: none"> • Quadriceps • Hamstrings • Biceps • Triceps • Abdominals 		
Understand and explain the different types of fat and the most appropriate methods of treatment	<ul style="list-style-type: none"> • Cellulite • Hard • Soft • Adipose 		
Exercise			
Understand, explain and advise clients of exercises for the specific problem areas which may be performed at home in between treatments	<ul style="list-style-type: none"> • Hips • Thighs • Buttocks • Arms • Abdomen 	OHP/Whiteboard	30
Understand and explain exercises for specific areas depending on age and ability	<ul style="list-style-type: none"> • Warm up • Specific safety points • Number of repetitions • Frequency of performance • Cool down 	Lecture	
Understand and explain the muscles used	<ul style="list-style-type: none"> ♦ Specific muscles for the areas being exercised in order to achieve maximum benefit: • Hips • Thighs • Buttocks • Arms • Abdomen 	Q&A	
Understand and explain the following terms	<ul style="list-style-type: none"> • Isotonic exercise • Isometric exercise • Controversial exercise • Aerobic exercise • Stretching 	Handout	
Understand and explain the importance of breathing during exercise	<ul style="list-style-type: none"> • When to breathe • The function of oxygen when exercising • The consequence of lack of oxygen 	Homework	
Understand and explain the contraindications to exercise with reasons	<ul style="list-style-type: none"> ♦ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another complementary practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Multiple Sclerosis, Parkinson's disease, Motor neurone disease) • Bell's Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism ♦ Contraindications that restrict treatment • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Localised swelling • Inflammation 	Test	

<p>Understand, explain and assess the client's figure and body type</p> <p>Understand, explain and demonstrate how to measure correctly</p> <p>Understand, explain and correctly prepare a suitable treatment plan for the client's requirements to include:</p>	<ul style="list-style-type: none"> • Haematoma • Hernia • Recent fractures (minimum 3 months) • Recent injuries • Cervical spondylitis • Gastric ulcers • After a heavy meal • Anaphylaxis • Body piercing • Pear shaped • Top heavy • Apple • Hour-glass • Square • Mesomorph • Ectomorph • Endomorph • Upper chest (under the arms) • Maximum chest • Below bust • Waist • Hips • Maximum buttocks (on hairline) • Top of thigh • 1 inch/2cm above knee • Maximum calf muscle • Ankle • Middle of upper arm • Middle of lower arm • Wrist • Pre-heat • Electrical equipment • Product advice • Healthy lifestyle 		
Electricity			
<p>Understand and explain the structure of an atom</p> <p>Understand and explain the measurement of electricity</p> <p>Understand and explain how to work out the correct fuse</p> <p>Understand and explain the different types of current used in beauty therapy</p> <p>Understand and explain the way in which the currents are produced and their effects on the body tissues</p> <p>Understand the function of the following:</p> <p>Understand and explain the function of a transformer and when and why it may be used</p> <p>Understand and explain the function of a rectifier</p> <p>Understand and explain the correct wiring of a plug</p> <p>Understand and explain their responsibility under the Health and Safety at Work Act</p>	<ul style="list-style-type: none"> • Protons • Neutrons • Electrons • Nucleus • Functions of the above • Volts • Watts and Amperes • Ohms and Ohm's law and their relevance • Definition of a fuse • 3 amp fuses with an appliance of up to 700 watts • 5 amp fuses with an appliance between 750-1000 watts • 13 amp fuses for appliances between 1000-3000 watts • Direct • Alternating • Interferential • Faradic – direct interrupted/surged current • Galvanic – direct current possessing polarity –iontophoresis • Microcurrent – modified direct current • Vacuum suction – creates an inverse pressure effect • Gyrotory vibrator • Insulator • Conductor • Step up and step down voltage and the beauty therapy equipment which may contain one • Changes to AC to DC • The colours of the wires and correct positioning inside the plug • Brown to the right • Blue to the left • Green/yellow to the centre • Safety precautions in the salon when dealing with the general public and their liability • The therapist's responsibilities to the client 	<p>OHP/Whiteboard Lecture Q&A Handout: 1. Structure of an atom 2. Diagram of a plug 3. Electro-magnetic spectrum 4. Inverse square law Homework Test</p>	15

