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Diploma in Indian Head Massage

Learning Outcomes

Learning Outcomes of the Qualification's Units:

- Unit 1: iUBT434 Professional Conduct & Business Awareness
- Unit 2: iUBT435 Anatomy & Physiology
- Unit 3: iUBT433 Indian Head Massage

Purpose of this document:

This document outlines the learning outcomes for each unit within the Diploma in Indian Head Massage. It provides learners, tutor, and assessors with a clear understanding of the knowledge, skills, and competencies to be achieved upon successful completion of the qualification.

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Unit 1 - iUBT434: Professional Conduct & Business Awareness

LO1 Know the principles of ethical practice:

Contra-indications related to the treatment; Impact of advertising whilst accepting the legal implications of the relevant laws; Professional indemnity insurance; Ensuring strict client confidentiality and compliance with current data protection regulations; The need of consent; The concept of 'Code of Ethics'; CPD, Continual Professional Development; Professionalism; The importance of maintaining professional working relationship with other learners/therapists; The necessity of building up a rapport with medical profession; The necessity of building up a rapport with other therapists.

LO2 Know the requirements for health, safety and hygiene:

The contents of a first aid box; The necessity of having an accident book and how to complete it; When and how to call for medical assistance in case of accidents; The supervision of evacuation of the salon/clinic in the case of a fire alarm; The types of fire-fighting equipment required in a salon; How to carry out basic safety checks for electrical equipment; The importance of professionally checking electrical equipment on an annual basis; Hygienic terms; The types of infections; The methods of sterilisation/sanitisation available and their uses relevant to the treatment including their advantages and disadvantages; Personal hygiene; Aspects of waste disposal for the salon/clinic; The importance of being aware of blood transmitted disease.

LO3 Know the importance of communication:

The importance of a consultation card relevant to the treatment; Ethical and client-led conversations; Contra-indications relevant to each treatment; Client care; The importance of keeping accurate client records; The vitality of effective client communication; How to deal with negative feedback; Effective questioning techniques; The different types of body language; Completing each treatment in

a commercially acceptable time; The importance of maintaining good working relationships.

LO4 Know the principles of finance and costing:

The basic business principles; The importance of stock control systems; How to cost a treatment; The benefits of offering a course of treatment.

LO5 Know the principles of retail:

How to plan the interior of a salon/clinic; The importance of providing a retail service; The role of the receptionist; Basic salon/clinic security implications.

LO6 Know effective sales and marketing techniques:

The basic principles of selling; The main forms of advertising; The development and planning of a talk/demonstration.

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Unit 2 - iUBT435: Anatomy & Physiology

LO1 Know the structure, function and pathology of the skeletal system:

The functions of the skeletal system; the structure of bone tissues (compact & cancellous); the types of bone and identify where they can be found in the body (long, short, flat, irregular, sesamoid,); the position of the bones of the skeleton (Cranium: Parietal, Frontal, Ethmoid, Sphenoid, Occipital, Temporal, Facial: Nasal, Zygomatic, Maxilla, Lacrimal, Turbinator, Palatine, Mandible, Vomer, Hyoid, Vertebrae: Cervical, Thoracic, Lumbar, Sacrum, Coccyx, Shoulder girdle: Scapula, Clavicle, Thoracic cage, Ribs, Sternum, Pelvic girdle: Innominate bones – Ischium, Ilium, Pubis, Upper limb: Humerus, Ulna, Radius, Carpals: Scaphoid, Lunate, Triquetral, Pisiform, Trapezium, Trapezoid, Capitate, Hamate, Metacarpals, Phalanges, Lower limb: Femur, Tibia, Fibula, Patella, Tarsals: Talus, Calcaneus, Navicular, Cuneiforms ,(medial, intermediate, lateral), Cuboid, Metatarsals, Phalanges); different types of joints (Fixed, Slightly moveable, Freely moveable: Ball and socket, Hinge, Pivot, Gliding, Saddle); identify possible causes of postural deformities (Kyphosis, Lordosis, Scoliosis), identify the symptoms, causes and effects of diseases and disorders of the skeletal system (Gout, Osteoporosis, Stress, Arthritis: Osteo, Rheumatoid).

