

iUBT336 – On-site massage

URN – H/617/4320

Guided Learning Hours: 50

Learning outcome	Assessment criteria	Taught content to include
LO1 Know the causes and effects of stress and the strategies which help to alleviate possible symptoms	1.1. Explain stress	• Definition of stress • Positive and negative stress • Holmes-Rahe Scale
	1.2. Explain the fear, flight syndrome	• Parasympathetic and sympathetic nervous systems • Pituitary • Hypothalamus • Adrenal cortex • Adrenal medulla and the hormones secreted from each gland
	1.3. Explain the physical and psychological signs and symptoms that stress can produce	• Short term: - Anxiety - Panic attacks - Dizzy spells - Nausea - Changes in appetite - Indigestion - Irritable bowel syndrome - Butterflies - Insomnia - Headaches - Chest pain - Palpitations - Trembling - Tearfulness - Memory loss - Sweating

		- Recurrent infections - Diarrhoea - Constipation - Loss of libido - Styes - Boils - Migraine - Pruritus - Mood swings • Long term: - Cancer - Stroke - Depression - General poor health - Angina - Heart disease - Alopecia - Apathy - Hirsutism - Fatigue
	1.4. Explain the effect that stress may have on all systems of the body	• Skin - Eczema - Psoriasis - Dermatitis - Acne vulgaris - Acne rosacea • Circulatory - Heart attack - Angina - Hypertension - Hypotension - Arteriosclerosis - Atherosclerosis • Lymph - Oedema - Lymphoedema

		• Muscular - Tension - Fatigue • Skeletal - Poor posture - Long term effects • Digestive - Sluggish - Irritable bowel syndrome - Ulcers - Indigestion - Heart burn - Constipation - Crohn's disease - Diverticulitis • Urinary - Cystitis or other urinary tract infections • Reproductive - Amenorrhoea - Dysmenorrhoea - Idiopathic infertility • Endocrine - Hormonal imbalance
	1.5. Explain the holistic approach	• 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)
	1.6. Explain the term integral biology	• The way in which the physical environment and social, economic and environmental factors affect health and social wellbeing, to include: - Computers - Mobile phones - Processed food - Lack of fresh air - Jet lag - Lack of natural daylight

		- Stress - Lack of sleep - Financial problems - Poor ventilation - Lack of exercise - Chemicals - Pollution - Social media - World events - Work life balance
	1.7. Explain coping strategies	• Diet • Exercise • Relaxation • Time management • Delegation • Medication • Complementary therapies
	1.8. Explain the way diet can affect stress	• Balanced diet • Importance and role of vital nutrients – carbohydrates, fats, proteins, minerals vitamins • Food combining in the right amounts • Effect of sugar • Effect of alcohol • Caffeine, drugs/medication • Food intolerances e.g. wheat, dairy, sugar, additives, preservatives
	1.9. Explain ways in which physical exercise affects stress levels	• Release of endorphins • Increase in adrenaline • Increase circulation • Increase oxygen intake • Release of lactic acid and tension due to increase in movement • Increase self esteem • Improve body shape and tone
	1.10. Explain the importance of sleep	• Type of sleep • Amount of sleep • Sleep patterns

	1.11. Explain the way in which stress can be treated	• Medication • Complementary therapies - Music - Colour - Cognitive therapies - Relaxation – breathing techniques - Visualisation - Yoga - On-site massage - Indian head massage - Counselling
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LO2 Know the legislation applicable to on-site massage treatment	2.1. Explain the appropriate legislation applicable to on-site massage treatment	• 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 • Organisational policies and how they may differ from other organisations (when working in care) • Records which the practitioner is responsible for completing in relation to rights and responsibilities • Any relevant complaints systems and methods of access • 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) • Legislation applicable to the treatment and country therein • Code of good practice/ethics • Licensing
	2.2. Explain the issues surrounding 'consent' to treatment	• Importance of obtaining consent from the client • Importance of gaining consent from parent/guardian for treatment of minors under the age of 16 • Importance of gaining consent from a person who is acting in the best interests of the client (when the client is unable or not of an age to make the decision for themselves) • The meaning of informed consent and the guidance given by the practitioner's professional body particularly where there is a need for written consent

		• 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 client's best interests
LO3 Know how to consult and recognise common ailments and contra-indications to on-site massage treatment	3.1. Explain methods of consultation	A sample of a consultation form can be found at www.vtctskills.org.uk. • Learners should demonstrate knowledge of the importance of the following: - Private comfortable area - Positive body language - Positioning of the client (no barriers between themselves and client) - Good communication skills (asking open and/or closed questions where appropriate) - Trust - Professionalism, confidence and enthusiasm - Confidentiality - Any contra-indication to treatment (as listed below) - Client lifestyle - Client profile - Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs and diverse needs - Determining the nature and extent of the client's needs - Agreement to the course of action - Ascertain the client's 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)
	3.2. Explain the importance of referral procedures	• Only working within the realms of their own expertise as an on-site massage therapist

		• Demonstration of the understanding of when a client should be referred to either: - GP - Counsellor - Other complementary therapist - Member of the social care or nursing team
	3.3. Recognise common ailments and contra-indications to on-site massage	• 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 - Pregnancy - Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) - Haemophilia - Any condition already being treated by a GP or another practitioner - Medical oedema - Osteoporosis - Arthritis - Nervous/psychotic conditions - Epilepsy - Recent operations - Diabetes - Asthma - Any dysfunction of the nervous system (e.g. multiple sclerosis, Parkinson's disease, motor neurone disease) - Bell's palsy - Trapped/pinched nerve (e.g. sciatica) - Inflamed nerve - Cancer - Postural deformities - Conditions causing muscular spasticity (e.g. cerebral palsy) - Kidney infections - Whiplash - Slipped disc - Undiagnosed pain - When taking prescribed medication - Acute rheumatism