<p>Understand and explain the Electricity at Work Act</p> <p>Understand and explain the procedure for a nerve sensitivity test</p> <p>Understand and explain the procedure for a heat sensitivity test</p> <p>Understand and explain the basic structure of the electro-magnetic spectrum in relation to Ultra Violet and Infra-red</p> <p>Understand and explain the different types of Ultra Violet rays and their effects</p> <p>Understand and explain the inverse square law</p> <p>Understand and explain the first aid procedure for the following conditions: Electric shock, Shock, Burns</p>	<ul style="list-style-type: none"> ◆ Electrical equipment where it would be necessary to carry out a test first ◆ The procedure for the tactile test: <ul style="list-style-type: none"> • Taking the sharp end of an orange wood stick and a piece of cotton wool and placing them alternately against the skin • Ask the client if they can tell the difference between the sharp and soft sensation ◆ Electrical equipment where it would be necessary to carry out a heat test – Infra-red ◆ The procedure for the thermal test: <ul style="list-style-type: none"> • Take a hot and a cold test tube full of water and place alternately against the client's skin to ascertain whether they feel the burning sensation of heat. If not, a heat lamp must not be used • The position of the rays within the spectrum and the effect on the body tissues • UVA • UVB • UVC • The relationship between distance, time and the distance of the lamp from the client • Check the up-to-date procedures with St Johns/Andrews ambulance and the Red Cross 		
Galvanism - Iontophoresis			
<p>Understand, explain and select appropriate equipment for the client's problem areas</p> <p>Understand, explain and demonstrate how to set up the equipment and check it is in good working order</p> <p>Understand, explain and demonstrate underpinning knowledge of the type of current used, indications for use, treatment effects, duration and frequency of use</p> <p>Understand and explain how to prepare the client accordingly</p>	<ul style="list-style-type: none"> • Galvanic • Check there are no loose wires • Check there are no trailing wires • Check there is no water in the area • Test the equipment on therapist first • Explain the treatment and the sensation to the client • Ensure all attachments are sanitised before and after use on the client • Galvanic • Cleanse and prepare the skin prior to electrical treatment 	<p>OHP/Whiteboard</p> <p>Lecture</p> <p>Q&A</p> <p>Practical</p> <p>Handout:</p> <p>1. Table showing the type of current used, indications for use, treatment effects, duration and frequency of use</p> <p>2. Routine for treatment using galvanic current</p> <p>Homework</p> <p>Test</p>	26

<p>Understand and recognise those contraindications to iontophoresis requiring medical referral or the client to indemnify their condition in writing prior to the treatment and those contraindications that restrict treatment</p>	<p>♦ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment</p> <ul style="list-style-type: none"> • Pregnancy • Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Multiple Sclerosis, Parkinson's disease, Motor neurone disease) • Bell's Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism <p>♦ Contraindication that restrict treatment</p> <ul style="list-style-type: none"> • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Skin diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Varicose veins • Pregnancy (abdomen) • Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Abdomen (first few days of menstruation depending how the client feels) • Haematoma • Hernia • Recent fractures (minimum 3 months) • Cervical spondylitis • Gastric ulcers • After a heavy meal • Conditions affecting the neck • Any metal pins or plates • Loss of skin sensation (test with tactile test) • Anaphylaxis • Body piercing • Kidney infections • Urinary infections • Hypersensitive skin • Pacemaker 		
<p>Understand, explain and apply the treatment safely and effectively for the advised treatment time</p>	<ul style="list-style-type: none"> • Adhere to all safety precautions • Use the correct intensity of current • Lower the intensity of the current when working on bony areas • Use the machine safely for the required amount of time • Ensure the electrodes are covered with sponges which have been pre-dampened with water • Ensure the galvanic pads do not lose contact with the skin • Therapist should check machine before use 		
<p>Understand, explain and demonstrate the application of the treatment to the following areas:</p> <p>Understand, explain and demonstrate the need to conclude the treatment safely and sterilise all the used electrodes and pads</p>	<ul style="list-style-type: none"> • Thighs • Buttocks • Abdomen • Upper arms • Ensure the electrodes/pads remain in contact with the client's skin until after the intensity has been zeroed • Detach and sanitise all electrodes 		

Understand, explain and demonstrate removal of any excess product from the skin	<ul style="list-style-type: none"> • Wipe the area with damp cotton wool or sponges to remove any product 		
Understand, explain and give home care advice for the client's condition	<ul style="list-style-type: none"> • Healthy eating • Exercise • Lifestyle • Use of commercial or professional products for specific conditions, e.g. cellulite gels (according to manufacturer's instructions) 		
