

Devon Academy Of Complementary Therapies

Reflexology QCF Client Evaluation

Student Therapists Name: Ann M Ford (Annie)

Clients name..... *Maureen* Date..... *9/10/12* Treatment Number..... *1*

Client evaluation – Reflexology treatment

It is an important part of the therapists training to receive feedback from you the client, so that their performance can be monitored and improved. Your time in completing this sheet and the comments will therefore be greatly appreciated.

Client care

- a) Was the treatment explained to you beforehand? ✓
- b) Was the treatment room warm and welcoming? ✓
- c) Was your comfort and modesty protected throughout? ✓
- d) Were you given aftercare advice? ✓

Speed, flow, rhythm and movement

- a) Were the movements used smooth and flowing? ✓
- b) Did your massage seem rushed or hurried? *no*
- c) Did the student therapist check the pressure suited you? *yes*
- d) How would you describe the pressure used – firm, light etc... *comfortable*

Outcome

- a) How did you feel about the massage beforehand? *relaxed*
- b) How did you feel during the massage? *calm*
- c) How did you feel after the massage? *relaxed*
- d) Did the massage meet, fail or exceed your expectations? *a real treat*

Please take a few moments to highlight 2 strengths or 2 weaknesses about the treatment you have experienced today. A strength is something you thought the student therapist was particularly good at or that you enjoyed. A weakness being something that you thought could be improved i.e. pressure, attention to detail, covering the whole muscle confidence etc..