LO2 Know the structure, function and pathology of the muscular system:

The structure and function of the different types of muscle (Voluntary, Involuntary, Cardiac); the structure function of the various attachments of muscles (Ligament, Tendon, Fascia); the terms used in relation to the muscular system (Origin, Insertion, Action, Tone, Tension, Fatigue, Flexion, Extension, Abduction, Adduction, Rotation, Supination, Pronation, Dorsiflexion, Plantarflexion, Eversion, Inversion, Circumduction); understand muscular contraction (How a muscle works, How it provides movement, How a muscle knows when to contract, The source of energy to create a contraction, Different stages of contraction i.e. tone and relaxation,

Over contraction i.e. causes of muscle tension and muscle fatigue); the cause and effect of the formation of lactic acid; the position and action of the muscles of the (Trunk/torso: Trapezius, Erector spinae, Splenius capitis, Latissimus dorsi, Serratus anterior, Gluteus maximus, Gluteus medius, Gluteus minimus, Psoas, Pectoralis major and minor, Rectus abdominus, Internal oblique, External oblique, Transversus abdominus, Rhomboid major and minor, Infraspinatis, Supraspinatis, Teres major, Teres minor, Subscapularis, Iliacus, Quadratus lumborum, Arm: Deltoid, Biceps, Triceps, Brachialis, Coracobrachialis, Brachioradialis, Pronator teres, Supinator radii brevis, Flexor carpi radialis, Extensor carpi radialis, Extensor Carpi ulnaris, Flexor carpi ulnaris, Flexor carpi digitorum, Extensor carpi digitorum, Muscles of Thenar eminence, Muscles of hypothenar eminence, Leg/thigh: Quadriceps - Rectus femoris, Vastus lateralis, Vastus medialis, Vastus intermedius, Hamstrings - Biceps femoris, Semimembranosus, Semitendinosus, - Adductor longus, Adductor magnus, Adductor brevis, Gracilis, Sartorius, Piriformis, Gluteus maximus, Gluteus medius, Gluteus minimus, Lower leg: Gastrocnemius, Tibialis anterior, Peroneus longus, Flexor digitorum longus, Extensor digitorum longus, Soleus, Extensor hallucis longus, Face, neck and scalp: Orbicularis oculi, Orbicularis oris, Masseter, Buccinator, Levator anguli oris, Levator labii superioris, Depressor angulioris, Depressor labii inferioris, Depressor labii oris, Mentalis, Zygomaticus, Temporalis, Nasalis, Procerous, Corrugator, Frontalis, Occipitalis, Pterygoids, Triangularis, Neck: Trapezius, Sternocleidomastoid, Platysma); the cause and effect of muscular conditions (Fibromyalgia (Fibrositis), Cramp, Muscle fatigue, Atony, Atrophy, Myositis, Rupture, Spasm, Spasticity, Sprain, Strain, Stress.

LO3 Know the structure, function and pathology of the skin:

The structure of the skin – Epidermis: Stratum corneum, Stratum lucidum, Stratum granulosum, Stratum spinosum/Malphigian layer, Stratum germinativum/Basal layer, Melanocytes, Dermis: Blood supply, Lymphatic supply, Hair follicle, Hair, Sebaceous glands, Sweat glands (Eccrine and apocrine), Sensory nerve endings, Dermal papilla, Collagen, Elastin, Histeocytes, Mast cells, Fibroblasts, Erector pili muscle, Subcutaneous layer; The functions of the skin – Secretion, Heat regulation, Absorption, Protection, Elimination, Sensation, Vitamin D formation (7-dehydro-

cholesterol), Keratinisation, Melanin formation; Identify the different skin types – Dry, Oily, Dehydrated, Sensitive, Combination; The skin diseases and disorders and when they are contra-indicated to treatment including the recognition points - whether congenital, bacterial, viral, fungal or an infestation and whether the condition is contra-indicated, Congenital (Eczema, Psoriasis, Dermatitis), Bacterial (Acne vulgaris, Impetigo, Acne rosacea, Folliculitis, Boils), Viral (Warts, Verrucas, Herpes simplex, Herpes zoster), Fungal (Tinea corporis, Tinea pedis), Pigmentation disorders (Vitiligo, Albinism, Chloasma, Ephelides, Lentigo, Moles, Naevae, Port wine stain), General disorders (Broken capillaries, UV damage, Urticaria, Allergic reaction, Comedones, Milia); The different skin cancers and their possible causes (Basal cell carcinoma, Squamous cell carcinoma, Malignant melanoma).

