

## SFHCHK2

### Treat the client and give guidance on self-help (Kinesiology)



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#### Overview

This standard describes standards for planning, implementing, monitoring and reviewing programmes of kinesiology for clients. It includes giving guidance on methods of self-help to supplement or succeed treatment. The actions which the practitioner takes should be planned and evaluated with the clients concerned. This standard applies to any practitioner whose work aims to enable clients to improve and maintain their health, effective functioning and well-being through kinesiology and through educating them towards a self-help procedure. It covers treatment and guidance given by the practitioner wherever they practice. The clients may be seeking to improve their health, effective functioning and well-being. Equally they may have no particular health needs or may have acute or chronic conditions, or be terminally ill. They may be new to kinesiology, new to the practitioner, established in that the practitioner has been working with them for some while or returning to the practitioner after a period of absence. This standard is based on the premise that for treatment and for advice on self-help to be effective the practitioner needs to understand the context of the client and the holistic nature of health, effective functioning and well-being. The practitioner must be able to communicate effectively with clients and any companion(s) of the client and integrate their work with that of other practitioners. Practitioners should actively encourage their client to take responsibility for their own health, effective functioning and well-being, particularly through use of self-help either to supplement or to succeed the complementary healthcare given.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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#### Performance criteria

*You must be able to:*

- P1 ensure that information about the client is sufficient to plan the treatment
- P2 explain the available treatment options which meet the client's circumstances, identified needs and their personal beliefs and preferences
- P3 encourage the client to take responsibility for their own health, effective functioning and well-being
- P4 discuss the treatment and potential outcomes with the client, check their understanding and support them to make informed choices
- P5 agree the location and timing of the treatment and make the necessary arrangements
- P6 explain how the treatment and self-help programme will be evaluated and reviewed
- P7 determine issues of confidentiality with the client and confirm their agreement
- P8 record the agreed treatment and self-help accurately, and in sufficient detail to meet professional requirements
- P9 obtain the consent of the client to proceed
- P10 interact with any companion(s) of the client in ways that are appropriate to the needs of the client and to your needs
- P11 ensure that the complementary healthcare environment is appropriate for the client and their needs
- P12 present a professional appearance and be prepared and fit to carry out the complementary healthcare
- P13 ensure that any equipment, materials, and surrounding work area meet professional codes of practice, legal and organisational requirements
- P14 position the client for effective access and to minimise risk of injury to self and to give as much comfort as possible to the client
- P15 reassure the client and encourage them to relax and interact as they wish
- P16 carry out the treatment safely and appropriately as indicated by muscle testing, muscle monitoring and/or observation
- P17 make appropriate adjustments to the treatment to meet the client's changing needs
- P18 explain the treatment, if appropriate, as it is carried out
- P19 respond effectively to deal with reactions to the treatment
- P20 check the client's well-being throughout the treatment and give reassurance where needed
- P21 offer clear and accurate advice and support to the client to deal with reactions
- P22 ensure the client is fit to travel before they leave the premises
- P23 ensure that the work area is appropriate for the client and their needs
- P24 present a professional appearance and be prepared and fit to advise and

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- educate
- P25 clarify and agree the client's understanding of their role and responsibilities in relation to learning the self-help procedure(s)
- P26 explain the recommended self-help procedure(s) and actions to be taken by the client and the potential consequences of not following the advice
- P27 check the client's understanding and use of the recommended self-help procedure(s)
- P28 inform the client of the range of possible outcomes of using the self-help procedure(s) and the appropriate actions to take
- P29 respond to questions and concerns of the client and offer appropriate advice
- P30 encourage the client to seek further advice if they have concerns whilst using the self-help procedure(s)
- P31 acknowledge the rights of the client not to adopt your recommendations
- P32 encourage the client to note the effects of using the self-help procedure(s) in sufficient detail for use in any review
- P33 discuss the outcomes of the treatment and the self-help actions in a manner, level and pace suited to the client and any companion(s)
- P34 encourage the client to evaluate the effectiveness of the treatment and self-help actions and suggest possible modifications
- P35 make appropriate adjustments to the treatment and self-help actions to meet the client's changing needs
- P36 agree future treatment and self-help actions with the client
- P37 encourage the client to take responsibility for their own health, effective functioning and well-being
- P38 advise the client where kinesiology is unsuitable and support them to seek other healthcare where appropriate
- P39 obtain the client's consent if confidential information needs to be passed on
- P40 interact with any companion(s) of the client in ways that are appropriate to the needs of the client and to your needs
- P41 record the outcomes of the review accurately and in sufficient detail to meet professional requirements
- P42 store the records securely
- P43 evaluate the experience you have gained from treating the client to inform future