Understand and explain possible contra-actions	<ul style="list-style-type: none"> • Caustic burn • Galvanic burn • Allergic reaction • Skin irritation 		
Understand, explain and demonstrate the ability to work within time limits acceptable to industry	<ul style="list-style-type: none"> • The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout 		
Understand and explain how to update client records accurately	<ul style="list-style-type: none"> • The treatment performed • Products used • Treatment time • Any skin reactions • Treatment plan 		
Microcurrent			
Understand, explain and select appropriate equipment for the client's problem areas	<ul style="list-style-type: none"> • Microcurrent 	OHP/Whiteboard	26
Understand, explain and demonstrate how to set up the equipment and check it is in good working order	<ul style="list-style-type: none"> • Check there are no loose wires • Check there are no trailing wires • Check there is no water in the area • Test the equipment on therapist first • Explain the treatment and the sensation to the client • Ensure all attachments are sanitised before and after use on the client 	Lecture	
Understand, explain and demonstrate underpinning knowledge of the type of current used, indications for use, treatment effects, duration and frequency of use	<ul style="list-style-type: none"> • Microcurrent 	Q&A	
Understand and explain how to prepare the client accordingly	<ul style="list-style-type: none"> • Cleanse and prepare the skin prior to electrical treatment 	Practical	
Understand and recognise those contraindications to microcurrent requiring medical referral or the client to indemnify their condition in writing prior to the treatment and those contraindications that restrict treatment	<p>♦ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment</p> <ul style="list-style-type: none"> • Pregnancy • Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Multiple Sclerosis, Parkinson's disease, Motor neurone disease) • Bell's Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism <p>♦ Contraindication that restrict treatment</p> <ul style="list-style-type: none"> • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Skin 	Handout:	
		1. Table showing the type of current used, indications for use, treatment effects, duration and frequency of use	
		2. Routine for microcurrent treatment	
		Homework	
		Test	

<p>Understand, explain and apply the treatment safely and effectively for the advised treatment time</p> <p>Understand and explain the application of the treatment to the following areas</p> <p>Understand, explain and demonstrate the need to conclude the treatment safely and sterilise all the used electrodes</p> <p>Understand, explain and demonstrate removal of any excess product from the skin</p> <p>Understand and explain possible contra-actions</p> <p>Understand, explain and give home care advice for the client's condition</p> <p>Understand, explain and demonstrate the ability to work within time limits acceptable to industry</p> <p>Understand and explain how to update client records accurately</p>	<p>diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Varicose veins • Pregnancy (abdomen) • Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Abdomen (first few days of menstruation depending how the client feels) • Haematoma • Hernia • Recent fractures (minimum 3 months) • Cervical spondylitis • Gastric ulcers • After a heavy meal • Conditions affecting the neck • Any metal pins or plates • Loss of skin sensation (test with tactile test • Anaphylaxis • Body piercing • Pacemaker</p> <p>• Sine • Ramp • Square wave form • Adhere to all safety precautions • Use the correct intensity of current • Use the machine safely for the required amount of time • Therapist should check machine before use</p> <p>• Thighs • Buttocks • Abdomen • Upper arms • Breasts</p> <p>• Ensuring the electrode remains in contact with the client's skin until after the intensity has been zeroed • Detach and sterilise all electrodes</p> <p>• Wipe the area with damp cotton wool or sponges to remove any product • Apply aftercare when and if appropriate or continue with further treatment</p> <p>• Muscle fatigue</p> <p>• Healthy eating • Exercise • Lifestyle • Use of commercial or professional products for specific conditions, e.g. cellulite gels (according to manufacturer's instructions)</p> <p>• The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains hygienic and tidy throughout</p> <p>• The treatment performed • Products used • Treatment time • Any skin reactions • Treatment plan</p>		
Vacuum Suction			
<p>Understand, explain and select appropriate equipment for the client's problem areas</p> <p>Understand, explain and demonstrate how to set up the equipment and check it is in good working order</p>	<p>• Vacuum Suction</p> <p>• Check there are no loose wires • Check there are no trailing wires • Check there is no water in the area • Test the equipment on therapist first • Explain the treatment and the sensation to the client • Ensure all attachments are sanitised before and after use on the client</p>	<p>OHP/Whiteboard Lecture Q&A Practical Handout: 1. Table showing the type of current used, indications for use, treatment effects, duration and frequency of use 2. Routine for</p>	26