2 strengths *TREATMENT VERY RELAXING*
ENJOYED THE TREATMENT

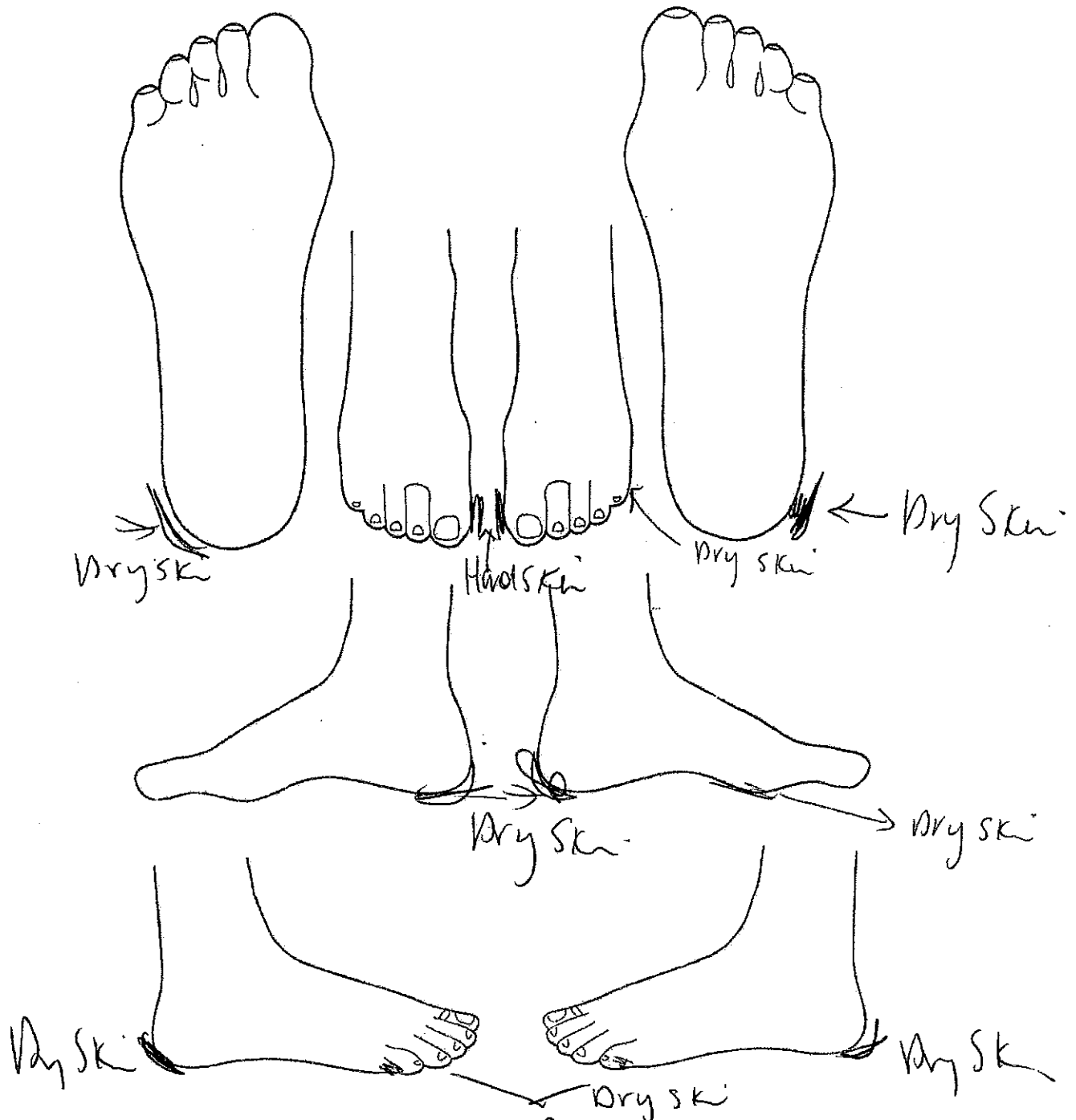
2 weaknesses *NONE* ✓

Client signature..... *[Signature]* Date..... *9/10/12*

Foot Reading Chart

①

Client Name : Mamoon
 Date 9/10/12



- Local Contraindications None
- Skin Texture / areas of hard skin Dry Skin on
- Temperature Warm healthy
- Colour Pink healthy
- Odour None
- Tone Normal flexion
- Mobility Normal on assessment
- Skeletal Structure / Arches Normal
- Condition of Nails Normal
- Fall of Feet Slight inward tilt

