
Marking Criteria

iUBT372 – Lymphatic drainage massage

Once all aspects of the mandatory units have been completed, learners will be expected to complete an internal practical assessment. This will be undertaken by an internal assessor using the internal assessment forms. These must be handed to the external examiner on the day of the final external practical examination.

- Practical examination sequence – approximately 45 minutes
 - Clients should be on the couch ready for the exam
 - Consultation to be carried out prior to the exam
 - Massage treatment to include neck, face, back/abdomen and one limb
 - Clients should be helped off the couch
- Oral questions may be asked at any time during the examination
- Consultation forms must be filled in by each learner and made available for the external examiner to check. These should be reviewed and completed at the end of the treatment and will be taken away by the examiner
- Learners will be expected to demonstrate excellent hygiene and client care throughout as well as competence in their relevant skills
- The examiner may reduce the treatment timings, as the examination is a demonstration of the learner's professionalism and their accomplished technique
- Approximate time allocated for changeover of practical examination groups – 15 minutes

Learners must achieve a minimum of 3 marks for appearance and 3 marks for client care in order to pass the practical examination.

Learners must be able to demonstrate the following:

Appearance – 5 marks (0.5 marks each)

1. Clean, ironed professional uniform
2. Clean, neat hair, tied back/up if long and off the collar and face
3. Short, clean, well-manicured nails with no varnish and clean hands
4. Clean sensible full flat shoes, socks should be worn
5. Tights an appropriate colour for the uniform if wearing a skirt
6. No jewellery with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped)
7. No body or breath odour
8. No chewing gum or sucking sweets
9. Underskirts/underwear should not be visible
10. Skirts to the knee. Trousers cropped no higher than calf/trousers not trailing on floor

Client care – 5 marks (1 mark each)

1. Greeted and introduced self to the client
2. Assisted the client off the couch
3. Explained the treatment procedure to the client
4. Ensured the client's comfort/modesty throughout
5. Maintained a positive and professional approach to the client throughout

Hygiene and sterilisation – 5 marks (1 mark each)

1. Wiped equipment over with sanitiser before, during and after use as appropriate
2. Used clean towels and covered couch and additional support appropriately
3. Sanitised hands before, during and after treatment as appropriate
4. Disposed of cotton wool, tissues, paper roll and general waste hygienically and appropriately
5. Ensured the client's footwear was stowed under the couch and that the client did not walk around barefoot

Treatment of the neck - 20 marks (see below)

1. Checked for contra-indications (1 mark)
2. Positioned the client correctly/comfortably and placed/used supports where necessary (1 mark)
3. Adapted the pressure to suit the client (1 mark)
4. Ensured that pressure was appropriate for the area being treated (1 mark)
5. Maintained contact with the client (1 mark)
6. Maintained communication with the client (1 mark)
7. Remained focused on the client (1 mark)
8. Moved the skin appropriately (1 mark)
9. Treated the entire area (1 mark)
10. Performed movements with the correct rhythm and repetition (1 mark)
11. Ensured that the routine was flowing and logical (1 mark)
12. Use effleurage to link movements (1 mark)
13. Demonstrated flexibility of hands and wrists (1 mark)
14. Demonstrated all classical movements provided there were no contraindications (1 mark)
15. Demonstrated zero/negative pressure (2 marks)
16. Ensured that movements drained towards the nearest lymph node (2 marks)
17. Ensured that the area was massaged within the appropriate time frame (2 marks)

Treatment of the face - 20 marks (see below)

1. Checked for contra-indications (1 mark)
2. Positioned the client correctly/comfortably and placed/used supports where necessary (1 mark)
3. Adapted the pressure to suit the client (1 mark)
4. Ensured that pressure was appropriate for the area being treated (1 mark)
5. Maintained contact with the client (1 mark)
6. Maintained communication with the client (1 mark)
7. Remained focused on the client (1 mark)
8. Moved the skin appropriately (1 mark)
9. Treated the entire area (1 mark)
10. Performed movements with the correct rhythm and repetition (1 mark)
11. Ensured that the routine was flowing and logical (1 mark)

12. Use effleurage to link movements (1 mark)
13. Demonstrated flexibility of hands and wrists (1 mark)
14. Demonstrated all classical movements provided there were no contraindications (1 mark)
15. Demonstrated zero/negative pressure (2 marks)
16. Ensured that movements drained towards the nearest lymph node (2 marks)
17. Ensured that the area was massaged within the appropriate time frame (2 marks)

Treatment of the back/abdomen - 20 marks (see below)

1. Checked for contra-indications (1 mark)
2. Positioned the client correctly/comfortably and placed/used supports where necessary (1 mark)
3. Adapted the pressure to suit the client (1 mark)
4. Ensured that pressure was appropriate for the area being treated (1 mark)
5. Maintained contact with the client (1 mark)
6. Maintained communication with the client (1 mark)
7. Remained focused on the client (1 mark)
8. Moved the skin appropriately (1 mark)
9. Treated the entire area (1 mark)
10. Performed movements with the correct rhythm and repetition (1 mark)
11. Ensured that the routine was flowing and logical (1 mark)
12. Use effleurage to link movements (1 mark)
13. Demonstrated flexibility of hands and wrists (1 mark)
14. Demonstrated all classical movements provided there were no contraindications (1 mark)
15. Demonstrated zero/negative pressure (2 marks)
16. Ensured that movements drained towards the nearest lymph node (2 marks)
17. Ensured that the area was massaged within the appropriate time frame (2 marks)

Treatment of the limb – 20 marks (see below)

1. Checked for contra-indications (1 mark)
2. Positioned the client correctly/comfortably and placed/used supports where necessary (1 mark)
3. Adapted the pressure to suit the client (1 mark)
4. Ensured that pressure was appropriate for the area being treated (1 mark)
5. Maintained contact with the client (1 mark)
6. Maintained communication with the client (1 mark)
7. Remained focused on the client (1 mark)
8. Moved the skin appropriately (1 mark)
9. Treated the entire area (1 mark)
10. Performed movements with the correct rhythm and repetition (1 mark)
11. Ensured that the routine was flowing and logical (1 mark)
12. Use effleurage to link movements (1 mark)
13. Demonstrated flexibility of hands and wrists (1 mark)
14. Demonstrated all classical movements provided there were no contraindications (1 mark)
15. Demonstrated zero/negative pressure (2 marks)
16. Ensured that movements drained towards the nearest lymph node (2 marks)
17. Ensured that the area was massaged within the appropriate time frame (2 marks)

Posture – 5 marks (1 mark each)

1. Demonstrated standing/sitting working position appropriate to each area
2. Demonstrated appropriate working position of shoulders and back
3. Demonstrated appropriate working position of elbows
4. Demonstrated appropriate flexibility of knees
5. Demonstrated appropriate flexibility/position of back (stance)

Sample oral questions

1. Where are the nearest lymph nodes?
2. Which side of the body drains into the main lymphatic duct?
3. What is meant by 'zero pressure'?
4. What is the effect of 'zero pressure'?
5. What are the contraindications to lymphatic drainage massage?
6. How often should the treatment be performed?
7. How long would a full treatment take?
8. Why should the head and neck area be treated first?
9. What are the signs of a sluggish lymphatic circulation?
10. What aftercare advice would be applicable after receiving a lymphatic drainage massage?

Document History

Version	Issue Date	Changes	Role
v1	08/02/20	First Published	Subject Matter Expert- Assessment