



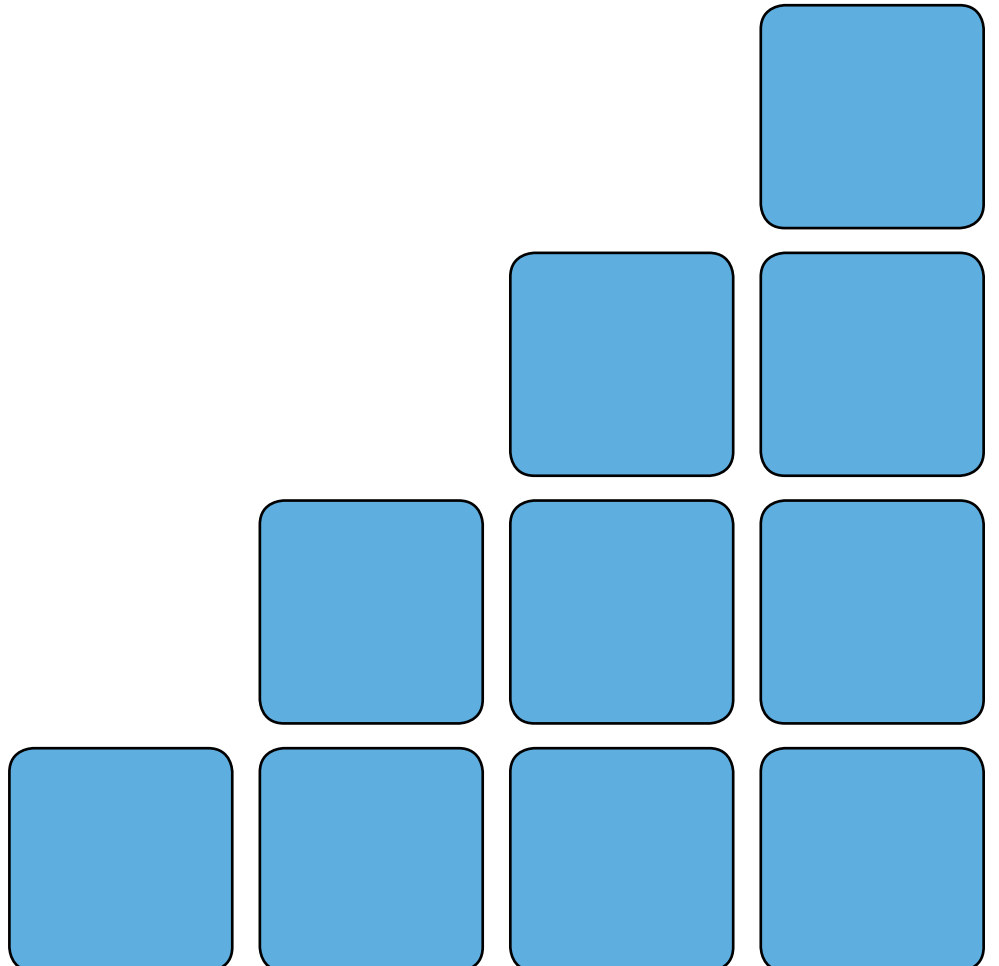
Provide body electrical treatments

UBT164

Learner name:

Learner number:

SVQ



UBT164

Provide body electrical treatments

This unit is about improving body and skin condition using different body electrical equipment. It covers the skills involved in providing a thorough consultation with the client to formulate and deliver a specific course of treatment tailored to suit individual client's needs. The ability to provide relevant aftercare advice is also required.

To carry out this unit you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance and demonstrate effective communication and consultation skills.

The main outcomes of this unit are:

1. Maintain safe and effective methods of working when providing body electrical treatments
2. Consult, plan and prepare for body electrical treatments
3. Carry out body electrical treatments

NOS

SKABT21

SCQF Level

6

SCQF Credit Points

11

Observation(s)

4

External paper(s)

2



Provide body electrical treatments

Learning outcomes

On completion of this unit you will:

1. Be able to maintain safe and effective methods of working when providing body electrical treatments
2. Be able to consult, plan and prepare for body electrical treatments
3. Be able to carry out body electrical treatments
4. Know and understand how to maintain safe and effective methods of working when providing body electrical treatments
5. Know and understand how to consult, plan and prepare for body electrical treatments
6. Know and understand how to carry out body electrical treatments

Evidence requirements

1. *Environment*
Evidence for this unit may be gathered within the workplace or realistic working environment (RWE).
2. *Simulation*
Simulation is not allowed in this unit.
3. *Observation outcomes*
Competent performance of Observation outcomes must be demonstrated on **at least four separate occasions, which must involve at least three different clients**. Assessor observations, witness testimonies and products of work are likely to be the most appropriate sources of performance evidence. Professional discussion may be used as supplementary evidence for those criteria that do not naturally occur.

