

### Client Consultation Form

DAWN PHILPOT

College Name: Devon Academy

Student Name:

LISA AUGU.

College Number: 12065

Client Name:

Date: 8/8/13

Address:

Profession: TREASURY ACCOUNTANT.

Tel. No's:

Email:

#### PERSONAL DETAILS

Age Group: Under 20  20-30  30-40  40-50  50-60  60+

Lifestyle: Active  Sedentary

Last visit to the doctor:

GP Address:

No. Of children (if applicable):

**CONTRAINDICATIONS requiring medical permission** – in circumstances where medical permission cannot be obtained clients must give their informed consent in writing prior to treatment (select where appropriate)

- |   |  |
|---|--|
| Pregnancy <input type="checkbox"/>                                      | Dysfunction of the nervous system <input type="checkbox"/>   |
| Cardiovascular Conditions <input type="checkbox"/>                      | Bells Palsy <input type="checkbox"/>                         |
| Haemophilia <input type="checkbox"/>                                    | Trapped nerve <input type="checkbox"/>                       |
| Medical oedema <input type="checkbox"/>                                 | Condition treated by a GP/therapist <input type="checkbox"/> |
| Cancer <input type="checkbox"/>   | Inflamed nerve <input type="checkbox"/>                      |
| Osteoporosis <input type="checkbox"/>                                   | Postural deformities <input type="checkbox"/>                |
| Arthritis ( <del>RHEUMATOID</del> ) <input checked="" type="checkbox"/> | Spastic conditions <input type="checkbox"/>                  |
| Nervous/Psychotic condition <input type="checkbox"/>                    | Whiplash <input type="checkbox"/>                            |
| Epilepsy <input type="checkbox"/>                                       | Slipped disc <input type="checkbox"/>                        |
| Recent Operations <input type="checkbox"/>                              | Undiagnosed pain <input type="checkbox"/>                    |
| Diabetes <input type="checkbox"/>                                       | When taking prescribed medicine <input type="checkbox"/>     |
| Asthma <input type="checkbox"/>   | Acute rheumatism <input type="checkbox"/>                    |
| Kidney infection <input type="checkbox"/>                               | None of the above <input type="checkbox"/>                   |

#### **CONTRAINDICATIONS that restrict treatment:**

##### ***Completely restricted***

- Fever
- Contagious or infectious disease
- Under the influence of drugs or alcohol
- Diarrhoea and vomiting
- Conjunctivitis
- Pediculosis Capitis
- Sycosis Barbae
- Partially restricted***
- Skin diseases
- Undiagnosed lumps and bumps
- Varicose veins
- Pregnancy (abdomen)
- Conditions affecting the neck

##### ***Partially restricted***

- Cuts, bruises and abrasions
- Sunburn, vertigo, earache
- Hormonal implants, Tinnitus
- Localised swelling, migraine
- Gastric ulcers, Inflammation
- After a heavy meal
- Adhesive capsulitis, headache
- Hernia, anaphylaxis
- Recent Fractures # (3 months)
- Cervical spondylitis
- Scar tissue (2 yrs major op' 6 mths small scar)
- None of the above

# Devon Academy Of Complementary Therapies

Student Name: DAWN HILLOTT

Date: 8/8/13.

## Client Profile (to include lifestyle)

LISA IS IN HER 40S + WORKS AS A TREASURY ACCOUNTANT  
HER STRESS LEVELS AT WORK ARE MODERATE BUT EXTREMELY  
HIGHER AT WORK. SHE LIKES TO EXERCISE REGULARLY ESPECIALLY  
ROCK CLIMBING AND HER DIET IS GOOD. HER ABILITY TO RELAX  
+ SLEEP ARE ALSO BOTH GOOD WITH NO ISSUES IN THIS RESPECT (PTO)

## Treatment Plan

A FULL BODY MASSAGE (ONE LEG + ONE ARM) WAS CARRIED OUT WITH  
LISA. SHE HAD NO PARTICULAR CONTRAINDICATIONS + LIKES FIRM  
PRESSURE IN HER TREATMENTS.