<p>Understand, explain and demonstrate underpinning knowledge of the type of current used, indications for use, treatment effects, duration and frequency of use</p> <p>Understand and explain how to prepare the client accordingly</p> <p>Understand and recognise those contraindications to vacuum suction requiring medical referral or the client to indemnify their condition in writing prior to the treatment and those contraindications that restrict treatment</p> <p>Understand, explain and apply the treatment safely and effectively for the advised treatment time</p> <p>Understand and explain the application of the treatment to the following areas:</p> <p>Understand, explain and demonstrate the need to conclude the treatment safely</p>	<ul style="list-style-type: none"> • Vacuum Suction • Cleanse and prepare the skin prior to electrical treatment ♦ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment <ul style="list-style-type: none"> • Pregnancy • Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Multiple Sclerosis, Parkinson's disease, Motor neurone disease) • Bell's Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism ♦ Contraindication that restrict treatment <ul style="list-style-type: none"> • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Skin diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Varicose veins • Pregnancy (abdomen) • Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Abdomen (first few days of menstruation depending how the client feels) • Haematoma • Hernia • Recent fractures (minimum 3 months) • Cervical spondylitis • Gastric ulcers • After a heavy meal • Conditions affecting the neck • Loss of skin sensation (test with tactile test) • Anaphylaxis • Body piercing • Pacemaker • Medical oedema • Loose crepey skin • Thin skin • Urinary infection • Hypersensitive skin • Hirsutism • Adhere to all safety precautions • Use the correct intensity of Vacuum (reduced pressure) • Use the machine safely for the required amount of time • Therapist should check machine before use • Glide until vacuum has been released • Thighs • Buttocks • Abdomen • Upper arms • Back • Glide cup and release pressure • Detach and sterilise all tubing and cups 	<p>vacuum suction treatment</p> <p>Homework</p> <p>Test</p>	
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<p>and sterilise all the used tubes and cups</p> <p>Understand, explain and demonstrate removal of any excess product from the skin</p> <p>Understand, explain and give home care advice for the client's condition</p> <p>Understand and explain possible contra-actions</p> <p>Understand, explain and demonstrate the ability to work within time limits acceptable to industry</p> <p>Understand and explain how to update client records accurately</p>	<ul style="list-style-type: none"> • Wipe the area with damp cotton wool or sponges to remove any product • Continue with further treatment • Healthy eating • Exercise • Lifestyle • Use of commercial or professional products for specific conditions, e.g. cellulite gels (according to manufacturer's instructions) • Excessive erythema • The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout • The treatment performed • Products used • Treatment time • Any skin reactions • Treatment plan 		
Faradism			
<p>Understand, explain and select appropriate equipment for the client's problem areas</p> <p>Understand, explain and demonstrate how to set up the equipment and check it is in good working order</p> <p>Understand, explain and demonstrate underpinning knowledge of the type of current used, indications for use, treatment effects, duration and frequency of use</p> <p>Understand and explain how to prepare the client accordingly</p> <p>Understand and recognise those contraindications to faradism requiring medical referral or the client to indemnify their condition in writing prior to the treatment and those contraindications that restrict treatment</p>	<ul style="list-style-type: none"> • Faradic • Check there are no loose wires • Check there are no trailing wires • Check there is no water in the area • Test the equipment on therapist first • Explain the treatment and the sensation to the client • Ensure all attachments are sanitised before and after use on the client • Faradic • Cleanse and prepare the skin prior to electrical treatment ♦ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment • Pregnancy • Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Multiple Sclerosis, Parkinson's disease, Motor neurone disease) • Bell's Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism ♦ Contraindication that restrict treatment • Fever • Contagious or infectious diseases 	<p>OHP/Whiteboard</p> <p>Lecture</p> <p>Q&A</p> <p>Practical</p> <p>Handout:</p> <p>1. Table showing the type of current used, indications for use, treatment effects, duration and frequency of use</p> <p>2. Diagram of the major muscles to be used with faradic current and where to place the pads</p> <p>Homework</p> <p>Test</p>	26