Assessed observations should not be carried out on the same day for the same learning outcome. There should be sufficient time between assessments for reflection and personal development.

You need to meet the same standard on a regular and consistent basis. Separating the assessments by a period of at least two weeks is recommended as competence must be demonstrated on a consistent and regular basis.

4. *Range*
All ranges must be practically demonstrated or other forms of evidence produced to show they have been covered.
5. *Knowledge outcomes*
There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.
6. *Tutor/Assessor guidance*
Your tutor **must** refer to the '**Habia Assessment Strategy**' when delivering this unit to ensure that you cover all the requirements for this unit. This can be found on www.vtct.org.uk under the relevant qualification page.

You will be guided by your tutor/assessor on how to achieve learning outcomes and cover ranges in this unit. All outcomes and ranges must be achieved.
7. *External paper*
Knowledge and understanding in this unit will be assessed by external papers. **There are two external papers that must be achieved.**

Achieving observations and range

Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of competent observations required is indicated in the Evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through professional discussion and/or oral questioning. This evidence will be recorded by your assessor in written form or by other appropriate means.

Your assessor will sign off a learning outcome when all criteria have been competently achieved.

Achieving range

The range section indicates what must be covered. Ranges should be practically demonstrated as part of an observation. Where this is not possible other forms of evidence may be produced. All ranges must be covered.

Your assessor will document the portfolio reference once a range has been competently achieved.

National Occupational Standards (NOS)

All observation evidence and knowledge requirements from the NOS SKABT21 are included in this record of assessment. You must demonstrate in your everyday work that you have met this standard for providing body electrical treatments. This can be found on the NOS website www.ukstandards.co.uk.



Observations

Learning outcome 1

Be able to maintain safe and effective methods of working when providing body electrical treatments

You must be able to:

- a. Maintain your responsibilities for health and safety throughout the treatment
- b. Prepare your client and yourself to meet legal and organisational requirements
- c. Maintain your client's modesty and privacy
- d. Position your client to meet the needs of the treatment
- e. Ensure your own posture and working methods minimise fatigue and the risk of injury to yourself and others
- f. Ensure environmental conditions are suitable for the client and the treatment
- g. Keep your work area clean and tidy throughout the treatments
- h. Use working methods that minimise the risk of cross-infection
- i. Ensure the use of clean equipment and materials
- j. Promote environmental and sustainable working practices
- k. Follow workplace and suppliers' or manufacturers' instructions for the safe use of equipment, materials and products
- l. Dispose of waste materials to meet legal requirements
- m. Complete the treatment within a commercially viable time

* May be assessed by supplementary evidence.

Observation	1	2	3	4
Date achieved				
Criteria questioned orally				
Portfolio reference				
Assessor initials				
Learner signature				



Learning outcome 2

Be able to consult, plan and prepare for body electrical treatments

You must be able to:

- a. Use consultation techniques to determine the client's treatment plan
- b. Ensure that informed and signed parental or guardian consent is obtained for minors prior to any treatment
- c. Ensure that a parent or guardian is present throughout the treatment for minors under the age of 16
- d. Recognise any contra-indications and take the necessary action
- e. Agree the treatment and outcomes that meet the client's needs
- f. Obtain signed, informed consent from the client prior to carrying out the treatment
- g. Carry out a pre-treatment test/s to determine skin sensitivity
- h. Identify the client's body type and body condition
- i. Ensure the client's skin is prepared to suit the type of equipment to be used
- j. Select tools and equipment and products to suit the treatment objectives, body type and body condition

*May be assessed by supplementary evidence.

