

ITEC Reflexology Case Study Guidelines

Evidence of 40 reflexology treatments is to be handed in: The core of your case studies is: **6 people treated 6 times (36 treatments on them) and 1 person 4 times** and this document is entirely to do with them. You can also do 40 treatments by doing 10 people 4 times. Each case study needs to be written up using the guidelines supplied.

The consultation form is different to the one you have been using, and so are the treatment records - much more detail required now.

Objectives: On completion of the assignment the student will be able to:

a. Show a progression of understanding over a period of time.

These should show an increase in understanding of what the student is:

- i) observing and feeling on the feet.
- ii) the physical make up and changes that may occur on the feet.
- iii) the changes that the client is experiencing in their life.

b. Show the ability to take and write up a comprehensive case study following the guidelines supplied:

The numbers below reflect the numbers on the Student check list

You will have been given a copy of the **Student Check List**. By the time you have finished your case studies all the sections must be ticked for you to pass the case study part of the course. You will need one for each case study - and these should be placed at the front of the case study ready for assessment.

You will have a completed **consultation form** for each client, which needs to include medical history, lifestyle, stress levels - ensure your client has signed it.

You will then need to produce evidence of how the treatment went on who you were treating i.e. your treatment notes need to be written up and expanded:

- 1 **Forming an initial impression of the client: Lifestyle** profile including any current issues in their life - this will give more information than the consultation can show. Job (if retired, what did they used to do? voluntary work etc, this may be relevant to their presenting condition), interests, may live with parents, have children, full time/part time, . **Stress levels at home and stress levels at work on a scale of 1-10)** etc and how it affects them. Client's body language, manner and appearance. Diet and lifestyle

- 2 **Medical History** - write a brief summary of disorders/diseases/health related problems found on consultation form
- 3 **Main presenting condition definition (just choose one):** (please be brief and use an addendum if extra research done). Description and possible cause and how condition affects the client.

Also: What other therapy may help them apart from Reflexology? And why you think this may help. This is good practice for getting you used to referring on and also learning about other therapies as you progress through the course

Also: conventional treatment/medication for this condition.

- 4 **Observation of the Feet** - *each treatment*. Record observations of clients feet made by visual and tactile means. Record your interpretation of the client's condition in relation to skin colour, temperature, texture, hard skin, position etc *Record findings on foot chart each treatment, and date them.*
- 5 **Treatment plan/focus for first treatment:** Date and duration of treatment, treatment objectives and client expectations

Description of the treatment i.e. details of how you **conducted the treatment:** From cleansing the feet, through working the feet and what you found. Note any sensitivities, congestion etc on foot chart.

- a How the client felt **before, during and after**
eg before the treatment: were they tired, happy - how were their symptoms from last treatment? Always ask them, and give them a diary to keep track for themselves
eg How the client felt **during** the treatment: were they talkative, relaxed, fell asleep, did they tell you sensitive points during or after the treatment?
eg Details of **how the client felt** immediately **after** each treatment
- b Details of specific **home care advice** given each time (verbal and leaflet - if used) and recommendations for self treatment
- c Feedback and treatment evaluation from client
- d Further treatment plan/focus
- e. Reflective practice.

6 Ensure Kerrie has seen TWO treatments of at least one of your case studies - fully written up by end of January

7 Drawing a Conclusion:

- a Produce a summary of the progress made by the client during the course of the treatment, detailing improvements or changes in any aspect of their life - pick out the highs and lows of how treatment affected them. If they took lifestyle advice and carried it out - did this have any impact/change to health, attitude?
 - bi) Reflect and assess your own performance - you will have made notes during the course of giving the treatment - this is what they were for
 - bii) Reflect on the success of the overall treatment plan - whether the treatments met the needs of the client - client expectations
 - c Show that you have considered and identified other lifestyles or therapies that may assist the client (if a therapy choose one of the many therapies on the list you had to choose from - these are the ones that may come up in the exam and the more you know them the better for the exam and for your future clients)
- 8 **Continuing Professional Development:** Having completed this case study, what area of reflexology or therapies in general would you like to develop? Aromatherapy, Nutrition, Counselling, Fertility Reflexology for example

Notes on Reflective Practice

Self Reflection: e.g. details on **what you learned**, what you would do differently and what you would like to know more about

- How did you feel before/at the start of the treatment
- What did you observe (verbal/non-verbal communication)
- How you feel after the treatment (review feedback from client, personal view)
- What would you want to change/do differently?
- What has this treatment taught you?
- How could you improve your own experience/the client's experience of the treatment and recommended treatment programme?
- Have any continuous professional development requirements arisen as a result of the case?
- Eg. Do you now want to learn more about nutrition/counseling skills/cancer/bereavement etc
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8 Presentation of Case Studies:

There is an example practice case study for you to view in the classroom and the 'write up' can be found in the Student Area

- a. Present all work in a **file** (not in plastic sheets) upon completion.
- b. Provide an overall **index** of content (with *coded* name of client with dates and number of treatments)
- c. Please keep **confidentiality** by not putting full name on consultation sheet or index. eg *Tippex* or *black out their surname, addresses, phone number.*
- d. **Provide a bibliography** for each completed case study (i.e. list of books, authors, website etc used during that study, not Harvard referencing)