<p>Understand, explain and apply the treatment safely and effectively for the advised treatment time</p> <p>Understand, explain and demonstrate the application of the treatment to the following areas</p> <p>Understand, explain and demonstrate the different types of padding</p> <p>Understand, explain and demonstrate the use of different frequencies</p> <p>Understand, explain and demonstrate the need to conclude the treatment safely and sterilise all the used pads</p> <p>Understand, explain and demonstrate removal of any excess product from the skin</p> <p>Understand and explain possible contra-actions</p> <p>Understand, explain and give home care advice for the client's condition</p> <p>Understand, explain and demonstrate the ability to work within time limits acceptable to industry</p> <p>Understand and explain how to update client records accurately</p>	<ul style="list-style-type: none"> • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Skin diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Varicose veins • Pregnancy (abdomen) • Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Abdomen (first few days of menstruation depending how the client feels) • Haematoma • Hernia • Recent fractures (minimum 3 months) • Cervical spondylitis • Gastric ulcers • After a heavy meal • Conditions affecting the neck • Any metal pins or plates • Loss of skin sensation (test with tactile test) • Anaphylaxis • Body piercing • Pacemaker • Coil/IUD • Muscle fatigue • Adhere to all safety precautions • Pad the areas to be treated correctly • Ensure the pads are dampened with saline solution to increase the conductivity of the current • Use the correct intensity of current required to produce a visible contraction • Use the machine safely for the required amount of time • Only increase the current in the stimulation period NOT the interval • Do not move pads with current flowing • Therapist should check machine before use • Thighs • Buttocks • Abdomen • Upper arm • Chest • Back • Dual - 2 sets of pads placed on one large muscle • Longitudinal - Origin and insertion • Split - Motor point • Avoid padding antagonist muscle groups • Monophasic • Biphasic • Ensuring the pads remain in contact with the client's skin until after the intensity has been zeroed • Detach and sterilise all pads • Wipe the area with damp cotton wool or sponges to remove any saline • Muscle fatigue • Healthy eating • Exercise • Lifestyle • Apply after care creams when and if appropriate • The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains hygienic and tidy throughout • The treatment performed • Products used • Machine setting • Treatment time • Any reactions • Treatment plan 		
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Infra-red			
<p>Understand and explain the therapeutic effects of Infra-red</p> <p>Understand and explain how to prepare the client accordingly</p> <p>Understand and recognise those contraindications to Infra-red requiring medical referral or the client to indemnify their condition in writing prior to the treatment and those contraindications that restrict treatment</p> <p>Understand, explain and demonstrate application of the treatment to the following areas:</p> <p>Understand and explain the safety precautions</p> <p>Understand and explain the</p>	<ul style="list-style-type: none"> • Creates erythema • Heats the blood • Warms the tissues • Dilates the pores • Relaxes tense, sore muscles • Preheats the tissues prior to further deeper treatment • Analgesic effect • Increases local circulation <ul style="list-style-type: none"> • Cleanse and prepare the skin prior to electrical treatment <p>♦ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment</p> <ul style="list-style-type: none"> • Pregnancy • Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Multiple Sclerosis, Parkinson's disease, Motor neurone disease) • Bell's Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism <p>♦ Contraindication that restrict treatment</p> <ul style="list-style-type: none"> • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Skin diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Varicose veins • Pregnancy (abdomen) • Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Abdomen (first few days of menstruation depending how the client feels) • Haematoma • Hernia • Recent fractures (minimum 3 months) • Gastric ulcers • After a heavy meal • Conditions affecting the neck • Any metal pins or plates • Loss of skin sensation (test with tactile test) • Anaphylaxis • Body piercing • Diabetes • Hypersensitive skin • Sunburn • After any other heat treatment <ul style="list-style-type: none"> • Thighs • Buttocks • Abdomen • Upper arm • Back <ul style="list-style-type: none"> • Check bulbs and wires • Ensure the lamp is the correct distance away from the client • Ensure goggles are worn by client (Infra-red rays can be harmful to eyes with prolonged use) • Protect head and back of neck <ul style="list-style-type: none"> • Sore aching muscles • Areas of tension 	<p>OHP/Whiteboard</p> <p>Lecture</p> <p>Q&A</p> <p>Practical</p> <p>Handout:</p> <p>Table showing the type of current used, indications for use, treatment effects, duration and frequency of use</p> <p>Homework</p> <p>Test</p>	<p>5</p>