Student Name

Manna

Anneford

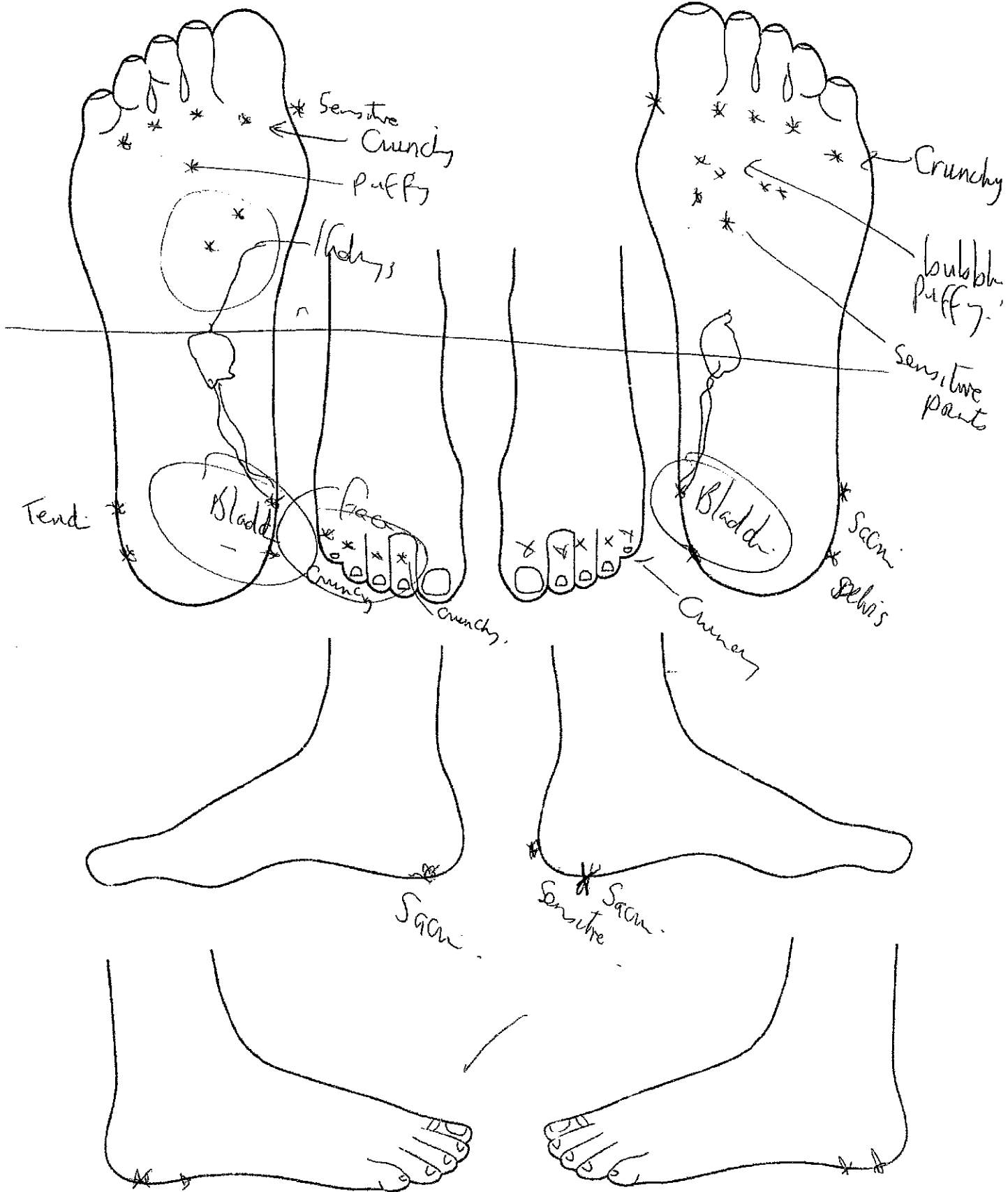
Client

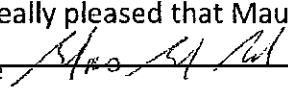
Date

9/10/12

Treatment Number

1



Devon Academy :	Client Treatment record
Name	Maureen
Date of treatment	23/10/2012
Treatment	2
Client Profile	Maureen is a 74 year old widowed lady who is generally fit and healthy. Maureen live alone with close family support , she is very active and today we are going to treat for stress management and general aches and pains.
Treatment plan (what I am going to do) and what I found	Today we are going to treat for 1 hour on both feet to rebalance the body and aim for total relaxation. Maureen has had a busy week and is very tired. She advised she is sleeping so much better this week. We will focus on brain, face, pitutary, kidneys and immune systems. I found crunching on right foot only today with some puffiness at the edge of the shouldr zone in zone 5. The pressure points on both sides for kidneys, bladder and face showed some sensitivity. The face zones 1-5 were slightly cruncy and slightly puffy.
How client felt before treatment	Relaxed and anticipating
During treatment	During the treatment Maureen fell asleep and was very very relaxed, she did react when we applied the acupressure to kidneys and bladder and shoulders on both sides.
After treatment	After treatment she was relaxed and very appreciative.