LO4 Know the structure and functions of cells and tissues in the body:

The structures of the cell and their functions (Cell membrane, Nuclear membrane, Nucleus, Nucleolus, Cytoplasm, Centrosome, Golgi apparatus, Mitochondria, Lysosome, Endoplasmic reticulum, Ribosome, Centrosome, Centromere, Vacuoles, Centrioles, Chromatids); The process of mitosis (Prophase, Metaphase, Anaphase, Telophase); The term histology and its definition; The structure and function of the main types of tissue in the body (Epithelial tissue – Simple, Squamous, Cuboidal, Ciliated, Columnar – Compound, Transitional, Stratified, Nervous tissue, Muscular tissue (Striated, Non-striated, Cardiac), Connective tissue (Areolar, Adipose, Cartilage {white fibrous, yellow elastic, hyaline}, Bone, Blood, Lymph); Membranes (Serous, Mucus, Synovial); How substances enter and leave the cell (Diffusion, Osmosis, Dissolution, Active transport, Filtration).

LO5 Know the structure, function and pathology of the cardiovascular system:

The structure and function of blood and its components (Erythrocytes, Leucocytes, Thrombocytes, Plasma and plasma proteins, Platelets); The vessels in which blood

is carried (Arteries, Arterioles, Veins, Venules, Capillaries); The position of the main arteries and veins of the body: Main arteries of the head and neck - Innominate, Common carotid, Internal carotid, External carotid, Facial, Occipital, Superficial temporal, Main veins of the head and neck - Posterior external jugular, Occipital, Superficial temporal, Maxillary, Anterior facial, Common facial, Internal jugular, External jugular, Main arteries of the body - Descending aorta, Left common carotid, Left subclavian, Right common carotid, Right subclavian, Pulmonary, Right hepatic, Splenic, Right renal, Superior mesenteric, Right iliac, Inferior mesenteric, Left iliac, Vertebral, Axillary, Brachial, Right ulnar, Left ulnar, Right radial, Left radial, Right deep palmar arch, Left deep palmar arch, Right superficial palmar arch, Left superficial palmar arch, External iliac, Left femoral, Right femoral, Left popliteal, Right popliteal, Left anterior tibial, Right anterior tibial, Plantar arch, Main veins of the body - Inferior vena cava, Pulmonary, Right hepatic, Splenic, Right renal, Right iliac, Left iliac, Right axillary, Left axillary, Right brachial, Left brachial, Right basilic, Left basilic, Right cephalic, Left cephalic, Right subclavian, Long saphenous, Left short saphenous, Right short saphenous, Dorsal venous arch, Left femoral, Right femoral, Left popliteal, Right popliteal, Right posterior tibial, Left posterior tibial, Right anterior tibial, Left anterior tibial; The structure and function of the heart and the vessels entering and leaving the heart (Superior vena cava, Aortic arch, Inferior vena cava, Aorta, Right atrium, Right ventricle, Left atrium, Left ventricle, Septum, Pulmonary valve, Pulmonary artery, Pulmonary veins, Mitral (bicuspid) valve, Tricuspid valve, Endocardium, Myocardium, Pericardium); The pulmonary circulation; The way in which the blood circulates from the heart to the lungs and back to the heart; Vessels in which the blood is carried - whether the blood is oxygenated or deoxygenated; Process of gaseous exchange; The structure and function of the systemic and coronary circulation (Systemic circulation – Heart, Body, Aorta, Inferior vena cava, Superior vena cava, Coronary circulation – Heart, Coronary arteries, Coronary veins); Blood pressure and pulse – Systolic, Diastolic, Cardiac output, Resistance by the arterioles, Total blood volume, Viscosity of blood, Elasticity of artery walls, Heart rate; The conditions of high and low blood pressure and the causes and effects of hypo and hypertension; Way in which blood pressure is measured; Way in which blood pressure can be affected by massage;

The diseases and disorders of the circulatory system including the cause and effects of the following: Anaemia, Varicose veins, Haemophilia, Arteriosclerosis, Atherosclerosis, HIV/AIDS, High blood pressure (hypertension), Low blood pressure (hypotension), High cholesterol, Hepatitis A, B & C, Coronary thrombosis, Septicaemia, Haemorrhoids, Thrombus, Leukaemia, Aneurism, Stress.

