

6004-032 and 532 March 2018

6004-30 Level 3 Advanced Technical Diploma in Complementary Therapies (540)

Q	Acceptable answer(s)	Guidance	Max marks
1	<p>One mark for any three of the following; to a maximum of three:</p> <ul style="list-style-type: none"> • Acupuncture. • Aromatherapy. • Body work (traditional massage therapies). • Bowen Technique. • Manual Lymph Drainage (Vodder). • Neuroskeletal Re-alignment Therapy. • Physiotherapy. • Reiki. • Reflexology. • Remedial and Therapeutic Massage. • Therapeutic Touch. • Shiatsu. 		3
2	<p>One mark for the identification to a maximum of two marks, one mark for the linked explanation to a maximum of four marks:</p> <ul style="list-style-type: none"> • It promotes confidence in the therapist (1) which enables the client to relax and feel reassured (1). • Following/complying with the Professional Code of Conduct (1) to ensure no counteraction is taken against the therapist (1). • It promotes trust between practitioner and client (1) which would encourage repeat business for the therapist (1). • To avoid familiarity with clients (1) which ensures professional boundaries are respected (1). • Treating within the skill set (1) to avoid injury and harm (1). • To increase revenue (1) which would lead to repeat business (1). 	<p>Would not allocate more than one mark for the same explanation listed against more than one identification</p>	4
3	<p>One mark for each of the following; to a maximum of three:</p> <ul style="list-style-type: none"> • Relaxation. • Increased energy levels. • Improved sleeping patterns. 		3

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	<ul style="list-style-type: none"> • Sense of well-being. • Improved skin texture. • Reduced muscle tension. • improved appearance of the skin • Improved joint mobility. 		
4	<p>One mark for the identification to a maximum of three marks, one mark for any linked explanation to a maximum of five:</p> <ul style="list-style-type: none"> • Adaptation of techniques (1) by adjusting pressure accordingly (1) avoid over stretching (1), passive range of movements (1) • Omit tapotement/percussion (1) as these techniques could cause pain and discomfort and use more effleurage (1) • Petrissage-more effleurage to warm and relax the area(1) more focussed petrissage on specific muscles around the upper spine eg trapezius, rhomboids, levator scapulae, erector spinae (1). • Adequate Support (1) use of bolsters under knees/ankles/back/ neck (1) to aid client comfort and support the area being worked on (1). • Therapist adjusting stance/rhythm/flow throughout the treatment (1) to prevent damage and pain for the client (1). 		5
5a	<p>One mark for the identification to a maximum of two marks, one mark for any linked explanation to a maximum of four:</p> <ul style="list-style-type: none"> • Stimulating/uplifting (1) so good for mental awareness and sense of wellbeing(1) • Antiseptic/antibacterial(1) good for respiratory system e.g colds (1) and useful for treating athletes foot/wounds/skin conditions (1) 		4
5b	<p>One mark for the identification to a maximum of one marks, one mark for any linked explanation to a maximum of four:</p> <ul style="list-style-type: none"> • Hypotensive(1) hence reducing blood pressure (1) • Sedating to the nervous system (1) which reduces stress/anxiety (1) • Sedating to the respiratory system (1) which calms/slows down the breathing process (1). 		4
6	<p>One mark for any three of the following; to a maximum of</p>		4

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	<p>three:</p> <ul style="list-style-type: none"> • Anti-fungal/fungicidal. • Antiseptic. • Antiviral. • Bactericidal / Antibacterial. • Bacteriostatic. 		
7	<p>One mark for any four of the following; to a maximum of four:</p> <ul style="list-style-type: none"> • Sinus. • Shoulder. • Knee and elbow. • Descending colon. • Spleen. • Hip. 		4
8	<p>One mark for the identification to a maximum of three marks, one mark for any linked explanation to a maximum of five:</p> <ul style="list-style-type: none"> • Working brain and head reflex points (1) will refresh the mind and body (1) • Working the endocrine reflexes (1) to reduce stress hormones (1) which balances the body (1) • Pressure on the solar plexus (1) / working on the lung/chest/diaphragm reflex points(1) (1)to regulate breathing (1) • Opening and closing sequence (1) to encourage relaxing and create a sense of wellbeing (1). 		5
9	<p>One mark for the identification to a maximum of three marks, one mark for the linked explanation to a maximum of six:</p> <ul style="list-style-type: none"> • Self-treatment (1) working on the shoulder reflex on the hand (1) Work on the reflex point under the base of the little toe (1) to ease tension in the shoulder (1). • Recommend a course of treatment (1) which could be massage/aromatherapy/reflexology (1). • Mobility exercise for the shoulder (1) to reduce pain (1) and increase range of movement (1). • Postural re-education (1) to increase flexibility and aid movement (1). • Appropriate exercise activity such as Yoga, Swimming, Pilates (1) to strengthen (1) and increase range of movement (1). • Refer to appropriate CAM therapist (1) for treatment 		6