Homecare advice following treatment	<p>Immediate self-care to relax after the treatment if possible, to ensure she drinks plenty of water later to ensure the body is well hydrated .Following last weeks advice she is sleeping better and has decided to review her diet and review healthier options like more fruit and vegetables.</p> <p>Stress levels: we reviewed how she can reduce her stress by finding tome to listen to realxing music and generally selfcaring more she would like to take longer baths and enjoy them as they relax her. Maureen will use the lavender spry I prepared for her on her pillow at night and will continue to use the eye mask to enhance production of serotonin. She also exposes more of her body to the sunlight when walking do enhancing Vit D uptake for immune boost. We reviewed the stress management questionnaire as Maureen has some work stress and though coping well her ability to switch off needs ot increase, we looked at and practised a short mindfulness meditation to help her.</p>
Overview and reflective practice	I found Maureen really relaxed and happy today she seems to be enjoying the treatments and especially the convenience of having them in her home. I had a long day myself however I really enjoyed the time carrying out the treatment and I was really pleased that Maureen is sleeping so much better.
Client signature	

Devon Academy Of Complementary Therapies

Reflexology QCF Client Evaluation

Student Therapists Name: Ann M Ford (Annie)

Clients name.....*Maureen*.....Date.....*23/10/12*.....Treatment Number.....*2*.....