LO6 Know the structure, function and pathology of the lymphatic system:

The structure and function of the lymph; Formation and composition of lymph and its function to include: Leucocytes, Lymphocytes, Waste products; The structure and explain the function of the lymphatic system: Lymphatic capillaries, Lymphatic vessels, Lymphatic nodes, Lymphatic ducts; The way in which lymph is moved around the body; The structure and position of lymphatic tissue and its function: Spleen, Lymph nodes, Tonsils, Peyer's patches, Appendix; The position of the lymph nodes of the body: Superficial and deep cervical, Submandibular, Thoracic duct, Right lymphatic duct, Axillary, Supratrochlear, Inguinal, Popliteal, Superficial and deep cervical, Anterior auricular, Posterior auricular, Occipital; The interrelationship between the circulatory/lymphatic systems and the muscular, digestive and immune systems; Way in which blood becomes tissue fluid; Way in which excess tissue fluid is picked up by the lymphatic capillaries; Route which the lymph takes before it returns to the circulatory system; The diseases and disorders of the lymphatic system: Oedema/water retention, Hodgkin's disease, Lymphoedema.

LO7 Know the structure, function and pathology of the neurological system:

The structure and functions of the nervous system: Neurone, Motor neurone, Sensory neurone, Mixed nerve, Dendrite, Axon, Synapse, Neurilemma, Nodes of Ranvier, White matter, Grey matter, Myelin sheath, End feet/axon terminals, Ganglia, Reflex arc; The structure and functions of the Central Nervous System (CNS): Brain, Spinal cord, the Peripheral: 31 pairs of spinal nerves ,12 pairs of cranial nerves and the Autonomic Nervous System (ANS): Sympathetic and Parasympathetic; The effect of stress on the nervous system; The way in which stress affects the fear, fight,

flight syndrome; Effects of stress on the sympathetic and parasympathetic nervous systems; Possible diseases and disorders caused by stress; The structure and function of the brain and spinal cord: Brain, Meninges, Pia mater, Arachnoid mater, Dura mater, Cerebrospinal fluid, Cerebrum, Cerebellum, Pons Varolii, Medulla oblongata, Hypothalamus, Brain stem, Spinal cord, White matter, Grey matter; How a nerve impulse is created; Changes in temperature, pressure and chemicals; Potassium and sodium ions; The position and function of the spinal and cranial nerves: 8 cervical, 12 thoracic, 5 lumbar, 5 sacral, 1 coccygeal, 5th, 7th & 11th cranial nerves, Facial, Trigeminal, Accessory; The olfactory system: Nose, Olfactory membranes (contain smell-sense cells), Olfactory plexus; The causes and effects of diseases and disorders of the nervous system: Neuritis, Bell's palsy, Neuralgia, Parkinson's disease, Stress, Myalgic encephalomyelitis (ME), Cerebral palsy, Multiple sclerosis, Sciatica, Motor neurone disease.

LO8 Know the structure, function and pathology of the endocrine system:

The position of the main Endocrine glands and the hormones secreted and the hypo and hyper secretion of each: Pituitary (Posterior lobe - Oxytocin, Antidiuretic hormone/ADH/Vasopressin, Anterior lobe – Prolactin, Human growth hormone/HGH, Thyroid Stimulating hormone/TSH, Adrenocorticotropic hormone/ACTH, Luteinising hormone/LH, Follicle stimulating hormone/FSH, Interstitial cell stimulating hormone/ICSH, Melanin stimulating hormone/MSH), Thyroid gland (Thyroxin, Triiodothyronine, Calcitonin), Parathyroids (Parathormone), Thymus (Secretion of T lymphocytes), Pineal (Releases melatonin), Islets of Langerhans (Insulin, Glucagon, Glycogen), Adrenal medulla (Adrenalin, Noradrenalin). Adrenal cortex (Mineralocorticoids, Glucocorticoids, Sex hormones), Ovaries (Oestrogen, Progesterone), Testes (Testosterone); The effects of hormones on the body; The knowledge of the effects of specific hormones on the body at puberty, pregnancy, menopause and the menstrual cycle; The interrelationship of the endocrine system with other systems including the Nervous system with Circulatory system, Digestive system, Reproductive system, Skin; The causes and effects of various endocrine diseases and disorders: Addison's syndrome, Amenorrhoea, Cushing's syndrome, Pre-menstrual syndrome,

Polycystic ovarian syndrome, Stress, Diabetes mellitus, Diabetes insipidus, Endometriosis.