Observation	1	2	3	4
Date achieved				
Criteria questioned orally				
Portfolio reference				
Assessor initials				
Learner signature				



Learning outcome 3

Be able to carry out body electrical treatments

You must be able to:

- a. Provide information about the sensation and noise created by the equipment to the client
- b. Explain the treatment procedure to the client, at each stage in the process
- c. Use and adapt the equipment, tools and treatment duration to suit the client's body type and body condition
- d. Take remedial action if the client experiences discomfort or contra-actions
- e. Ensure the finished result is to the client's satisfaction and meets the agreed treatment objectives
- f. Give your client advice and recommendations on the treatment provided
- g. Ensure the client's records are completed and signed by you and the client

** May be assessed by supplementary evidence.*

Observation	1	2	3	4
Date achieved				
Criteria questioned orally				
Portfolio reference				
Assessor initials				
Learner signature				



Observation range

You must practically demonstrate that you have:

Used all consultation techniques		Portfolio reference
Questioning		
Listening		
Visual		
Manual		
Written		
Carried out a minimum of 1 necessary action		Portfolio reference
Modification of the treatment		
Explaining why the treatment cannot be carried out		
Encouraging the client to seek medical advice		
Treated all body types		Portfolio reference
Endomorph		
Mesomorph		
Ectomorph		
Treated all body conditions		Portfolio reference
Cellulite		
Poor muscle tone		
Sluggish circulation		
Skin type		
Used all tools and equipment		Portfolio reference
Galvanic		
Electro muscle stimulator – EMS		
Microdermabrasion		
Lymphatic drainage equipment		

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.



You must practically demonstrate that you have:

Met all treatment objectives	Portfolio reference
Improved skin and body condition	
Improved contour and muscle condition	
Improved lymphatic drainage	
Provided all advice and recommendations	Portfolio reference
Suitable aftercare products and their uses	
Avoidance of activities which may cause contra-actions	
Time intervals between treatments	
Present and future products and treatments	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

**This is not an exhaustive list.*

Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

Achieving the external paper

The external paper will test your knowledge of all criteria in this section. **A pass mark of 70% must be achieved.**

Your assessor will complete this table when the 70% pass mark has been achieved.

Paper	Date achieved	Assessor initials
1 of 2		
2 of 2		

Knowledge



Learning outcome 4

Know and understand how to maintain safe and effective methods of working when providing body electrical treatments

You must know and understand:	Portfolio reference
a. Your responsibilities for health and safety as defined by any specific legislation covering your job role	
b. The legal and organisational requirements for client protection and preparation	
c. The legal and organisational requirements for your own personal hygiene, protection and appearance	
d. The reasons for maintaining the client's modesty and privacy	
e. Safe positioning techniques for yourself and your client to prevent discomfort	
f. The necessary environmental conditions for services such as heating, sound and ventilation and why these are important	
g. Why it is important to keep your work area clean and tidy	
h. Methods of cleaning, disinfection and sterilisation	
i. Why it is important to avoid direct and indirect cross-infection by working safely and hygienically	
j. The different types of working methods that promote environmental and sustainable working practices	
k. The hazards and risks which exist in your workplace and the safe working practices which you must follow	
l. Suppliers' and manufacturers' instructions, which you must follow, for the safe use of equipment, materials and products	
m. The legal requirements for waste disposal	
n. The reasons for completing the treatment in a commercially viable time	

Requirements highlighted in white will be assessed in the external paper.



Learning outcome 5

Know and understand how to consult, plan and prepare for body electrical treatments

You must know and understand:	Portfolio reference
a. Why it is important to communicate with clients in a professional manner	
b. How to complete a consultation taking into account client's diverse needs	
c. The legal requirements for providing treatments to minors under 16 years of age	
d. The age at which an individual is classed as a minor and how this differs nationally	
e. The importance of agreeing the treatment that meets the client's needs	
f. The legal significance of gaining signed, informed client consent to carry out the treatment	
g. The legislative requirements for storing and protecting client data	
h. How to recognise contra-indications that would prevent or restrict the treatment and why	
i. The contra-indications requiring medical referral and why	
j. The necessary action to take in relation to specific contra-indications when referring clients	
k. The reasons for not naming specific contra-indications when referring clients	
l. How to carry out and interpret pre-treatment tests	
m. How to assess muscle tone, skin type and condition	
n. How to assess posture, fluid retention and body fat	
o. The characteristics of different body types and body conditions	
p. The selection and preparation of tools, equipment and products for body electrical treatments	

Requirements highlighted in white will be assessed in the external paper.



