

## CNH22 Plan, evaluate and apply complex massage/soft tissue methods

### OVERVIEW

This standard is about preparing for and applying the following massage/soft tissue methods:- friction- connective tissue massage- proprioceptive neuromuscular facilitation- positional release/strain counter strain techniques- effleurage- petrissage- muscle energy techniques- myofascial techniques- neuromuscular techniques/trigger point therapy- soft tissue release- taping- vibration- compressions- passive stretching. Massage may be applied in the following contexts:- injury management & post acute phase- injury prevention- problem solving (non-injury presentations)- pre-existing conditions/disease processes (therapeutic and remedial). Users of this standard will need to ensure that practice reflects up to date information and policies. Version No 1

### KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

- 1.the different types of data and information:
- 2.Anatomy, physiology and pathology appropriate to the massage methods and contexts covered by the unit
- 3.The importance of applying the underpinning knowledge of anatomy, physiology and pathology to the practice of massage
- 4.The accepted standards of practice and recognition of clients presenting with pre-existing conditions and problems
- 5.The importance of accurate client assessment and record keeping
- 6.The physiological and neurological effects of the massage/soft tissue methods covered by this unit
- 7.The content of massage mediums in relation to allergic reaction and contraindication
- 8.The psychology of injury as it applies to massage/soft tissue methods
- 9.The relevance of nutrition & hydration, food fuels, chemical fuels
- 10.The importance of physiology in understanding the clients needs
- 11.How to conform to protocols for all forms of communication
- 12.The importance of cleanliness and hygiene and the standards that should be applied when applying massage in a variety of situations and environments
- 13.The importance of maintaining the dignity and comfort of the client throughout the massage process
- 14.The importance of ensuring the client is correctly positioned
- 15.The importance of having a suitable chaperone present when working with clients and

- the principles to observe in relation to protection of children and vulnerable adults and child protection legislation
- 16.The importance of obtaining informed consent prior to any assessment and application or course of massage – practitioners are required to tell the client anything that would substantially affect the client's decision; such information typically includes the nature and purpose of the massage, its risks and consequences and any alternative courses of treatment
  - 17.The importance of working within the limits of informed consent
  - 18.The importance of obtaining information on the possible cautions and contraindications to massage before commencing any treatment and how to obtain this information
  - 19.The indications for massage
  - 20.What the cautions and contraindications to massage are, for example: acute trauma, tumour, open wounds, frostbite, acute soft tissue injury, circulatory disorders, fractures, thrombosis, bursitis, periostitis, myositis ossificans, infections, skin disorders, allergic conditions, risk of haemorrhage, areas of altered skin sensation, mental incapacity
  - 21.The agreed standards of personal hygiene, dress and appearance and why they are important
  - 22.Current safety legislation for the types of equipment used in massage
  - 23.The importance of making sure the equipment and the area provide for the comfort and dignity of the client
  - 24.The correct materials to use for the range of massage methods covered by the unit
  - 25.The importance of explaining the aims and objectives of massage to the client
  - 26.How to obtain relevant information
  - 27.How to observe, palpate, assess and move the area to be massaged in advance and why
  - 28.The importance of referral to relevant professionals when necessary and of working within your scope of practice
  - 29.How to prepare the body area for the range of methods listed and why
  - 30.Why the client should understand the nature and purpose of the massage and the equipment being used
  - 31.How to apply the range of methods listed in the unit with particular reference to: contour of hands, position (stance/posture), depth of pressure, direction of movement, the medium used, speed and rhythm of movement
  - 32.The application of the range of methods to the range of conditions/situations listed
  - 33.Situations in which you should and should not remove the massage medium
  - 34.The importance of evaluating the effectiveness of massage
  - 35.How to obtain feedback from the client on the effects of massage
  - 36.The possible adverse reactions to massage and how to identify these
  - 37.Why it is important to provide reassurance and opportunities for further feedback and how to do so
  - 38.How and when to report/refer to relevant health care professionals, why it is important to follow their directions and recognising working within scope of practice
  - 39.The details of the massage and its effects that should be recorded
  - 40.The importance of accurate and confidential record keeping and safely storing records
  - 41.Legal requirements for the storage of information on clients and the methods you have applied

## PERFORMANCE CRITERIA

You must be able to do the following:

- 1.the details of the massage and its effects that should be recorded
- 2.the importance of accurate and confidential record keeping and safely storing records
- 3.legal requirements for the storage of information on clients and the methods you have applied
- 4.ensure there is adequate public liability and professional indemnity insurance
- 5.apply agreed standards of personal hygiene, dress and appearance
- 6.make sure equipment meets current health and safety requirements
- 7.make sure equipment and area provide for the comfort and dignity of the client
- 8.identify, assess and manage risks in the area
- 9.make sure equipment and area are clean and hygienic
- 10.select materials that are appropriate for the planned massage/soft tissue method
- 11.where necessary, follow approved guidelines for the presence of a chaperone
- 12.prepare and store records according to legal requirements
- 13.obtain information on the client and context
- 14.obtain information relevant to the cautions and contraindications to massage/soft tissue methods
- 15.observe, palpate, assess and move the area in a way that is consistent with the context and the client's condition
- 16.agree the aims and objectives of the massage/soft tissue method
- 17.devise a combined massage and soft tissue strategy appropriate to the client and the context within your scope of practice
- 18.refer when necessary to a relevant professional
- 19.identify objective and subjective markers to measure the effect of massage/soft tissue method
- 20.follow the correct procedures to obtain informed consent
- 21.make sure the client understands the nature and purpose of the massage/soft tissue method and the equipment to be used
- 22.adapt your working practices to the area in which you are working
- 23.where necessary, follow approved guidelines for the presence of a chaperone
- 24.prepare the relevant body area with due respect to the client's dignity and their informed consent
- 25.make sure the client is correctly positioned, safe and comfortable throughout the massage/soft tissue method
- 26.select and apply massage methods that are within your scope of practice and the client's informed consent
- 27.apply the massage/soft tissue method correctly and consistently to meet the client's presentation and needs in the context
- 28.observe and take account of the cautions and contraindications to massage/soft tissue methods
- 29.record and respond appropriately to visual and oral feedback during the delivery of massage/soft tissue methods
- 30.provide the client with appropriate materials and assistance to remove the massage medium when appropriate
- 31.respond appropriately to pre-existing conditions and disease processes
- 32.obtain and record feedback on the effects of massage/soft tissue methods from the client
- 33.measure client feedback against the aims and objectives of your massage strategy
- 34.identify any adverse reactions

- 35.make reassessments if necessary
- 36.provide the client with appropriate advice and additional opportunities for feedback
- 37.make clear records in an acceptable format
- 38.refer and/or report to the relevant health care professional and follow their directions
- 39.store records safely and securely according to legal requirements
- 40.evaluate the massage strategy
- 41.destroy records as legally required

### **ADDITIONAL INFORMATION**

This National Occupational Standard was developed by Skills Active and were transferred to Skills for Health. This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004): Dimension: HWB7 Interventions and treatments