LO9 Know the structure, function and pathology of the respiratory system:

The structure of the respiratory system and function of each organ: Nose, Nasal cavity, Larynx, Pharynx, Trachea, Bronchi, Bronchioles, Alveoli, Lungs, Pleura (visceral, parietal, pleural cavity), Diaphragm, Intercostals; External respiration; Inhalation and the organs involved; Expiration and the organs involved; Process of diffusion in the alveoli; Internal respiration; The exchange of gases between the cells and the circulatory system; The chemical control of the respiration; Position, function and role of the chemo-receptors; Nervous control of respiration; Role of the brain, i.e. the pons Varolii and medulla oblongata in the process of respiration; The structure and function of the pulmonary circulation; Structure and function of the heart: Pulmonary artery, Pulmonary vein, Lungs, Pulmonary alveoli, Process of gaseous exchange; The interrelationship of the respiratory system with other systems of the body including Circulatory system, Nervous system, Muscular system; The causes and effects of diseases and disorders of the respiratory system: Bronchitis, Emphysema, Pleurisy, Pneumonia, Tuberculosis, Asthma, Rhinitis, Hay fever, Stress, Sinusitis.

LO10 Know the structure, function and pathology of the digestive system:

The structure and function of the organs and accessory organs of the digestive system: Alimentary canal, Salivary glands, Tongue, Teeth, Mouth, Epiglottis, Oesophagus, Stomach, Small intestine (jejunum, ileum, duodenum), Appendix, Large intestine, Rectum, Anus, Accessory organs, Liver, Gall bladder, Pancreas; The function of digestion: Peristalsis, Ingestion, Digestion, Absorption, Defecation; The process by which food stuffs are broken down as they pass through the alimentary canal during the digestive process; Action of Rennin, hydrochloric acid and pepsin in the stomach; Action of pancreatic juice, i.e. trypsin and trypsinogen, lipase, amylase on peptones, fats and polysaccharides; Action of bile on fat; Action of intestinal juice – maltase, sucrase, lactase on disaccharides; The process of absorption of nutrients; Process of absorption of nutrients by the villi and lacteals

contained in the small intestine; The structure and function of the digestive system: Enzyme, Proteins, Peptones, Polypeptides, Amino acids, Carbohydrates, Disaccharides, Monosaccharides, Fats, Fatty acids; The interrelationship of the digestive system with other systems of the body including Circulatory, Endocrine, Lymphatic, Muscular, Nervous; The causes and symptoms of diseases and disorders of the digestive system: Appendicitis, Cirrhosis of the liver, Jaundice, Heartburn, Irritable bowel syndrome (IBS), Ulcer, Hernia, Stress, Anorexia nervosa, Bulimia, Constipation, Gall stones, Diabetes mellitus, Coeliac's disease.

LO11 Know the structure, function and pathology of the urinary system:

The structure and function of the organs of the urinary system: Kidney (cortex and medulla), Pelvis, Ureter, Bladder, Urethra; The process of filtration: Functions of the Bowman's capsule, Filtration, Re-absorption, Secretion/micturition; The composition of urine: 2% urea, 96% water, 2% other substances, e.g. ammonia, sodium, potassium, phosphates, chlorides, sulphates, and excess vitamins; Colour is formed from bilirubin (bile pigment); Urine production; Cold and hot weather; Activity and inactivity; Stress; The interrelationship of the urinary system with other body systems including Circulatory system, Endocrine system, Skeletal system, The skin; The causes and effects of the disorders and diseases of the urinary system: Cystitis, Kidney stones, Nephritis, Diabetes insipidus.

LO12 Know the structure, function and pathology of the reproductive system:

The structure and function of the male reproductive system (Prostate, Testes, Testicular vessels, Penis, Scrotum); The structure and function of the female reproductive system (Uterus, Fallopian tubes, Cervix, Ovary, Vagina, Labia; The menstrual cycle - Three phases: Menstrual, Proliferative, Secretory; The formation of the graafian follicle; The formation of the corpus luteum; The structure and function of the breast (Fatty tissue, Ducts, Nipple, Areola, Lobules); The causes and effects of the diseases and disorders of the reproductive system: Ectopic pregnancy, Mastitis, Amenorrhoea, Dysmenorrhoea, Pre-menstrual syndrome, Polycystic ovarian syndrome, Endometriosis, Stress.

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Unit 3 – iUBT433: Indian Head Massage

LO1 Know the history and concept of Indian Head Massage

Explain the meaning of holistic approach

Greek term 'holos'; 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).

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; Social media; Work life balance.

