

iUBT372 – Lymphatic drainage massage

URN – R/617/4300

Guided Learning Hours: 50

Learning outcome	Assessment criteria	Taught content to include
LO1 Know the concept and theories of complementary therapies	1.1. 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)
	1.2. Explain the term integral biology	• The way in which the physical environment and social, economic and environmental factors affect health and social wellbeing - Computers - Mobile phones - Processed food - Lack of fresh air - Stress - Lack of sleep - Jet lag - Lack of natural light - Financial problems - Poor ventilation - Lack of exercise - Chemicals - Pollution - Repetitive strain injuries
	1.3. Explain other complementary therapies and the ways in which they are performed	• 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 • Traditional Chinese Medicine (TCM) • Yoga • Vertical reflexology
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LO2 Know the anatomy, physiology and common diseases and disorders of the body applicable to lymphatic drainage massage treatment	2.1. Explain the position of the main arteries of the head and neck	• Carotid • Facial • Temporal • Lingual • Occipital • Maxillary
	2.2. Explain the position of the main veins of the head and neck	• Middle temporal • Superficial temporal

		• Maxillary • Anterior facial • Common facial • Internal jugular • External jugular
	2.3. Explain the structure and function of blood vessels and blood	• Arteries • Arterioles • Veins • Venules • Capillaries • Main arteries and veins of the head and neck • Plasma • Plasma proteins • Erythrocytes • Leucocytes • Platelets • Thrombocytes
	2.4. Explain the structure and function of the lymphatic system	• Adenoids • Appendix • Cisterna chyli • Collectors • Initial lymph vessels • Lacteals • Lymph angions • Lymph nodes • Lymph vessels • Lymphatic ducts • Peyer's patches • Pre-collectors • Spleen • Thymus • Tonsils
	2.5. Explain the location of the main lymph nodes of the head, neck and body	• Deep and superficial cervical • Submandibular • Submental • Anterior auricular

		• Posterior auricular • Buccal • Occipital • Popliteal • Inguinal • Axillary • Supratrochlear
	2.6. Explain the formation, composition and function of lymph	• Proteins • Fluid • Cell debris • Foreign substances • Long chain fatty acids • Lymphocytes • Fibrinogen
	2.7. Explain the interrelationship between blood and lymph and the importance of maintaining homeostasis in the body tissues	• Pulmonary circulation • Systemic circulation • Arteries • Arterioles • Capillaries • Tissues • Venules • Veins • Lymphatic capillaries • Lymphatic vessels • Lymphatic nodes • 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

	2.8. Identify the structures being worked over and the effects of lymphatic drainage on them	• 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
	2.9. Explain common diseases and disorders of the lymphatic system	• Hodgkins disease • HIV • Lymphoma • Elephantiasis • Lymphadenopathy mononucleosis (caused by Epstein – Barr virus) • Splenomegaly • Lymphoedema • Any localised infection • Immunological diseases • General oedema (not medical) • Tonsillitis

	2.10. Explain the importance of achieving equilibrium in the body tissues	To include: • Osmosis • Diffusion • Active transport • Molecular motion • Homeostasis • Filtration
	2.11. Explain common diseases and disorders of the lymphatic system	To include: • Hodgkins Disease • HIV • Lymphoma • Elephantiasis • Lymphadenopathy Mononucleosis (caused by Epstein – Barr virus) • Splenomegaly • Lymphoedema • Any localised infection • Immunological diseases • General oedema (not medical) • Tonsillitis
LO3 Know the legislation applicable to lymphatic drainage massage treatment	3.1. Explain the appropriate legislation applicable to lymphatic drainage 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 • 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
	3.2. Explain the issues surrounding consent to treatment	• 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

LO4 Know how to consult and recognise contra-indications to lymphatic drainage massage treatment	4.1. Explain methods of consultation	• A sample 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) ▪ 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 ▪ 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)
	4.2. Explain the importance of referral procedures	• Only working within the realms of their own expertise as a therapist

		• Demonstration of the understanding when a client should be referred to either: - GP - Counsellor - Other complementary therapist - Member of the social care or nursing team
	4.3. Recognise the contra-indications to lymphatic drainage 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) - 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 - Conditions causing muscular spasticity (e.g. cerebral palsy) - Whiplash - Slipped disc - When taking prescribed medication - Gastric ulcers - Hernia • Contra-indications that restrict treatment - 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 - 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
LO5 Be able to carry out lymphatic drainage massage treatment	5.1. Demonstrate appropriate client care	• 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 • 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

	5.2. Explain and demonstrate the correct hygiene procedures	• 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
	5.3. Explain and demonstrate lymphatic drainage movements	• 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
	5.4. Explain the importance of the use of correct pressure	• The concept of zero pressure and its effect on the skin and lymphatic system • Less pressure over bony areas or oedema
	5.5. Explain and demonstrate the superficial lymph drainage routes of the body	• The importance of working in the correct direction • Always work proximal to distal or nearest lymph nodes
	5.6. Explain the factors that can affect lymphatic flow	• Exercise/lack of exercise • Breathing • Digestion • Cold/heat • Tight clothing • Lymph drainage massage
	5.7. Recognise and explain conditions that would benefit from lymphatic drainage massage	• Cellulite • Sinusitis

		• Headaches • Migraines • 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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LO6 Be able to evaluate lymphatic drainage massage treatment and advise on appropriate after and home care	6.1. Review and evaluate the lymphatic drainage massage treatment/programme	• At the end of each treatment the following areas should be recorded and monitored: - Client feedback and skin or other reactions - 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)
	6.2. Explain the importance of giving appropriate home care advice after treatment	• 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 • 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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Evidence of treatments

Portfolio of evidence containing:

- 9 treatments – 3 clients treated on 3 separate occasions and the outcomes recorded

MCQ

Practical examination

These treatment evidence are internally assessed by the college lecturer and verified by the external examiner to include:

- Consultation
- Medical history
- Reasons for treatment
- Treatment details
- Client feedback
- Aftercare and homecare advice

Treatments should be evidenced through the consultation form, these are internally assessed by the college lecturer and verified by the external examiner (if sampled).

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 learners 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	18/09/2019	First published	Qualifications and Regulation Co-ordinator
v2	18/06/2026	Rebranding	Development Administrator
v3	21/08/2026	Added AC 2.10 & 2.11 that were missing	Development Administrator