

Scheme of work

For each VTCT (ITEC) qualification, the lecturer/centre must complete a scheme of work for each unit indicating how the Lecturer is planning to cover the unit content throughout the course. Set out the planned sessions in terms of learning outcomes to be achieved. These should match those stated within the VTCT (ITEC) unit specification. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the unit specification.

Unit title: iUBT372 Lymphatic drainage massage

Total contact tuition hours proposed: 50

Lecturer(s) responsible:

Learning objectives	Lecture content	Suggested resources	Approx. hours
Introductory session	<ul style="list-style-type: none"> College rules and regulations College mission statement ITEC rules and regulations Health & Safety Timetable Dates – holidays etc. Syllabus Recommended books Uniform 	<ul style="list-style-type: none"> Lecture Q&A Using all the documents listed to ensure the students understand the college expectations and their commitment to the course 	
Know the concept and theories of complementary therapies			
Explain the holistic approach	<ul style="list-style-type: none"> The Greek term 'holos' The importance of the treatment of the whole person in relation to holistic health and the power of touch Concept of balance and harmony in the body (homeostasis) 	<ul style="list-style-type: none"> OHP/Whiteboard Lecture Q&A Homework Test 	
Explain the term integral biology	<ul style="list-style-type: none"> The way in which the physical environment and social, economic and environmental factors affect health and social wellbeing <ul style="list-style-type: none"> Computers Mobile phones Processed food Lack of fresh air Stress Lack of sleep 		

	<ul style="list-style-type: none"> - Jet lag - Lack of natural light - Financial problems - Poor ventilation - Lack of exercise - Chemicals - Pollution - Repetitive strain injuries 		
Explain other complementary therapies and the ways in which they are performed	<ul style="list-style-type: none"> • Acupressure • Acupuncture • Alexander Technique • Aromatherapy • Ayurvedic medicine • Bach flower remedies/flower remedies • Body work (massage therapies) • Bowen technique • Chiropractic • Colour therapy • Crystal therapy • Ear candling • Emotional Freedom Technique (EFT) • Herbalism • Holistic massage • Homeopathy • Hypnotherapy • Indian head massage • Iridology • Kinesiology • Meditation • Naturopathy • Neurolinguistic Programing (NLP) • Osteopathy • Reflexology • Reiki/spiritual healing • Shiatsu • Stone therapy massage • Subtle energy/vibrational medicine • Swedish massage • Therapeutic Touch 		

	<ul style="list-style-type: none"> • Traditional Chinese Medicine (TCM) • Yoga • Vertical reflexology 		
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Know the anatomy, physiology and common diseases and disorders of the body applicable to lymphatic drainage massage treatment			
Explain the position of the main arteries of the head and neck	<ul style="list-style-type: none"> • Carotid • Facial • Temporal • Lingual • Occipital • Maxillary 	<ul style="list-style-type: none"> • OHP/Whiteboard • Lecture • Q&A • Handout: <ol style="list-style-type: none"> 1. Lymphatic system 2. Circulatory system • Homework • Test 	
Explain the position of the main veins of the head and neck	<ul style="list-style-type: none"> • Middle temporal • Superficial temporal • Maxillary • Anterior facial • Common facial • Internal jugular • External jugular 		
Explain the structure and function of blood vessels and blood	<ul style="list-style-type: none"> • Arteries • Arterioles • Veins • Venules • Capillaries • Main arteries and veins of the head and neck • Plasma • Plasma proteins • Erythrocytes • Leucocytes • Platelets • Thrombocytes 		
Explain the structure and function of the lymphatic system	<ul style="list-style-type: none"> • Adenoids • Appendix • Cisterna chyli • Collectors • Initial lymph vessels • Lacteals • Lymph angions 		

	<ul style="list-style-type: none"> • Lymph nodes • Lymph vessels • Lymphatic ducts • Peyer's patches • Pre-collectors • Spleen • Thymus • Tonsils 		
Explain the location of the main lymph nodes of the head, neck and body	<ul style="list-style-type: none"> • Deep and superficial cervical • Submandibular • Submental • Anterior auricular • Posterior auricular • Buccal • Occipital • Popliteal • Inguinal • Axillary • Supratrochlear 		
Explain the formation, composition and function of lymph	<ul style="list-style-type: none"> • Proteins • Fluid • Cell debris • Foreign substances • Long chain fatty acids • Lymphocytes • Fibrinogen 		
Explain the interrelationship between blood and lymph and the importance of maintaining homeostasis in the body tissues	<ul style="list-style-type: none"> • Pulmonary circulation • Systemic circulation • Arteries • Arterioles • Capillaries • Tissues • Venules • Veins • Lymphatic capillaries • Lymphatic vessels • Lymphatic nodes 		