<p>reasons/indications for use</p> <p>Understand and explain possible contra-actions</p> <p>Understand, explain and distinguish between different depths of skin damage caused by a burn</p> <p>Understand and explain the first aid treatment for burns, scalds and shock</p>	<ul style="list-style-type: none"> • Pre-heat treatment prior to further deeper treatment • Heat exhaustion • Excessive erythema • Burning • Skin irritation • Superficial • Partial-thickness • Full-thickness burn • Check up to date procedures with St Johns/Andrews Ambulance and the Red Cross or equivalent for the country therein 		
<p>Mechanical Massage and Vibratory Treatments</p>			
<p>Understand, explain and select the most appropriate piece of apparatus for use</p> <p>Understand, explain and demonstrate use of equipment safely and effectively on the client's problem areas</p> <p>Understand and explain how to prepare the client accordingly</p> <p>Understand and recognise those contraindications to vibratory massage requiring medical referral or the client to indemnify their condition in writing prior to the treatment and those contraindications that restrict treatment</p>	<ul style="list-style-type: none"> • Gyrotory vibrator (on a stand) • Hand held • Areas of tension • Areas of soft fat • Areas of hard fat • Cellulite • Cleanse and prepare the skin prior to electrical treatment ♦ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment • Pregnancy • Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Multiple Sclerosis, Parkinson's disease, Motor neurone disease) • Bell's Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism ♦ Contraindication that restrict treatment • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Skin diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Varicose veins • Pregnancy (abdomen) • Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Abdomen (first few days of menstruation depending how the client feels) • Haematoma • Hernia • Recent fractures (minimum 3 months) • Cervical spondylitis • Gastric ulcers • After a heavy meal • Conditions affecting the neck • Any metal pins or plates • Loss of skin sensation (test with tactile test) • Anaphylaxis • Conditions 	<p>OHP/Whiteboard</p> <p>Lecture</p> <p>Q&A</p> <p>Practical</p> <p>Handout:</p> <p>1. Table showing the type of current used, indications for use, treatment effects, duration and frequency of use</p> <p>2. Routine for mechanical massage and vibratory treatments</p> <p>Homework</p> <p>Test</p>	26

<p>Understand, explain and demonstrate the application of the treatment to the following areas:</p> <p>Understand and explain the safety precautions</p> <p>Understand and explain indications for use</p> <p>Understand, explain and demonstrate the ability to work to the correct applicator and duration for the client's requirements</p> <p>Understand and explain the effects on the body</p> <p>Understand, explain and give home care advice for the client's condition</p> <p>Understand and explain possible contra-actions</p>	<p>affecting the neck • Bony areas • Loose crepey skin • Thin skin • Thread veins • Varicose veins</p> <p>• Thighs • Buttocks • Abdomen • Upper arm • Back</p> <p>• Ensure the attachments are sanitised before and after use or use disposable covers • Use powder as a medium • Use the correct intensity of current required to produce a visible reaction – 1st degree erythema • Use the machine safely for the required amount of time • Feed the tissue into the attachment but do not press down into the tissues • Do not massage over the spine</p> <p>• Areas of tension • Areas of soft • Areas of hard fat • Cellulite</p> <p>• The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains hygienic and tidy throughout</p> <p>• Circulatory system • Lymphatic system • Muscular system</p> <p>• Healthy eating • Exercise • Lifestyle • Apply aftercare creams when and if appropriate • Apply specialised products if appropriate</p> <p>• Excessive erythema • Skin irritation • Bruising • Thread veins</p>		
<p>Case Studies</p> <p>3 clients to be treated three times each for a range of suitable body electrical treatments and all evidence to be documented showing results and progression</p>	<p>• Consultation • Medical History • Treatment Plan • Treatment details • Home care advice to include healthy eating and exercise • Conclusion of the whole case study • Reflective practice after each treatment</p>		
<p>Mock Practical</p> <p>Mock Theory</p>	<p>To include all machines</p> <p>To include all theory</p>	Mock theory paper	