

Task Assessment Form

iUCT20 – Provide basic aromatherapy techniques using pre-blended oils

Name of Learner: _____

This assessment sheet must be completed in full for each learner by the Internal Assessor

- **Conducting the assessment** – The evaluation should be based on the criteria detailed below. The assessor should base their evaluation entirely on the learner's performance during the assessment exercise; they should remain objective and should not coach or distract the learner during the assessment. Please indicate with a ✓ criteria that are completed successfully, indicating with an × criteria that have not been completed successfully.
- **Once all boxes have been ticked the assessor must place a ✓ in the pass box indicating that the task is complete.**

Assessment Task	Assessment						General Comment
	1 st date		2 nd date		3 rd date		
	Completed	Not Completed	Completed	Not Completed	Completed	Not Completed	
Appearance – the learner demonstrated:							
Clean, ironed professional uniform							
Clean, neat hair - tied back/up if long and off the collar and face							
Short, clean, well-manicured nails with no varnish and clean hands							

Assessment Task	Assessment						General Comment
	1 st date		2 nd date		3 rd date		
	Completed	Not Completed	Completed	Not Completed	Completed	Not Completed	
Clean, sensible full flat shoes, socks should be worn							
Tights an appropriate colour for the uniform, if wearing a skirt							
No jewellery - with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped)							
No body or breath odour							
No chewing gum or sucking sweets							
No visible underskirts/underwear							
Skirts to the knee. Trousers cropped no higher than calf/trousers not trailing on the floor							
Client care – the learner:							
Greeted and introduced self to the client							
Assisted the client off the couch							
Explained the treatment procedure to the client							
Ensured the client’s comfort/modesty throughout							
Maintained a positive and professional approach to client/colleagues throughout							

Assessment Task	Assessment						General Comment
	1 st date		2 nd date		3 rd date		
	Completed	Not Completed	Completed	Not Completed	Completed	Not Completed	
Hygiene and sterilisation – the learner:							
Wiped equipment over with appropriate sanitiser before and after use							
Sanitised hands before, during and after treatment as appropriate							
Replaced lids on products and used spatulas to remove cream							
Disposed of cotton wool, tissues, paper roll and general waste hygienically and appropriately							
Ensured laundry was clean and changed for each client							
Ensured the client’s footwear was stowed under the couch and that the client did not walk around barefoot							
Consultation – the learner:							
Demonstrated appropriate posture and body language							
Tactfully obtained all relevant information maintaining client confidentiality							
Established a rapport with the client, explaining any benefits, effects and restrictions of the treatment and co-operation required							
Reviewed initial consultation and agreed a treatment plan with client							

Assessment Task	Assessment						General Comment
	1 st date		2 nd date		3 rd date		
	Completed	Not Completed	Completed	Not Completed	Completed	Not Completed	
Technique, continuity and pressure – the learner:							
Performed movements displaying flexibility of the hands and wrists							
Maintained contact during massage of each area							
Used effleurage to link movements							
Established client’s preference regarding the pressure of the massage							
Oil choice – the learner:							
Chose the carrier oil with justification							
Chose the blended oil i.e., justification for choice, safety data, source and therapeutic effects							
Stated examples of alternative blended oils that could have been chosen and contraindications to any of the chosen oils or for that client							
Checked with the client for approval of aroma of chosen oils							
Basic aromatherapy techniques – the learner:							
Positioned the client comfortably and used support where necessary							
Assessed area to be worked for contra-indications							

Assessment Task	Assessment						General Comment
	1 st date		2 nd date		3 rd date		
	Completed	Not Completed	Completed	Not Completed	Completed	Not Completed	
Performed effleurage in the sequence used							
Performed petrissage in the sequence used							
Performed tapotement in the sequence used							
Performed basic lymphatic drainage in the sequence used							
Performed basic pressure points in the sequence used							
Applied pressure appropriate for area massaged and movements performed							
Used a flowing, logical routine and covered whole area massaged							
Performed the movements at the correct speed							
Maintained good posture throughout							
Completed the massage in a commercially acceptable time							
Aftercare – the learner:							
Concluded the treatment in a hygienic and logical manner							
Recorded the treatment details, adaptations and client feedback							
Stated possible contra-actions to treatment and response							
Stated home and aftercare advice, including suitable blended oils and methods for safe self-treatment							
Recommended further treatments							

Document History

Version	Issue Date	Changes	Role
v1	08/10/2019	First published	Qualifications and Regulation Co-ordinator