~~DOWN~~ SOME TENSION WAS FOUND IN THE RECTUS FEMORIS  
PRIMARILY - DOUBLE HANDED PETTRISSAGE USED TO RELEASE  
THIS TENSION AND RELIEVE ANY MUSCLE STIFFNESS AND  
PERCUSSION TO IMPROVE MUSCLE TONE WHICH SHOULD ALSO HAVE

## Client feedback:

LISA ENJOYED THE STOMACH MASSAGE - SHE SAID SHE FELT A  
CONNECTION FROM ME + FELT THAT I REALLY CARED ABOUT WHAT I  
WAS DOING WHICH WAS LOVELY TO HEAR.  
GOOD FLOW + PRESSURE

FINGER FRICTIONS AROUND THE ANKLE + THUMB FRICTIONS (PTO)

## Homecare advice:

DIET - LISA HAS AN EXCELLENT VEG INTAKE BUT ONLY 1 PIECE OF  
FRUIT - WOULD RECOMMEND INCREASING TO 2 + ALSO  
INCREASING WATER INTAKE TO 5 GLASSES PER DAY.

EXERCISE - LISA HAS ONLY MENTIONED ROCK CLIMBING ALTHOUGH  
SAYS SHE ENJOYS YOGA. I WOULD RECOMMEND SHE TAKES  
A YOGA CLASS AT LEAST ONCE A WEEK TO ASSIST BUILDING

## Self reflection (any CPD requirements):

I WAS HAPPY WITH THE PRESSURE APPLIED DURING THIS TREATMENT (PTO)  
+ WAS PLEASED TO HEAR LISA'S FEEDBACK IN THIS RESPECT AS WELL.  
I WAS ALSO PLEASED WITH LISA'S COMMENTS ABOUT THE STOMACH  
MASSAGE.

I FELT I GOT BEHIND ON MY TIMINGS DURING THE BACK MASSAGE  
+ WAS CONCERNED ABOUT NOT FINISHING ON TIME. I FELT I  
NEEDED TO QUICKEN MY PACE BUT DIDN'T WANT THIS TO  
TRANSLATE THROUGH TO LISA. I STILL DIDN'T HAVE ENOUGH TIME  
ON THE HEAD MASSAGE FULLY AND THEREFORE NEED TO BE (PTO)

Client signature:



Student signature:



### Client Consultation Form

DAWN PHILPOTT

College Name: Devon Academy  
College Number: 12065  
Date: 8/8/13  
Profession: NURSING AUXILIARY  
Tel. No's:

Student Name: FIONA SLADEN  
Client Name: ✓  
Address: ✓  
Email: fiona958@talktalk.net

#### PERSONAL DETAILS

Age Group: Under 20  20-30  30-40  40-50  50-60  60+   
Lifestyle: Active  Sedentary   
Last visit to the doctor: 4 months  
GP Address: Dr Cox, Okehampton Health Centre, East St, Okehampton  
No. Of children (if applicable): 2

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| Asthma <input type="checkbox"/>                      | Acute rheumatism <input type="checkbox"/>                    |
| Kidney infection <input type="checkbox"/>            | None of the above <input checked="" type="checkbox"/>        |

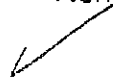
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# Devon Academy Of Complementary Therapies

Student Name: DAWN PHILPOTT

Date: 8/8/13.

## Client Profile (to include lifestyle)

Fiona is 48 yrs old, divorced and lives with her 2 children aged 14 + 15 years old. She works as a Nursing Auxillary at St Lukes Hospice in Plymouth. She has moderate stress levels at home + work but struggles to relax at times PTO

## Treatment Plan

A full body massage was carried out albeit with one leg + one arm included

Thumb frictions over the rhomboids found some lactic acid crystals and more tension found in the trapezius at the shoulder particularly the right shoulder - thumb frictions + petrissage in this area used to release this tension PTO

## Client feedback:

Pressure level was very good - firm + at the right level.

~~Flow~~ Good flow of treatment + confidence in movements  
Percussion on the back was rather awkward + out of rhythm but on legs was better.

## Homecare advice:

Diet - I would recommend Fiona starts drinking water daily

2 glasses per day to start with increasing to 4 per day + reduces her shed things to 1 per day.  
Exercise - Fiona has been running since Oct 12 but doesn't always undertake this regularly - I would suggest she tries to go at least once a week but also include yoga PTO

## Self reflection (any CPD requirements):

I was generally pleased to how the massage went especially with the timing of it as this is an area in which I have struggled but I was on time with this one.

I forgot the breathing at the beginning and forgot to use the antibacterial gel between the hand + the head massage sections.

I agree with Fiona's feedback re the percussion movements as I did find these awkward especially because Fiona is very slim

Client signature:

*f. Philpott*

Student signature:

*D. Hepster*