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#### Knowledge and understanding

*You need to know and understand:*

- K1 the professional standards and code of conduct for your discipline
- K2 the role of the professional body setting the rules and ethics of your discipline
- K3 the rules, ethics and codes of conduct of your profession and how they apply to your own practice
- K4 why it is important to keep your understanding of professional rules and codes of conduct up to date
- K5 how to balance your own responsibilities as a professional with any contractual or other requirements of any organisation within which you work
- K6 current relevant health and safety legislation and how it applies to your own work role
- K7 legislation relating to obtaining, storing and using information and supplying services
- K8 the importance of keeping your understanding of legislation up to date
- K9 how relevant legislation impacts on your own work
- K10 the roles and functions of the principal agencies with whom you work
- K11 sources of information within the health and social care sector and how to access them
- K12 why it is important to respect the rights of clients
- K13 the extent of your own remit as a practitioner and the limits of your responsibilities
- K14 how your own role relates to that of other professionals within the principal agencies with whom you work
- K15 the organisational requirements and restrictions relating to the use of resources
- K16 the range of resources and options available to meet the client's needs
- K17 how to achieve effective communication through observation, sensitive questioning and listening
- K18 how to adapt vocabulary, pace and tone of speaking to meet the needs of the client
- K19 what forms of verbal and non-verbal communication are available and how to use these positively
- K20 how to check understanding with the client by reading and using a variety of signals
- K21 how to position self and client to encourage communication
- K22 how to recognise and overcome barriers to communication
- K23 why certain environments can inhibit communication and how to minimise this
- K24 why it is important to encourage the client (and any companion(s)) to ask questions, seek advice and express any concerns
- K25 the nature of a professional relationship and how to develop it with

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- clients the need for, and how to use, inter-personal skills when communicating with the client
- K26 how to respond to conflicting advice which clients may receive from different practitioners
- K27 why it is important to reflect on your own practice and identify any development needs
- K28 how to evaluate the effectiveness of your own actions and learn from experience
- K29 the information available on effective complementary healthcare and how to evaluate and use this information within your own practice
- K30 how the models and concepts in your area of practice have evolved and developed, how they tend to change with time and the similarities and differences between different versions
- K31 how to develop links with other healthcare providers and the protocols for doing this
- K32 how to acknowledge the limits of your own knowledge and competence and the importance of not exceeding these
- K33 the importance of recognising and maintaining the client's right to confidentiality
- K34 how to balance the client's rights against your responsibility to others
- K35 what to take into account when passing on information about clients
- K36 what the procedures and requirements on confidentiality, security and transmission of information are for your organisation and for any other organisation that you may need to contact regarding a client
- K37 the ways in which confidentiality may be breached and how to prevent this occurrence
- K38 what is meant by "implied" and "informed" consent and the circumstances in which these may arise
- K39 the guidance given by your professional body on implied and informed consent and when written consent should be obtained
- K40 why it is important to ensure that clients have been given sufficient information to give or refuse consent
- K41 who holds responsibility for gaining consent and when this should be done
- K42 how informed consent may be obtained from clients who are unable to give the consent themselves and who has the right to give this consent
- K43 how to confirm that the agreements reached are likely to be in the clients' best interest
- K44 what the policies on consent, including any specific requirements under contractual agreements are for your organisation and for any other organisation that you may need to contact regarding a client
- K45 why it is important to protect client confidentiality
- K46 how to keep records to protect confidentiality and security of information
- K47 how to keep records so that an audit can be undertaken
- K48 why it is important to record all the necessary information in a format

