

6004-032/532

Level 3 Complementary Therapies (2)

Version 1.1 – September 2017

**Sample Mark Scheme**



1	
State <b>three</b> professional organisations associated with reflexology.	(3 marks)
<b>Answer</b> <b>1 mark each for any of the following, to a maximum of 3 marks:</b> <ul style="list-style-type: none"> <li>• Reflexology forum.</li> <li>• International Federation of Reflexologists.</li> <li>• Complementary Therapists Association.</li> <li>• Federation of Holistic Therapists.</li> <li>• Complementary and Natural Healthcare Council (CNHC).</li> </ul>	

2	
Explain the benefits of pressure point techniques within an aromatherapy treatment.	(4 marks)
<b>Answer:</b> <b>One mark for each of the following, to a maximum of 4 marks:</b> <ul style="list-style-type: none"> <li>• Localised pressure enables the relief of tight muscles (1), it draws blood to the area bringing oxygen/nutrients (1) and helps to remove waste products (1).</li> <li>• Creates a noxious stimulus which cause endorphins to be released from the brain (pain gate theory) (1).</li> <li>• Clearing the energy pathways to allow for a better flow of energy (1).</li> </ul>	

3	
State <b>two</b> benefits of the Alexander Technique.	(2 marks)
<b>Answer:</b> <b>One mark each for any of the following, to a maximum of 2 marks:</b> <ul style="list-style-type: none"> <li>• Enables the client to move more freely.</li> <li>• Supports with good habits regarding posture.</li> <li>• Removes tension in the back/shoulders/neck.</li> </ul>	

4	
Explain the therapeutic effects that essential oils can have on the circulatory system.	(3 marks)
<b>Answer</b> <b>1 mark for each of the following explanations, to a maximum of 3 marks:</b> <ul style="list-style-type: none"> <li>• Chemical components of the oil enter the blood stream supporting in the removal of impurities.</li> <li>• Calming the nervous/cardiovascular systems relieves hypertension.</li> <li>• Stimulating the nervous/cardiovascular systems relieves hypotension.</li> <li>• Increases the circulation by vasodilation/warming of the skin.</li> <li>• Tonic effect on the skin by vasoconstriction.</li> <li>• Relieves tension in areas through stimulation.</li> </ul>	

5	
Explain the benefits of warm up techniques in a reflexology treatment.	(5 marks)
<p><b>Answer</b></p> <p>One mark each for any of the following explanations, to a maximum of 5 marks:</p> <ul style="list-style-type: none"> <li>• Effleurage used to improve circulation which brings blood to the surface and warms the area.</li> <li>• Stroking to soothe the sensory nerves allows the therapist to observe and feel the area being worked on/relaxing the client in preparation for the treatment.</li> <li>• Ankle rotation can be used to determine flexibility of the joint and corresponding pelvic area.</li> <li>• Spinal twists are used to open up the spinal area by twisting the foot.</li> <li>• Rotation of toes used to open up the head and neck area improving blood flow.</li> <li>• Stretching is used to relax the client and enables the therapist to be able to position the feet correctly for treatment.</li> </ul>	

6	
Explain why a consultation is carried out prior to a reflexology treatment.	(3 marks)
<p><b>Answer</b></p> <p>One mark each for any of the following explanations, to a maximum of 3 marks:</p> <ul style="list-style-type: none"> <li>• To assess the posture of the feet in case the treatment has to be adapted.</li> <li>• To find out about the lifestyle/level of activity/occupation of the client as this may have an effect on the pressure points of the foot.</li> <li>• To identify any anxiety or stress levels as this will have an impact on how the client receives the treatment.</li> <li>• To find out about the client's general health as this could determine what area the treatment will focus on or avoid.</li> <li>• To check for any contra-indications as this may indicate areas that need to be avoided or lighter pressure.</li> <li>• To discuss and agree on a treatment plan to ensure consent is given.</li> </ul>	

7	
State <b>two</b> therapeutic properties of the chemical constituent diterpene.	(2 marks)
<p><b>Answer:</b></p> <p>1 mark each for any of the following, to a maximum of 2 mark:</p> <ul style="list-style-type: none"> <li>• Anti-fungal.</li> <li>• Anti-viral.</li> <li>• Balancing of the endocrine system.</li> </ul>	

8

Explain the principles of zone theory in relation to reflexology.