Learning outcome 6

Know and understand how to carry out body electrical treatments

You must know and understand:	Portfolio reference
a. Why it is important to explain the treatment process, equipment sensation and noise to the client	
b. How to use and adapt body electrical equipment to suit different body types, body conditions and treatment objectives	
c. The benefits and effects of different types of body electrical equipment	
d. The benefits of products available for electrical treatments and their effects	
e. The type of electrical currents produced by the equipment being used and their effects on the body	
f. The types of treatments that could be given in conjunction with, or after, body electrical treatments	
g. The risks associated with body electrical treatments and how to deal with them	
h. The anatomy and physiology of the body	
i. The possible contra-actions which may occur, how to deal with them and what advice to give to clients	
j. The methods used to evaluate the effectiveness of body electrical treatments	
k. The advice and recommendations on products and treatments	

Requirements highlighted in white will be assessed in the external paper.



Knowledge range

You must know and understand:

Health and safety*	Portfolio reference
Health and Safety at Work Act	
The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)	
The Health and Safety (First Aid) Regulations	
The Regulatory Reform (Fire Safety) Order	
The Manual Handling Operations Regulations	
The Control of Substances Hazardous to Health Regulations (COSHH)	
The Electricity at Work Regulations	
The Environmental Protection Act	
The Management of Health and Safety at Work Regulations	
The Health and Safety (Information for Employees) Regulations	
Environmental and sustainable working practices*	Portfolio reference
Reducing waste and managing waste (recycle, reuse, safe disposal)	
Reducing energy usage (energy efficient equipment, low energy lighting, utilising solar panels)	
Reducing water usage and other resources	
Preventing pollution	
Using disposable items	
Using recycled, eco-friendly furniture	
Using low-chemical paint	
Using environmentally-friendly product packaging	
Choosing responsible domestic products (Fairtrade tea and coffee)	
Encouraging carbon-reducing journeys to work	

*Where specific legislation and regulations are stated, please make these relevant to your nation.



You must know and understand:

Diverse needs	Portfolio reference
Cultural	
Religious	
Age	
Disability	
Gender	
Contra-indications which prevent	Portfolio reference
Contagious skin diseases	
Dysfunction of the nervous system	
Recent scar tissue	
Undiagnosed lumps and swellings	
Cancer treatment	
Contra-indications which restrict	Portfolio reference
Undergoing medical treatment	
Uncontrolled diabetes	
Epilepsy	
High/low blood pressure	
Micropigmentation	
History of thrombosis or embolism	
Metal pins or plates	
Medication	
Pregnancy	
Piercings	
Anxiety	
Cuts and abrasions	
Bruises	
IPL or laser and epilation	
Heart disorder/disease	
Pacemaker	



You must know and understand:

Anatomy and physiology	Portfolio reference
Structure and function of the skeleton	
The structure, function and types of muscles	
The positions and actions of the main muscle groups in the body	
The definition of 'origin' and 'insertion' of a muscle	
The causes of muscle fatigue and how to recognise it	
The structure and functions of the skin	
The structure, location and the body's utilisation of adipose tissue	
The function of the endocrine system and its relationship to weight gain and loss	
The function of the digestive system	
The structure and function of the heart and arteries, veins and capillaries	
The structure and function of the lymphatic system in of the body	
The basic principles of the central nervous system, motor points and autonomic system	
The effect of electrical treatment on the muscles, skin, circulatory, skeletal, lymphatic, endocrine, digestive and nervous systems	
How ageing affects the body and skin and limits the effectiveness of body electrical treatments	

Contra-actions	Portfolio reference
Galvanic burn	
Bruising	
Irritation	
Allergic reaction	
Excessive erythema	
Muscle fatigue	
Hyper/hypopigmentation	



You must know and understand:

Advice and recommendations	Portfolio reference
Additional services	
Additional products	
The benefits of a course of treatment	
The lifestyle factors and changes that may be required to improve the effectiveness of the treatment	
Post-treatment restrictions and future treatment needs	
Products for home use that will benefit and protect the client and those to avoid and why	
How skin care routines can affect and improve the effectiveness of treatment	

Notes

Use this area for notes and diagrams