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- suitable for further use
- K49 who has the right of access to information held on records
- K50 why it is important to acknowledge and respect an individual's rights and dignity and ways of doing this
- K51 what circumstances may indicate a need for the presence of a third party
- K52 who may act as a companion for the client and how to interact with them
- K53 what your legal and ethical responsibilities are in relation to the client's health and safety
- K54 how to maintain your practice in line with health and safety legislation
- K55 how to be supportive to the client (and any companion) whilst managing time effectively
- K56 how to obtain information on commonly encountered diseases, drugs and their side effects
- K57 the concept of health, effective functioning and well-being that is consistent with the practice, principles and theory underlying your discipline
- K58 why it is important to recognise that the client's previous and present care may affect their health, effective functioning and well-being
- K59 how the psychological and emotional balance of the client may affect their health, effective functioning and well-being
- K60 how to recognise when the body is in health balance and when it is not functioning as it should
- K61 how signs and symptoms may be suppressed or altered by other factors such as medication, exercise, diet
- K62 how the client's diet, lifestyle and emotional state can affect their health, effective functioning and well-being
- K63 how the physical, social, emotional and economic context in which people live affects their health, effective functioning and well-being
- K64 how personal beliefs and preferences affect how clients live and the choices they make
- K65 what resources are available to clients to make changes to the context in which they live and make choices about their lifestyles
- K66 the nature of illness and the impact this may have on a client's health, effective functioning and well-being
- K67 why it is important to recognise conditions which may pose a serious risk to the client and when to seek immediate help or advice from other professional sources
- K68 the nature of disability and your role in working with those who have disabilities
- K69 how an individual's abilities and disabilities may affect the nature and form of support and manner in which you provide it
- K70 the history, principles and development of kinesiology from the original research by Dr. George Goodheart to the present day
- K71 how to recognise when kinesiology may be a suitable healthcare option for the client

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- K72 how to recognise when kinesiology may complement other healthcare which the client is receiving
- K73 how to recognise conditions for which the discipline is incomplete in itself and for which the client should seek advice from other sources
- K74 the circumstances when you may choose not to accept a client:
  - K74.1 kinesiology is unlikely to succeed
  - K74.2 the client does not want kinesiology
  - K74.3 you do not wish to provide treatment
- K75 the circumstances when you must not accept a client:
  - K75.1 kinesiology is contra-indicated
  - K75.2 you do not have the requisite experience or expertise
  - K75.3 other healthcare should be sought
- K76 the range, purpose and limitations of different methods, which may be used for different clients with different needs
- K77 how to determine the most appropriate method(s) for different clients and their particular needs
- K78 how to tailor treatment appropriately for each individual
- K79 how to judge whether self-help procedure(s) is/are appropriate for the client
- K80 the structure, function, location and interaction of; cells, tissues, glands, organs and systems
- K81 the structure and function of the skeletal system
- K82 the types, classification and structure of joints: range of movements
- K83 the structure and function of muscles, including types of muscles (voluntary, involuntary, cardiac)
- K84 the definition of origin and insertion of muscles
- K85 the origin, insertion and actions of the major muscle groups
- K86 the functional interaction of muscles
- K87 muscle tone and how and why it can vary
- K88 muscle fatigue: the causes and recognition
- K89 the structure and function of the following:
  - K89.1 cardio vascular system
  - K89.2 lymphatic system
  - K89.3 nervous system
  - K89.4 endocrine system
  - K89.5 digestive system
  - K89.6 respiratory system
  - K89.7 urinary system
  - K89.8 reproductive system
  - K89.9 immune system
  - K89.10 the skin
  - K89.11 cells and tissues
  - K89.12 glands and organs
- K90 the interdependence of the body systems
- K91 the anatomy and physiology of the digestive system

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- K92 the role of digestive enzymes
- K93 the metabolism of carbohydrates, proteins and lipids
- K94 the function of vitamins, minerals, amino acids, essential fatty acids, antioxidants and phytochemicals
- K95 the role of water and fibre
- K96 food combining and acid/alkaline balance
- K97 anti-nutrients: sugar



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### Additional Information

#### External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB3 Provision of care to meet health and wellbeing needs

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