

Treatment Form

iUCT23 – Provide basic reflexology techniques

Centre name:	
Centre number:	
Learner name:	
Learner number:	
Date:	

Client name:		
Address:		
Profession:		
Telephone number:	Day:	
	Evening:	

Personal details:						
Age group:	Under 20 <input type="checkbox"/>	20 – 30 <input type="checkbox"/>	30 – 40 <input type="checkbox"/>	40 – 50 <input type="checkbox"/>	50 – 60 <input type="checkbox"/>	60+ <input type="checkbox"/>
Lifestyle:	Active <input type="checkbox"/>			Sedentary <input type="checkbox"/>		
Last visit to the doctor:						
GP Address:						
Number of children: <i>(If applicable)</i>						
Date of last period: <i>(If applicable)</i>						

Contra-indications requiring medical permission – in circumstances where medical permission cannot be obtained clients must give their informed consent in writing prior to treatment (Select if/where appropriate):

Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) <input type="checkbox"/>	Recent operations <input type="checkbox"/>	Epilepsy <input type="checkbox"/>
Haemophilia <input type="checkbox"/>	Diabetes <input type="checkbox"/>	Conditions causing muscular spasticity e.g. cerebral palsy <input type="checkbox"/>
Any condition already being treated by a GP or another complementary practitioner <input type="checkbox"/>	Asthma <input type="checkbox"/>	Whiplash <input type="checkbox"/>
Medical oedema <input type="checkbox"/>	Any dysfunction of the nervous system (e.g. multiple sclerosis, Parkinson's disease, Motor neurone disease) <input type="checkbox"/>	Slipped disc <input type="checkbox"/>
Osteoporosis <input type="checkbox"/>	Trapped/pinched nerve (e.g. sciatica) <input type="checkbox"/>	Undiagnosed pain <input type="checkbox"/>
Arthritis <input type="checkbox"/>	Inflamed nerve <input type="checkbox"/>	When taking prescribed medication <input type="checkbox"/>
Nervous/psychotic conditions <input type="checkbox"/>	Cancer <input type="checkbox"/>	Acute rheumatism <input type="checkbox"/>
Pregnancy <input type="checkbox"/>	Bell's palsy <input type="checkbox"/>	Kidney infections <input type="checkbox"/>

Contra-indications that restrict treatment (select if/where appropriate. N.B All known allergies should be checked. Client contraindications should be checked against the safety data for each oil prior to treatment):

Fever <input type="checkbox"/>	Cuts <input type="checkbox"/>	After a heavy meal <input type="checkbox"/>
Contagious or infectious diseases <input type="checkbox"/>	Bruises <input type="checkbox"/>	Hormonal implants <input type="checkbox"/>
Under the influence of recreational drugs or alcohol <input type="checkbox"/>	Abrasions <input type="checkbox"/>	Haematoma <input type="checkbox"/>
Diarrhoea and/or vomiting <input type="checkbox"/>	Scar tissue (2 years for major operation and 6 months for a small scar) <input type="checkbox"/>	Sunburn <input type="checkbox"/>
Skin diseases <input type="checkbox"/>	Recent fractures (minimum of three months) <input type="checkbox"/>	Varicose veins <input type="checkbox"/>
Localised swelling <input type="checkbox"/>	Pregnancy (first trimester) <input type="checkbox"/>	Inflammation <input type="checkbox"/>

Conditions/disorders of the hands and feet:

Tinea unguium <input type="checkbox"/>	Tinea pedis <input type="checkbox"/>	Verrucae <input type="checkbox"/>
Warts <input type="checkbox"/>	Arthritis <input type="checkbox"/>	Corns <input type="checkbox"/>
Callouses <input type="checkbox"/>	Chilblains <input type="checkbox"/>	Eczema <input type="checkbox"/>
Psoriasis <input type="checkbox"/>	Nail disorders <input type="checkbox"/>	Pitting <input type="checkbox"/>

Transverse ridges <input type="checkbox"/>	Vertical ridges <input type="checkbox"/>	Blue nails <input type="checkbox"/>
Leuconychia <input type="checkbox"/>	Yellow/brown/white nails <input type="checkbox"/>	<input type="checkbox"/>

Written permission required by (either of which should be attached to the consultation form):–

