

Reference No.																	
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## SELF-ASSESSMENT GUIDE

Qualification Title:	<b>Massage Therapy NC II</b>		
Units of Competency Covered:	<ul style="list-style-type: none"> <li>• <b>Develop Massage Practice</b></li> <li>• <b>Perform Client Consultation</b></li> <li>• <b>Perform Body Massage</b></li> <li>• <b>Maintain and Organize Tools, Equipment, Supplies and Work Area</b></li> </ul>		
Instruction:			
<ul style="list-style-type: none"> <li>• Read each question and check the appropriate box to indicate your answer.</li> </ul>			
<b>Can I?</b>	<b>YES</b>	<b>NO</b>	
<b>Develop Massage Practice</b>			
<ul style="list-style-type: none"> <li>• Ensure compliance to legal and ethical standards based on applicable laws and government regulations*</li> </ul>			
<ul style="list-style-type: none"> <li>• Identify sciences relevant to massage based on recommended massage therapy manuals and references*</li> </ul>			
<ul style="list-style-type: none"> <li>• Identify standard massage manipulations and its application based on recommended massage therapy manuals and references*</li> </ul>			
<ul style="list-style-type: none"> <li>• Identify appropriate massage manipulation and practices to clients with disabilities and various medical conditions*</li> </ul>			
<ul style="list-style-type: none"> <li>• Determine and identify massages modalities and complementary therapies based on recommended massage therapy manuals*</li> </ul>			
<b>Perform Client Consultation</b>			
<ul style="list-style-type: none"> <li>• Gather and record clients' personal information using prescribed documentation forms/tools through client visual assessment and interviews*</li> </ul>			
<ul style="list-style-type: none"> <li>• Obtain and record subjective information*</li> </ul>			
<ul style="list-style-type: none"> <li>• Obtain and record objective information*</li> </ul>			
<ul style="list-style-type: none"> <li>• Organizes, analyzes and interprets gathered information*</li> </ul>			
<ul style="list-style-type: none"> <li>• Formulate massage session plan based on gathered information*</li> </ul>			
<ul style="list-style-type: none"> <li>• Obtain client's informed consent*</li> </ul>			
<b>Perform Body Massage</b>			
<ul style="list-style-type: none"> <li>• Prepare and organize massage implements and work area*</li> </ul>			
<ul style="list-style-type: none"> <li>• Perform standard massage manipulations and techniques guided by applicable government laws and regulations with established ethical standards*</li> </ul>			

<ul style="list-style-type: none"> <li>Identify and performs appropriate massage manipulations and techniques based on client's complaints and conditions*</li> </ul>		
<ul style="list-style-type: none"> <li>Observe proper body mechanics and maintains proper positions of client during massage*</li> </ul>		
<ul style="list-style-type: none"> <li>Evaluate and document effects of massage and progress based on massage plan and massage goals*</li> </ul>		
<ul style="list-style-type: none"> <li>Perform aftercare activities according to client needs*</li> </ul>		
<ul style="list-style-type: none"> <li>Perform aftercare advises to client*</li> </ul>		
<b>Maintain and Organize Tools, Equipment, Supplies and Work Area</b>		
<ul style="list-style-type: none"> <li>Perform stock control and inventory procedures</li> </ul>		
<ul style="list-style-type: none"> <li>Clean and organize work area in accordance to massage establishments' policies and applicable laws (Procedures for cleaning, disinfection, safe storage of linen, tools and equipment used in massage services)*</li> </ul>		
<ul style="list-style-type: none"> <li>Handle tools and equipment* <ul style="list-style-type: none"> <li>- Checking and maintaining a range of tools and equipment in safe working order</li> <li>- Applying massage establishment housekeeping programs and routines, including reporting faults and problems to relevant persons</li> <li>- Checking and referring tools and equipment for repair as required</li> </ul> </li> </ul>		
<p>I agree to undertake assessment in the knowledge that information gathered will only be used for professional development purposes and can only be accessed by concerned assessment personnel and my manager/supervisor.</p>		
<b>Candidate's signature:</b>	<b>Date:</b>	

NOTE: \* Critical Aspects of Competency