		• Contra-indications that restrict treatment - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Diarrhoea and/or vomiting - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Anaphylaxis - Cuts - Bruises - Abrasions - Scar tissue (2 years for major operation and 6 months for a small scar) - Sunburn - Hormonal implants - Haematoma - Recent fractures (minimum 3 months) - Cervical spondylitis - After a heavy meal
	3.4. Explain the importance of on-site massage for clients and families receiving palliative or social care	• Issue of consent • Any appropriate legislation • Confidentiality • Appropriate support • Using an appropriate manner of communication • Only giving information agreed within the care team • Know when to refer clients to people outside of the care team • Maintenance of accurate records • Managing one's own feelings • Importance of ongoing care • Personal beliefs and preferences • Grief and grieving process • Awareness of other support services

LO4 Be able to carry out on-site massage treatment	4.1. Explain and demonstrate appropriate client care	• Checking consultation and contraindications • Explain and agree the treatment with the client • Creating a relaxing environment in the workplace • Ensuring the client is placed in a comfortable position • Sanitise own and client's hands • Keep ensuring that the client is comfortable • Use appropriate supports, i.e. chest and forehead, head • Adapt the massage techniques to suit the needs of the client in the best way possible in the work place to give immediate stress relief • Allow time for the client to come round at the end of the treatment
	4.2. Explain and demonstrate the correct hygiene procedures	• Forms of sterilisation and sanitisation in the treatment room • Forms of waste removal in the treatment room • Reasons for good personal hygiene • Wash own hands • Sanitise client's hands • 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 on client and therapist and stud earrings on therapist) from self and client • No nail enamel • Clean short nails • Hair tied back off collar and face
	4.3. Demonstrate correct positioning of the client	• The on-site massage therapist should ensure that the shoulders and neck area are accessible for treatment when positioning the client • Suitable covered supports should be used for the head and chest or a face ring • Client comfort should be observed at all times
	4.4. Explain and demonstrate the classical massage movements and the way in which they can be adapted to give on-site massage	• Effleurage • Petrissage • Percussion • Vibrations • Frictions • Passive

		• Acupressure points • Movements should be performed correctly and on areas appropriate for the movement • Movements should be adapted to produce a massage suitable for the client's needs and give immediate stress relief
	4.5. Demonstrate an on-site massage suitable for a client to receive at their place of work or similar where a treatment couch would not be available	• Massage of the head, neck, shoulders, hand and arm • Client to be fully clothed
	4.6. Explain the physiological and psychological effects of on-site massage	• Physiological - Vasodilation - Vasoconstriction - Relaxes muscles - Stimulates circulatory/lymphatic systems - Calms or stimulates nerves • Psychological - Stress and tension relief - Improved general wellbeing - Calming and relaxing
LO5 Know the anatomy and physiology of the body applicable to on-site massage treatment	5.1. Identify the structures being worked over and the effects of on-site massage on them	• Cells, tissues, skin, adipose tissue • Muscle groups within the treatment area • Primary bones and joints of the skeleton within the treatment area • Circulatory system • Lymphatic system • Nervous system • Endocrine, respiratory, digestive and excretory systems
LO6 Be able to give appropriate home and aftercare advice and evaluate the treatment programme	6.1. Explain the importance of giving appropriate aftercare and home care advice after treatment	• Healthy eating for wellbeing • Fluid/water intake • Exercise for general health • Smoking habits • Alcohol intake • Sleep patterns • Hobbies • Interests

		• Rest • Relaxation • Stress levels • Self-help • General care and lifestyle advice and the beneficial effects thereof • Helping clients and families to identify options to improve their health and wellbeing in terms of on-site massage treatment • Helping clients and families to put their choices into action • Avoidance of activities which may cause contra-actions • Recommendations on further treatment and treatment frequency
	6.2 Evaluate and review the on-site massage treatment/programme	• At the end of each treatment the client's feeling should be recorded and any skin or other reactions • The following areas should be monitored: - Outcomes achieved - Effectiveness of the treatment - Any change in demands - Whether the treatment met the needs of the client - Longer term needs of the client (particularly when working in a care environment)

Assessment

Portfolio of evidence containing:

- Evidence of 9 treatments: 3 clients treated on 3 separate occasions and the outcomes recorded.

MCQ

Practical examination

To include:

- Consultation
- Medical history
- Stress levels at home and work
- Treatment details
- Client feedback
- Aftercare/home care advice

Treatment evidence is internally assessed by the college lecturer and verified by the external examiner (if sampled).

Treatments should be evidenced through the consultation form, available on the website www.vtctskills.org.uk.

Guide to taught content

The content contained within the unit specification is not prescriptive or exhaustive but is intended to provide helpful guidance to teachers and students with the key areas that will be covered within the unit, and, relating to the kinds of evidence that should be provided for each assessment objective specific to the unit learning outcomes.

Document History

Version	Issue Date	Changes	Role
v1	25/09/2019	First published	Qualifications and Regulation Co-ordinator
v2	16/06/2026	Rebranding	Development Administrator