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# Marking Criteria

## iUBT337 – Stone therapy 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 1 hour
  - Clients should be on the couch ready for the treatment
  - Consultation to be carried out prior to the exam
  - Preparation of stones
  - Selection and use of stones
  - Placement of stones
  - 45 minute massage to include scalp, face, neck, chest, arm, abdomen, front and back of one leg, and back in whatever order the student has been taught
  - 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 external examiner.
- Learners will be expected to demonstrate excellent hygiene and client care throughout as well as competence in their relevant skills.
- The external 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. No visible underskirts/underwear
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 – 10 marks (2 marks each)**

1. Wiped equipment over with appropriate sanitiser before, during and after use as appropriate
2. Prepared stones in a safe and hygienic manner
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

**Preparation for treatment – 5 marks (1 mark each)**

1. Prepared area, self and client for treatment
2. Ensured all equipment, tools and products were available and ergonomically placed
3. Ensured a variety of stones were available to meet the client's treatment needs
4. Ensured hot stones were heated to the correct temperature
5. Ensured cold stones were cooled to the correct temperature

**Selection and placement of stones – 10 marks (2 marks each)**

1. Ensured stones were the correct shape for the area to be treated
2. Ensured stones were the correct size for the area to be treated
3. Ensured stones placed on the top of the client were the correct temperature
4. Ensured stones placed underneath the client were the correct temperature
5. Ensured stones were positioned accurately to affect the chakras and/or underlying organs

**Use of hot and cold stones – 12 marks (2 marks each)**

1. Held the stones correctly
2. Adapted the pressure to suit the client
3. Adapted the pressure to suit the area
4. Adapted the pressure to suit the movement
5. Ensured the temperature of the stones was appropriate for the area being treated
6. Stored used stones appropriately and hygienically throughout the treatment

**Effleurage – 10 marks (2 marks each)**

1. Maintained maximum contact of the stones where appropriate
2. Ensured that the skin moved appropriately during the movements
3. Ensured that the entire area treated was covered
4. Ensured that the movement was performed in the correct direction
5. Ensured that the speed was slow and constant

**Petrissage (kneading/frictions) – 10 marks (2 marks each)**

1. Checked for contra-indications
2. Ensured that the stones were used to perform the movements correctly
3. Ensured that the muscles were treated fully
4. Moved the skin/muscles appropriately
5. Ensured that the movement was rhythmical

**Vibrations, tapping (piezoelectric) – 10 marks (2 marks each)**

1. Checked for contra-indications
2. Ensured that the stones were used to perform the movement correctly
3. Used an appropriate and even rhythm
4. Used an appropriate force of impact
5. Used appropriate pressure

**Continuity of massage – 12 marks (3 marks each)**

1. Selected and applied sufficient medium prior to the introduction of the stones
2. Selected and placed stones with the minimum disruption to client comfort
3. Maintained contact with each area ensuring the time taken to change the stones was relevant and appropriate to the area being treated
4. Performed all movements in a logical sequence

**Posture – 5 marks (1 mark each)**

1. Maintained the appropriate working position for each area - standing/sitting
2. Maintained correct working position of shoulders
3. Maintained correct working position of elbows
4. Maintained correct working flexibility of knees
5. Maintained correct flexibility/working position of back (stance)

**Aftercare advice – 6 marks (see below)**

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| 1. Concluded the treatment in an appropriate manner                                | (2 marks) |
| 2. Made recommendations for immediate aftercare                                    | (1 mark)  |
| 3. Made recommendations for home care advice                                       | (1 mark)  |
| 4. Made recommendations for follow-on appointments with appropriate time intervals | (1 mark)  |
| 5. Informed the client of the short-term effects of the treatment                  | (1 mark)  |

**Sample oral questions**

1. What are the physiological benefits of that movement?
2. What are the general contra-indications to stone therapy massage?
3. What are the specific contra-indications to stone therapy massage?
4. How do you cleanse the stones?
5. What is the difference in the use of hot or cold stones?
6. What would contra-indicate tapping (piezoelectric) movements?
7. How do you sanitise the stone heater?
8. What are the physiological benefits of stone therapy massage?
9. Why is it necessary to complete a thorough consultation prior to stone therapy massage?
10. Where are the main chakras found?

**Document History**

| Version | Issue Date | Changes         | Role                              |
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| v1      | 24/01/20   | First published | Subject Matter Expert- Assessment |
|         |            |                 |                                   |