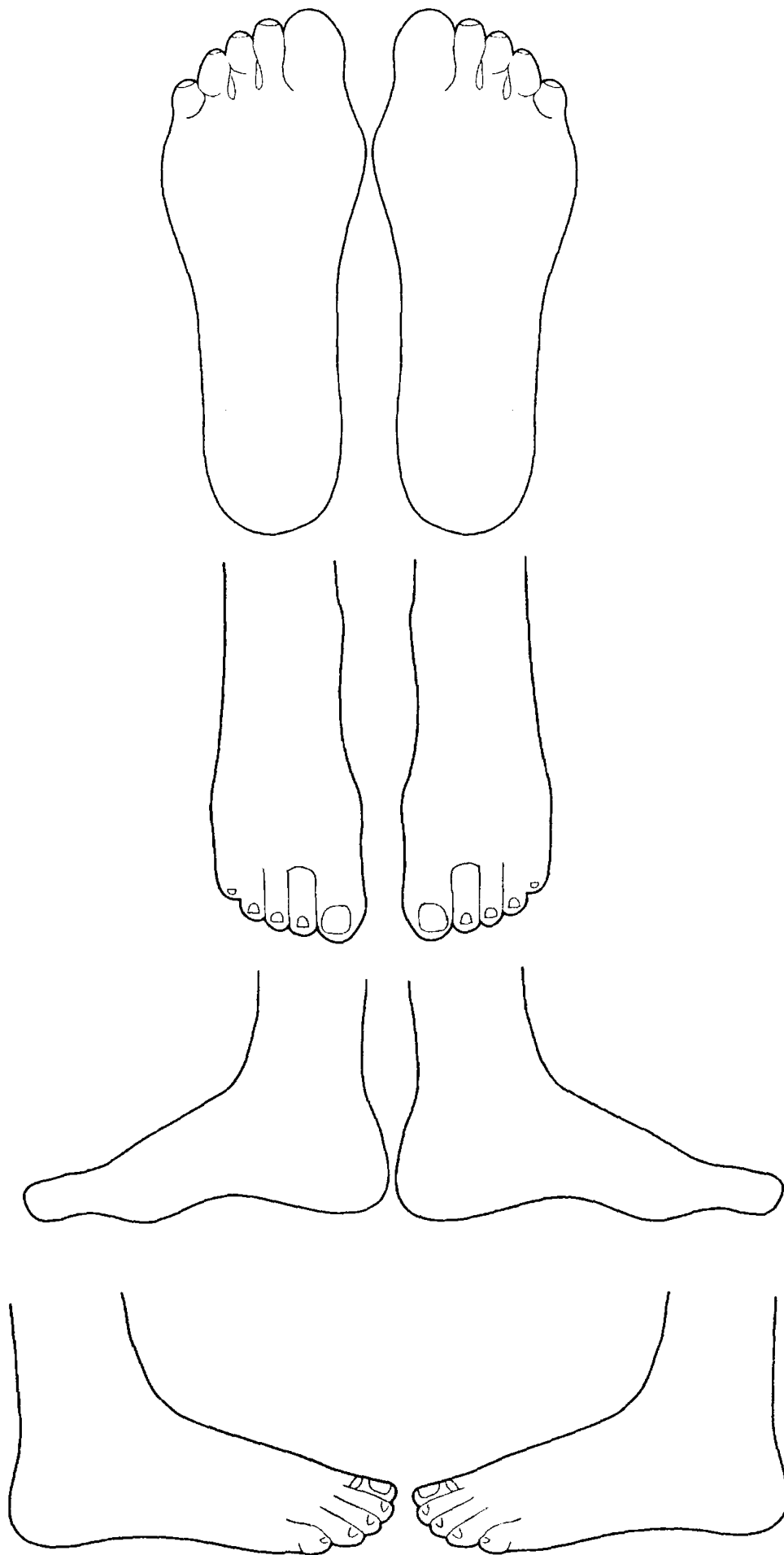
GP/specialist <input type="checkbox"/>	Informed consent <input type="checkbox"/>
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Personal information (select if/where appropriate):