	<ul style="list-style-type: none"> • Lymphatic ducts • Concept of the lymphatic system being the main transport system of the body • Active transport • Molecular motion • Osmosis • Diffusion • Filtration • The effect of lymphatic drainage on the circulatory system • The effect of lymphatic drainage on the lymphatic system • Importance of achieving equilibrium in the body tissues 		
Identify the structures being worked over and the effects of lymphatic drainage on them	<ul style="list-style-type: none"> • Integumentary (skin) • Skeletal • Muscular • Nervous • Endocrine • Cardiovascular • Respiratory • Digestive • Urinary • Reproductive • Immune • Cells and tissues • The inter-relationship between the lymphatic system and other body systems • The effects and benefits of lymphatic drainage on each of the body systems • Zero pressure and its effects on the lymphatic capillaries and vessels • Calming effect • Pain reduction • Reflex arc • Increased immunity • Easing of muscle tension • Decongestion 		
Explain common diseases and disorders of the lymphatic system	<ul style="list-style-type: none"> • Hodgkins disease • HIV • Lymphoma • Elephantiasis • Lymphadenopathy mononucleosis (caused by Epstein – Barr virus) • Splenomegaly • Lymphoedema 		

	<ul style="list-style-type: none"> Any localised infection Immunological diseases General oedema (not medical) Tonsillitis 		
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Know the legislation applicable to lymphatic drainage massage treatment			
Explain the appropriate legislation applicable to lymphatic drainage massage treatment	<ul style="list-style-type: none"> Any particular rights, restrictions and Charters Legal framework related to people and settings with which the practitioner is involved, e.g. Mental Health Act, Children Act Moral rights which are not recognised in Law Records which the practitioner is responsible for completing in relation to rights and responsibilities Legislation which relates to the work being carried out, the environment and the client with whom the practitioner is working e.g. Health and Safety at Work Act , Equal Opportunities Act, Data Protection Act, General Data Protection Regulations (GDPR) Code of good practice/ethics Legislation which relates to the work being carried out, the environment and the client with whom the practitioner is working and the country therein 	<ul style="list-style-type: none"> OHP/Whiteboard Lecture Q&A Handout: Common diseases and disorders of the lymphatic system Homework Test 	
Explain the issues surrounding consent to treatment	<ul style="list-style-type: none"> Importance of obtaining consent from the client Methods of obtaining consent and how to confirm that clients have been given sufficient information on which to base their own judgement Ensure agreements are in the clients best interests Ensure that clients sign the consultation form as self-certification particularly when pre-existing conditions may exist 		

Know how to consult and recognise contra-indications to lymphatic drainage massage treatment			
Explain methods of consultation	<ul style="list-style-type: none"> A sample consultation form can be found at www.itecworld.co.uk <ul style="list-style-type: none"> Learners should demonstrate knowledge of the importance of the following: <ul style="list-style-type: none"> Private comfortable area Positive body language Positioning of the client (no barriers between themselves and client) Interpersonal space Good communication skills (asking open and/or closed questions where appropriate) Trust Professionalism, confidence and enthusiasm Confidentiality Consent Any contra-indications to treatment 	<ul style="list-style-type: none"> OHP/Whiteboard Lecture Q&A Handout: Consultation form Homework 	

	<ul style="list-style-type: none"> ▪ Client lifestyle ▪ Client profile ▪ Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs ▪ Determining the nature and extent of the client's needs ▪ Agreement to the course of action ▪ Ascertain the clients consent to the treatment (where the client is not in a position themselves ascertain from the appropriate companions agreement to the treatment) ▪ Explanation of any possible side effects to the treatment ▪ Explanation of how the programme will be evaluated and the review process ▪ Where applicable, clarify with the client information, which may be available to other, e.g. relevant health care workers ▪ Obtain the client's signature (or that of the companion) 		
Explain the importance of referral procedures	<ul style="list-style-type: none"> • Only working within the realms of their own expertise as a therapist • Demonstration of the understanding when a client should be referred to either: <ul style="list-style-type: none"> - GP - Counsellor - Other complementary therapist - Member of the social care or nursing team 		
Recognise the contra-indications to lymphatic drainage massage	<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 <ul style="list-style-type: none"> - Pregnancy - Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) - Any condition already being treated by a GP or another complementary practitioner - Osteoporosis - Arthritis - Nervous/psychotic conditions - Epilepsy - Recent operations - Diabetes - Asthma - Bell's palsy - Trapped/pinched nerve - Inflamed nerve - Acute rheumatism - Treated cancer - Postural deformities 		