(3 marks)

**Answer:**

**1 mark each for any of the following explanations, to a maximum of 3 marks:**

- Ten equal longitudinal lines running from head to toes which segregate areas of the body into specific zones.
- Three equal transverse zones run across the foot which segregates areas of the body into four sections.
- Congestion/tension in any part of a zone in the foot will affect the entire zone running through the whole length of the body.
- Sensitivity in a specific zone of the foot indicates that something is going on in that zone in the body.

9

Explain the specific aftercare advice that should be given to a client with a stiff vertebral column and blocked sinuses following a reflexology treatment.

(4 marks)

**Answer:**

**1 mark each for any of the following explanations, to a maximum of 4 marks:**

- Work on reflexes on the fingers to help with blockage in sinuses.
- Work with thumbs tracking along from heel to big toe/along the hand from wrist to thumb on the medial aspect to relieve the stiff vertebral column.
- Exercise the feet with rotations clockwise and anti-clockwise to loosen up the vertebral column.
- Exercise the feet by rolling the soles of the feet over a ball/bottle to loosen up the vertebral column.
- Steam inhalation/nose stick/tissue with appropriate essential oil to relieve blocked sinuses.
- Spinal exercises to loosen and stretch the spine.

10

The information provided in the table below is a case study of a client who has come into the clinic to discuss a treatment plan. The client would like to book a reflexology and an aromatherapy treatment.

Discuss the treatment options available, recommending a justified treatment plan.  
(12 marks)

<b>Name:</b>	Cathy
<b>Gender:</b>	Female
<b>Age:</b>	55
<b>Height:</b>	5' 6" / 1.68m
<b>Weight:</b>	10 stone / 64kg
<b>Medical history:</b>	Has regular hot flushes that last for a couple of minutes, suffers from bouts of cystitis and the skin on face and legs is sensitive. Experiences patches of eczema that appear to be stress-related.
<b>Medication:</b>	For cystitis when needed, steroid cream if eczema reoccurs.
<b>Comments:</b>	Works full-time in a catering business. She is very busy and is on her feet all day long. Sleep pattern has been disturbed due to the hot flushes and skin on legs often itches at night. Has a bottle of wine on Saturday evenings with friends as a way to relax.
<b>Physical observations:</b>	Skin appears dry on face and legs, skin on the lower leg looks blotchy and in some areas around the inner ankle it looks red and slightly swollen. Pelvis slightly tilted forward causing the abdominal muscles to appear lengthened.

**Answer:**

**Indicative content**

Candidate's response may include, but is not limited to, the following:

Treatment plan

- Findings on the feet during consultation linking to the client brief
- Consider the two treatments:
  - 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 relaxation, stress relief, menopause. Zones/ points that may need extra work and areas that may need to be avoided or lightly worked over.
- Consideration made to the areas of dry, sensitive skin particularly lower leg and inner ankle area.
- 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.

Band 1 (1-4 marks)	Band 2 (5-8 marks)	Band 3 (9-12 marks)
<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 was made to the client's physical, psychological and emotional needs when tailoring the reflexology treatment to meet the client's needs.</p> <p>Little reference was 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 not always accurate or relevant to the client in the case study.</p>	<p>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 was made to the client's physical, psychological and emotional needs when tailoring the reflexology treatment to meet the client's needs.</p> <p>Some reference made to possible contra-actions and healing crisis; little detail of 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>Treatment plan proposed is comprehensive and justified.</p> <p>Aromatherapy treatment blend was 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 to meet the client's needs.</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>To access the higher marks within the band, the candidate has given fully 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>