Muscular/Skeletal problems:	Back <input type="checkbox"/>	Aches/pain <input type="checkbox"/>	Stiff joints <input type="checkbox"/>	Headaches <input type="checkbox"/>
Digestive problems:	Constipation <input type="checkbox"/>	Bloating <input type="checkbox"/>	Liver/gall bladder <input type="checkbox"/>	Stomach <input type="checkbox"/>
Circulation:	Heart <input type="checkbox"/>	Blood pressure <input type="checkbox"/>	Fluid retention <input type="checkbox"/>	Tired legs <input type="checkbox"/>
	Varicose veins <input type="checkbox"/>	Cellulite <input type="checkbox"/>	Kidney problems <input type="checkbox"/>	Cold hands and feet <input type="checkbox"/>
Gynaecological:	Irregular periods <input type="checkbox"/>	P.M.T <input type="checkbox"/>	Menopause <input type="checkbox"/>	H.R.T <input type="checkbox"/>
	Pill <input type="checkbox"/>	Coil <input type="checkbox"/>	Other <input type="checkbox"/>	
Nervous system:	Migraine <input type="checkbox"/>	Tension <input type="checkbox"/>	Stress <input type="checkbox"/>	Depression <input type="checkbox"/>
Immune system:	Prone to infections <input type="checkbox"/>	Sore throats <input type="checkbox"/>	Colds <input type="checkbox"/>	
	Sinuses <input type="checkbox"/>		Chest <input type="checkbox"/>	
Regular antibiotic/medication taken?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	If yes, which ones:	
Herbal remedies taken?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	If yes, which ones:	
Ability to relax:	Good <input type="checkbox"/>		Moderate <input type="checkbox"/>	Poor <input type="checkbox"/>
Sleep patterns:	Good <input type="checkbox"/>	Poor <input type="checkbox"/>	Average No. of hours	
Do you see natural daylight in your workplace?	Yes <input type="checkbox"/>		No <input type="checkbox"/>	
Do you work at a computer?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	If yes, how many hours	
Do you eat regular meals?	Yes <input type="checkbox"/>		No <input type="checkbox"/>	
Do you eat in a hurry?	Yes <input type="checkbox"/>		No <input type="checkbox"/>	
Do you take any food/vitamin supplements?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	If yes, which ones:	

How many portions of each of these items does your diet contain per day?	Fresh fruit:	Fresh vegetables:	Protein and source:	
	Dairy produce:	Sweet things:	Added salt:	Added sugar:
How many units of these drinks do you consume per day?	Tea:	Coffee:	Fruit juice:	Water:
	Soft drinks:	Others:		
Do you suffer from food allergies?	Yes <input type="checkbox"/>		No <input type="checkbox"/>	
Bingeing?	Yes <input type="checkbox"/>		No <input type="checkbox"/>	
Overeating?	Yes <input type="checkbox"/>		No <input type="checkbox"/>	
Do you smoke?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	How many a day?	
Do you drink alcohol?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	How many units a day?	
Do you exercise?	None <input type="checkbox"/>	Occasional <input type="checkbox"/>	Irregular <input type="checkbox"/>	Regular <input type="checkbox"/>
	Types:			
What is your skin type?	Dry <input type="checkbox"/>	Oily <input type="checkbox"/>	Combination <input type="checkbox"/>	Sensitive <input type="checkbox"/>
Do you suffer/have you suffered from	Dermatitis <input type="checkbox"/>	Acne <input type="checkbox"/>	Eczema <input type="checkbox"/>	Psoriasis <input type="checkbox"/>
	Allergies <input type="checkbox"/>	Hay fever <input type="checkbox"/>	Asthma <input type="checkbox"/>	Skin cancer <input type="checkbox"/>
Stress level 1–10 (10 being the highest):	At work <input type="checkbox"/>		At home <input type="checkbox"/>	
Reason for treatment:				

Reading of the feet:	
Local contraindications:	Skin texture/areas of hard skin:
Colour:	Flexibility:
Temperature:	Swelling/puffiness:
Odour:	Foot position:
Nail condition:	Skeletal structure/arches of feet:



Client name:	
Treatment date:	
Basic treatment plan:	

Client feedback:

Basic home/aftercare advice:

Learner signature: _____

Client signature: _____

Document History

Version	Issue Date	Changes	Role
v1	09/10/2019	First published	Qualifications and Regulation Co-ordinator
v2	15/01/2019	Republished	Qualifications and Regulation Co-ordinator