Explain the history and concept of Indian head massage:

Part of family life ; Rituals; Barbers; Use of certain oils for healing; Evolution of Indian head massage and the concept

Explain the concept of Ayurveda:

The Doshas: Vata, Pitta, Kapha

Describe the effects and benefits of Indian head massage:

Relaxation; Stress relief; Uplifting; Aids postural problems; Improves hair and scalp condition; Increases vascular/lymphatic circulation; Decreases sympathetic nervous system (S.N.S.); Activates parasympathetic nervous system (P.N.S.); Improves skin texture; Increases oxygen to the brain; Releases endorphins; Restores energy to the body.

Define the term Chakra and describe the positions of the 7 main Chakras and their representation:

Crown, 3rd eye/Brow, Throat, Heart, Solar plexus, Sacral, Base/root

Explain what is meant by the term Marma point:

Marma - ancient Sanskrit word meaning hidden or secret; Marma points - vital energy points defined as an anatomical site where flesh, veins, arteries, tendons, bones and joints meet up; Acupressure massage is applied to these vital energy points; Effects of Indian head massage on Marma points; Position of the main Marma points used in Indian head massage.

Explain the main Doshas and the oils linked to each –Vata, Pitta, Kapha.

Describe the effect of Indian head massage on the body systems: Circulatory, Lymphatic, Nervous , Skin, Muscular, Skeletal, Endocrine, Respiratory.

LO2 Know the structure of hair in relation to Indian Head Massage

Describe the position and explain the function of the structures of the hair: Cuticle, Cortex, Medulla, Dermal papilla, Hair shaft, Hair bulb, Hair root.

Describe the different types of hair

Lanugo, Vellus, Terminal

Explain the factors which affect hair growth

Stress, Hormones, Diet, Medication, Climate, Illness, Ageing

Explain the hair growth cycle

Anagen, Catagen, Telogen

LO3 Be able to carry out a consultation and recognise contra-indications to Indian Head Massage

Explain and demonstrate methods of consultation

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; Professionally informing the client of restrictions to treatments;

e.g. Contraindications; Ensuring client is not alarmed in any way; Confidentiality; Consent; Any contra-indications to treatment; Client lifestyle; Client profile; Importance of planning a treatment programme bearing in mind the client's diverse needs such as gender, age, ability, disability, religious, cultural, moral and social beliefs; Determining the nature and extent of the client's needs; Agreement to the course of action and treatment objectives; Confirm the client's consent to the treatment (parental or guardian consent when treating minors); Where the client is not in a position themselves, confirm agreement to the treatment from the appropriate companion/carer); 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 others, e.g. relevant health care workers; Obtain the client's signature (or that of the companion/carer); Record and store in line with current data protection legislation and professional codes of conduct.

Recognise common ailments and explain contraindications to Indian head 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 have been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist (Cardiovascular conditions (thrombosis, phlebitis, hyper-tension, hypo-tension, heart conditions); Haemophilia; Any condition already being treated by a GP or another complementary practitioner; Medical oedema; Osteoporosis; Arthritis; Nervous/psychotic conditions; Epilepsy; Recent operations; Diabetes; Asthma; Any dysfunction of the nervous system (e.g. Muscular sclerosis, Parkinson's disease, Motor neurone disease); Trapped/pinched nerve (e.g. Sciatica); Inflamed nerve; Cancer; Postural deformities; Conditions causing muscular spasticity (e.g. cerebral palsy); 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 vomiting; Pediculosis capitis (head lice); Conjunctivitis; Sycosis barbae;

Skin diseases; Undiagnosed lumps and bumps; Localised swelling; Inflammation; Cuts; Bruises; Abrasions; Scar tissues (2 years for major operation and 6 months for a small scar); Sunburn; Hormonal implants; Recent fractures (minimum 3 months); Cervical spondylitis; After a heavy meal; Anaphylaxis; Vertigo; Adhesive capsulitis; Bell's palsy; Tinnitus; Migraine; Earache; Headaches; Myalgic encephalomyelitis (chronic fatigue syndrome); Psoriasis; Metal pins or plates; Piercings.

Explain common ailments which can be treated

Temporo-mandibular tension (TMJ syndrome); Sinusitis; Ankylosis spondylitis; Pityriasis simplex capitis (dandruff).

Recognise and explain the different hair types and different hair conditions

Oily, Dry, Fine, Chemically treated

Recognise and explain scalp conditions

Dandruff (Pityriasis capitis); Alopecia; Psoriasis; Eczema; Pediculosis capitis; Tinea capitis.