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	if appropriate (1).		
10	<p>One mark for any three of the following; to a maximum of three:</p> <ul style="list-style-type: none"> • Temperature. • Ventilation. • Lighting. • Sound and music. • Pleasant aroma. • Cleanliness. 		3
11	<p>One mark for any three of the following; to a maximum of three:</p> <ul style="list-style-type: none"> • Allergic reactions. • Respiratory reactions (coughing, sneezing, runny nose). • Headache, nausea. • Increased secretions. • Lethargy, heightened emotions. • Dizziness/feeling faint/light headed. • Changes in appetite. • Increased bowel movements. • Frequency in urination. • Flu like symptoms. • Change in sleep pattern. 		3
12	<p>Band 1 (1-4 marks)</p> <p>Treatments proposed are not clearly justified.</p> <p>Aromatherapy treatment blend showed little relevance to the client's needs.</p> <p>Using the information provided in the case study very little consideration is made to the client's physical, psychological and emotional needs when tailoring the reflexology treatment</p> <p>Little reference is made to possible contra-actions and healing crisis; no detail given to the causes and advice.</p> <p>Advice and recommendations is basic and not totally tailored to suit the client's needs. No links made between the effects and benefits of treatments and the client's objectives.</p> <p>To access the higher marks within the band, the candidate has made little attempt to justify their blend choice. Has specified reflexes that needed to be worked, but this is</p>	<p>Indicative content</p> <p>Candidate's response may include, but is not limited to, the following:</p> <ul style="list-style-type: none"> • Treatment plan • Findings on the feet during consultation linking to the client brief <p>Consider the two treatments:</p> <ul style="list-style-type: none"> • Aromatherapy - Consideration of suitable blends, eg 2% blend with justification. Choice of essential oils that are suited to the client's needs; suitable carrier oil, areas to concentrate on during treatment. • Reflexology - focus on 	12

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	<p>not always accurate or relevant to the client in the case study.</p> <p>Band 2 (5-8 marks) Treatment plan proposed is mostly relevant and accurate with some justification.</p> <p>Aromatherapy treatment blend demonstrated some relevance to the client's needs.</p> <p>Using the information provided in the case study moderate consideration is made to the client's physical, psychological and emotional needs when tailoring the reflexology treatment.</p> <p>Some reference made to possible contra-actions and healing crisis; little detail given to the causes and advice.</p> <p>Advice and recommendations is generic and some evidence is seen that tailors this to the client's needs. Few links are made between the effects and benefits of treatments and the client's objectives.</p> <p>To access the higher marks within the band, the candidate has shown some ability to justify their choice of blend. Has specified reflexes that need to be worked and extended to illustrate some that needed extra attention. In the main this was accurate and relevant to the client in the case study.</p> <p>Band 3 (9-12 marks) Treatment plan proposed is comprehensive and justified.</p> <p>Aromatherapy treatment blend is relevant and fully considered the client's needs.</p> <p>Using the information provided in the case study full consideration was made to the client's physical, psychological and emotional needs when tailoring the reflexology treatment</p> <p>Detailed reference was made to possible contra-actions and healing crisis; thorough detail given to the causes and advice.</p> <p>Advice and recommendations, to include products and future treatment recommendations, is detailed and in all aspects are tailored to the client's needs. Clear links are made between the effects and benefits of treatments and the client's objectives.</p>	<p>relaxation, stress relief, menopause. Zones/ points that may need extra work and areas that may need to be avoided or lightly worked over.</p> <ul style="list-style-type: none"> • Consideration made to the areas of dry, hairy, rounded shoulders, limp - hip flexors. • Consideration made to tight lower back due to forward tilt of pelvis and lengthened abdominal muscles. • Suitable aftercare advice and recommendations to include use of products. • Recommendations for follow up treatments. 	

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	<p>To access the higher marks within the band, the candidate has given full justified reasons for their choice of blend. Shows full understanding of points /zones to be worked on to include those that need extra attention and also included limitations that may be present. The information was accurate and clearly linked to the client in the case study.</p>		
		Total marks	60