Client evaluation – Reflexology treatment

It is an important part of the therapists training to receive feedback from you the client, so that their performance can be monitored and improved. Your time in completing this sheet and the comments will therefore be greatly appreciated.

Client care

- a) Was the treatment explained to you beforehand? ✓
- b) Was the treatment room warm and welcoming? ✓
- c) Was your comfort and modesty protected throughout? ✓
- d) Were you given aftercare advice? ✓

Speed, flow, rhythm and movement

- a) Were the movements used smooth and flowing? ✓
- b) Did your massage seem rushed or hurried? *just right*
- c) Did the student therapist check the pressure suited you? *yes*
- d) How would you describe the pressure used – firm, light etc... *just right*

Outcome

- a) How did you feel about the massage beforehand? *relaxed*
- b) How did you feel during the massage? *calm*
- c) How did you feel after the massage? *more relaxed*
- d) Did the massage meet, fail or exceed your expectations? *exceed ✓*

Please take a few moments to highlight 2 strengths or 2 weaknesses about the treatment you have experienced today. A strength is something you thought the student therapist was particularly good at or that you enjoyed. A weakness being something that you thought could be improved i.e. pressure, attention to detail, covering the whole muscle confidence etc..

2 strengths *FELT MUCH BETTER AFTER TREATMENT.
MOVEMENTS USED WAS SMOOTH.*

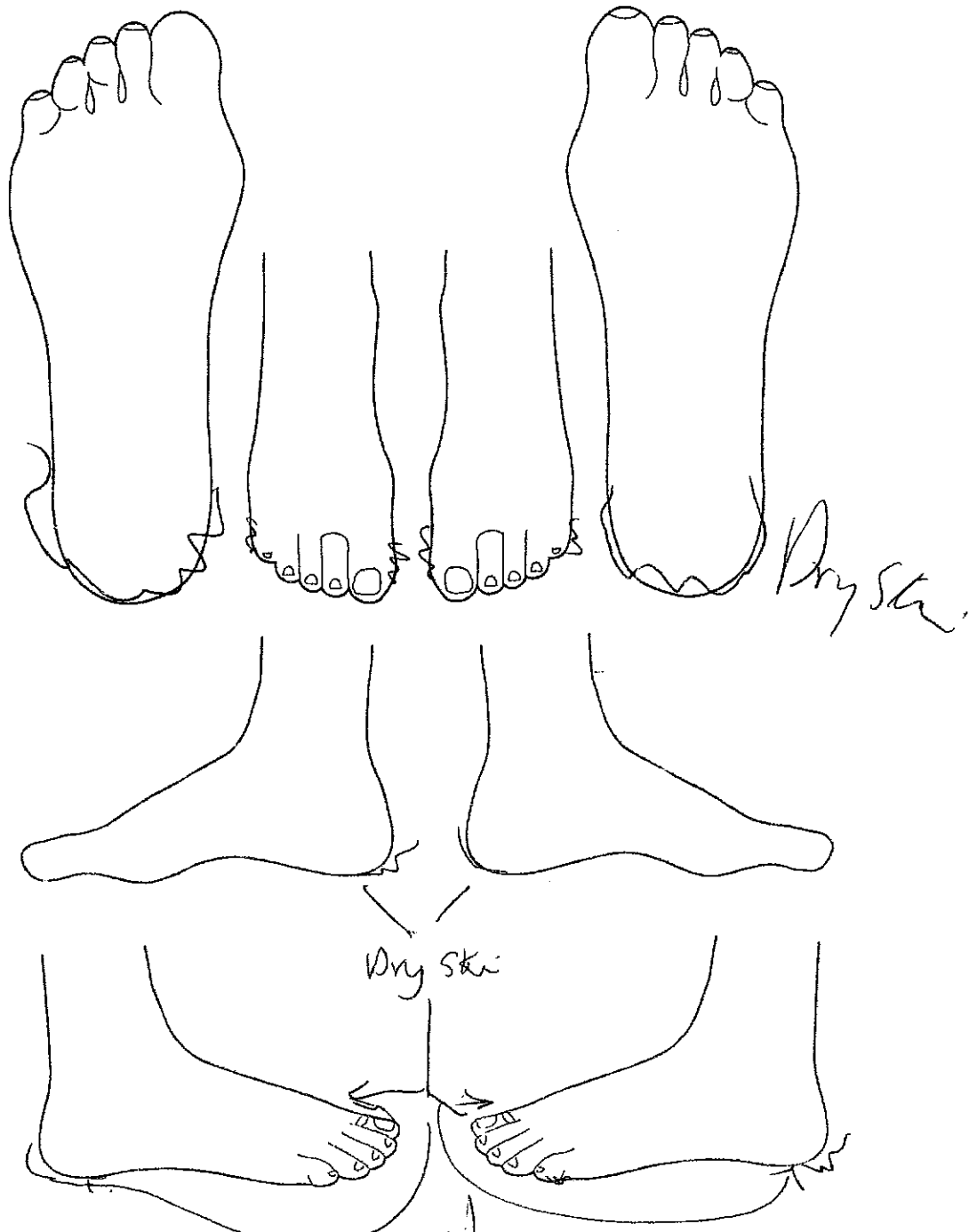
2 weaknesses *NONE* ✓

Client signature.....*[Signature]*.....Date.....*23/10/12*.....