Recognise and explain conditions of the neck and shoulders

Torticollis; Adhesive capsulitis; Spondylitis; Ankylosing spondylitis; Osteoarthritis; Fibromyalgia; Whiplash.

Explain the importance of referral procedures

Only working within the realms of their own expertise as a therapist; Demonstration of the understanding of when a client should be referred to either: - GP / Another complementary therapist / Member of the social care or nursing team.

Describe other complementary therapies and when clients should be referred to this type of therapist

Homeopathy, Reflexology, Reiki/spiritual healing, Yoga/meditation, Acupuncture, Bach flower remedies, Kinesiology, Bowen technique, Alexander technique, Herbalism, Chiropractic, Iridology, Acupressure, Ayurvedic medicine, Shiatsu, Hypnotherapy, Aromatherapy, Osteopathy, Holistic massage, Crystal therapy,

Ear candling, Colour therapy, Body work (massage therapies), Emotional freedom technique (EFT), Lymphatic drainage massage, Meditation, Naturopathy, Neurolinguistic programming (NLP), Stone therapy massage, Therapeutic Touch, Subtle energy/vibrational medicine, Traditional chinese medicine (TMC), Vertical reflexology.

LO4 Be able to carry out and Indian Head Massage Treatment

Demonstrate appropriate client care and ensure that the client displays open body language

Preparing the treatment area to suit the working environment; Checking consultation and contra-indications; Explaining the treatment to the client; Protecting the client's modesty at all times; Ensure that all parts of the client are covered except the area being massaged (treatment can be performed with clothing on or off); Client to remove shoes; Wash own hands; Keep ensuring that the client is comfortable; Use appropriate covered supports, e.g. chest and forehead, knees, head; Adapt the massage techniques to suit the needs of the client; Remove the massage medium if appropriate; Client's feet flat on floor on couch roll or clean towel.

Demonstrate correct hygiene procedures

Washing own hands; Sanitise client's hands; Using clean towels for each client; Placing couch roll on top of towels; Wearing clean professional work wear, socks/tights and full flat shoes; Remove all jewellery (except wedding band) from self and client; No nail enamel; Clean, short nails; Ensure the massage medium is removed at the end of the treatment (if appropriate); Ensure all surfaces are lined with couch roll; Sanitise working area at the end of each day/treatment; Sanitise hands after massaging the scalp).

Explain and demonstrate correct breathing techniques

Diaphragmatic breathing at the beginning and at the end of the treatment; Coordinating own breathing techniques with that of the client to enhance the effectiveness of the treatment).

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Demonstrate use of the different oils and explain their effects and benefits

Sesame, Mustard, Olive, Almond, Coconut, Evening primrose, Apricot kernel, Grapeseed, Jojoba, Hazelnut.

Explain and demonstrate the classical massage movements

Effleurage, Petrissage, Frictions, Percussion, Vibrations; Specific Indian head massage movements: - Champi, Tabla, Hair pulling, Plucking, Stroking, Pressure 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

Identify the structures/body systems being working over and explain their function

Circulatory, Lymphatic, Nervous, Skin, Muscular, Skeletal, Endocrine, Respiratory.

Evaluate and review the Indian head massage treatment/programme

At the end of each treatment the client's feelings should be recorded and also any skin or other reactions; Record and store in line with current data protection legislation and professional codes of conduct; 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).

Explain the possible side effects and contra-actions to Indian head massage

Increased micturition; Intensified emotional reactions; Tiredness; Light headedness/dizziness; Aching muscles; Increase in mucus production from the nasal passages; Healing crisis; Vomiting; Fainting.

Explain the importance of giving appropriate aftercare/home care advice after treatment

Healthy eating; Fluid/water intake, Exercise; Smoking habits; Sleep patterns; Hobbies; Interests; Rest and post treatment recovery time; Hair care; Relaxation; Stress levels; Avoidance of activities that could cause contra-action; Recommendation of future treatment needs including appropriate time intervals between treatments; General care and lifestyle advice and the beneficial effects.

Case Studies /Portfolio of evidence

Containing 9 case studies – (3 clients x 3 treatments)

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

Consultation, Medical history, Stress levels at work and at home, Treatment details (to include client reaction from previous treatment and revised treatment plan if appropriate), Client feedback, Aftercare and home care advice.