	<ul style="list-style-type: none"> - Conditions causing muscular spasticity (e.g. cerebral palsy) - Whiplash - Slipped disc - When taking prescribed medication - Gastric ulcers - Hernia • Contra-indications that restrict treatment <ul style="list-style-type: none"> - Varicose veins - Bruises - Abrasions - Cuts - Sunburn - Skin diseases - Hormonal implants - Recent fractures (minimum three of months) - After a heavy meal - Menstruation - abdomen (first few days) - Pregnancy (after medical permission has been obtained, not on the abdomen) • Contra-indications that prevent treatment <ul style="list-style-type: none"> - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Diarrhoea and vomiting - Residual malaria - History of tuberculosis (TB) - Cardiac insufficiency - Recent thrombosis - Active cancer - Medical oedema - Undiagnosed lumps and bumps - Kidney infections - Undiagnosed pain 		
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Be able to carry out lymphatic drainage massage treatment			
Demonstrate appropriate client care	<ul style="list-style-type: none"> • Checking consultation and contra-indications • Explaining the treatment to the client • Help the client onto the couch and protect the client's modesty at all times • Ensure that all parts of the client are covered, except the area being massaged • Cleanse the feet with sanitiser • Wash own hands • Keep ensuring that the client is comfortable 	<ul style="list-style-type: none"> • OHP/Whiteboard • Lecture • Q&A Handout: • Homework • Test 	

	<ul style="list-style-type: none"> • Use appropriate supports, i.e. under the ankles, chest and forehead, knees, head • Adapt the lymphatic drainage massage techniques to suit the needs of the client • Help the client off the couch protecting their modesty at all times 		
Explain and demonstrate the correct hygiene procedures	<ul style="list-style-type: none"> • Wash own hands • Wipe the client's feet • Use clean towels for each client • Put couch roll on top of towels • Wear clean professional work wear – socks/tights and full flat shoes • Remove all jewellery (except wedding band; religious jewellery must be covered) from self and client • No nail enamel • Clean, short nails • Ensure the massage medium is removed at the end of the treatment • Do not let the client walk around in bare feet • Ensure all surfaces are lined with couch roll • Wipe couch and trolley with surgical spirit or similar at the end of each day 		
Explain and demonstrate lymphatic drainage movements	<ul style="list-style-type: none"> • Movements should be performed correctly and on areas appropriate for the movement • Movements should demonstrate the concept of zero pressure where appropriate • Movements should be adapted to produce a massage suitable for the client's needs • Treatment should be proximal to distal 		
Explain the importance of the use of correct pressure	<ul style="list-style-type: none"> • The concept of zero pressure and its effect on the skin and lymphatic system • Less pressure over bony areas or oedema 		
Explain and demonstrate the superficial lymph drainage routes of the body	<ul style="list-style-type: none"> • The importance of working in the correct direction • Always work proximal to distal or nearest lymph nodes 		
Explain the factors that can affect lymphatic flow	<ul style="list-style-type: none"> • Exercise/lack of exercise • Breathing • Digestion • Cold/heat • Tight clothing • Lymph drainage massage 		
Recognise and explain conditions that would benefit from lymphatic drainage massage	<ul style="list-style-type: none"> • Cellulite • Sinusitis • Headaches • Migraines 		

	<ul style="list-style-type: none"> • Non-medical oedema • Stress • Poor immunity • Sluggish tissue regeneration • Improvement of certain skin conditions • Chronic fatigue • Any localised infection • Pain relief • Immunological diseases • Sprains • Strains • Scar tissue • Acne • Catarrh • PMT • Menopause • Allergies 		
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Be able to evaluate lymphatic drainage massage treatment and advise on appropriate after and home care			
Review and evaluate the lymphatic drainage massage treatment/programme	<ul style="list-style-type: none"> • At the end of each treatment the following areas should be recorded and monitored: • Client feedback and skin or other reactions <ul style="list-style-type: none"> - Outcomes achieved - Effectiveness of the treatment - Any change in demands e.g. physiological or psychological changes - Whether the treatment met the needs of the client – client expectations - Longer term needs of the client (e.g. when working in a care environment) 	<ul style="list-style-type: none"> • OHP/Whiteboard • Lecture • Q&A • Homework • Handout: Client care 	
Explain the importance of giving appropriate home care advice after treatment	<ul style="list-style-type: none"> • Healthy eating for wellbeing • Exercise for general health • Stress levels • Fluid/water intake • Smoking habits • Sleep patterns • Hobbies • Interests • Rest • Relaxation • General care and lifestyle advice and the beneficial effects thereof 		

	<ul style="list-style-type: none"> • Generally helping clients and families to identify options to improve their health and social wellbeing in terms of massage treatment • Helping clients and families to put their choices into action • Reviewing their progress 		
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iUBT372 – Lymphatic drainage massage			
Case studies: 3 clients to be treated 3 times each	<ul style="list-style-type: none"> • Consultation including thorough medical history and general lifestyle • Client profile (to include any current issues in their life) • Details of how the therapist conducted the treatment • Details of how the client felt during and after the treatment • Details of home care advice given • Overall conclusion including reflective practice after each treatment 	Mock theory paper	
Mock practical:	<ul style="list-style-type: none"> • To cover the full body ensuring grounding has been frequently accomplished 		
Mock theory:	<ul style="list-style-type: none"> • To cover all theory work taught 		

Document History

Version	Issue Date	Changes	Role
v1	03/12/2019	First published	Qualifications Administrator