Foot Reading Chart

2

Client Name : Maree
 Date 23/10/12

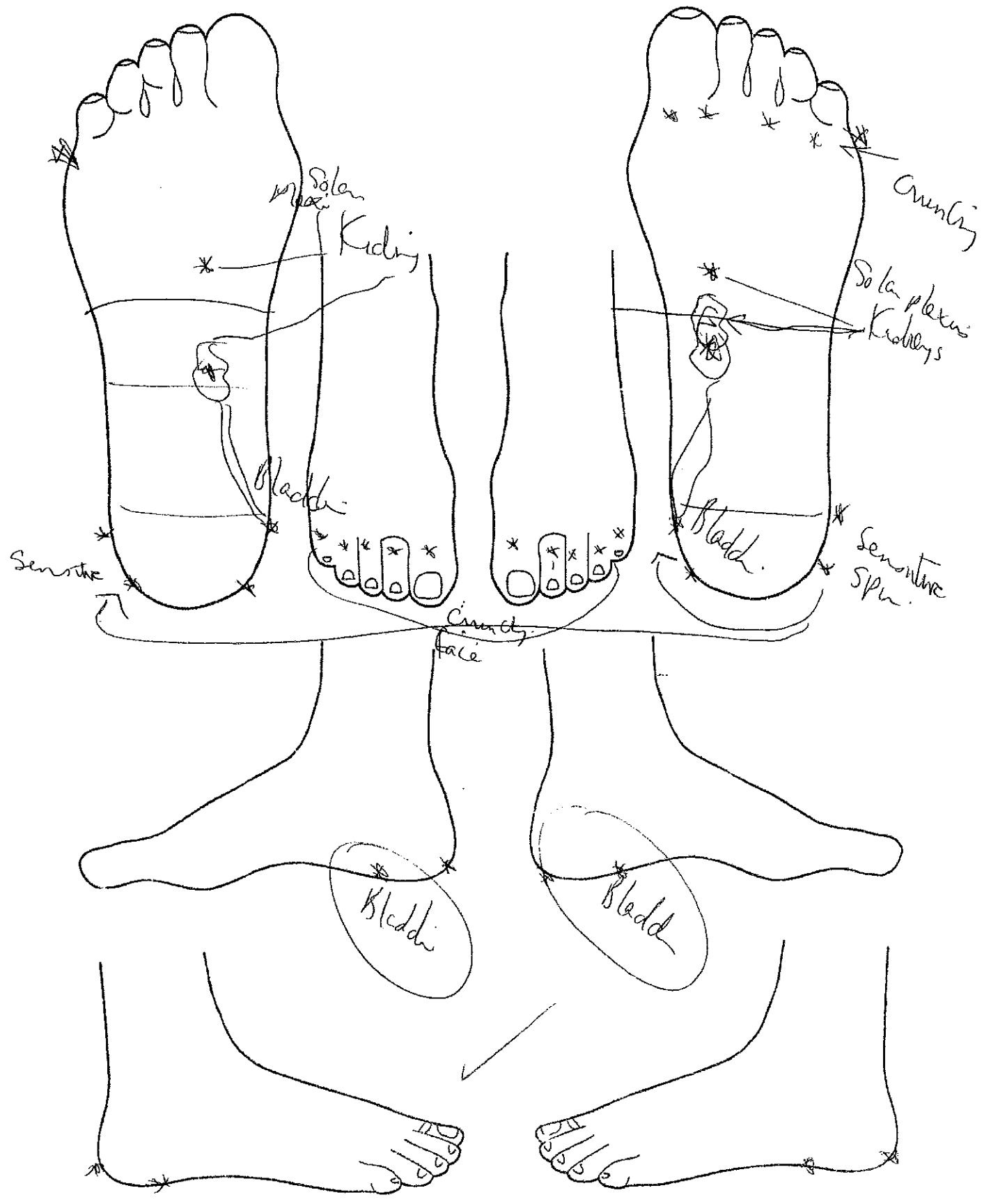


- Local Contraindications None
- Skin Texture / areas of hard skin Warm healthy Dry skin on heels and toes
- Temperature Warm
- Colour Pink and healthy
- Odour None
- Tone healthy lovely nailment
- Mobility Normal
- Skeletal Structure / Arches Normal
- Condition of Nails Normal intact
- Fall of Feet Normal

Student Name Annice Ford

Client Mareen

Date 23/10/12 Treatment Number 8



Devon Academy :	Client Treatment record
Name	Maureen
Date of treatment	06/11/2012
Treatment Number	3
Client Profile	Maureen is a 74 year old widowed lady who is generally fit and healthy. Maureen live alone with close family support , she is very active and today we are going to treat for stress management and general aches and pains.
Treatment plan (what I am going to do) and what I found	General treatment today to help maureen rebalance. We will pay particular attention to brain and neck where she suffers from tension and areas of aches and pains. We will work the digestive system just in case it is related to the stress and sleeping problems. Today I found the crunchy in lung area of both feet, kidneys and solar plexus. There was also some reaction on pelvis and lower spine zones. When treating the digestive system I noted some gurgling in her abdomen.
How client felt before treatment	Maureen very relaxed today
During treatment	Maureen was relaxed and very comfortable during her treatments today, she reacted normally to the acupressure points in her kidneys and solar plexus stating that once I had applied effleurage to the areas it relaxed her even more.
After treatment	She was very comfortable, sleepy and relaxed.
Homecare advice following treatment	After today's treatment I advised about the healing process and individuals reactions to reflexology treatments i.e. frequency of passing urine, tiredness, muscular aches and pains, emotional reactions, vomiting or fainting. I advised her to contact me if she is anxious or concerned about anything on my mobile. I advised about NHS Choices website and how helpful that can be for a wide range of self and family wellbeing needs and requirements she is now using this regularly and enjoys reading about healthy sleeping tips and dietary updates. This has also encouraged her to take glucosamine for her painful joints in winter recommended by myself and her GP. We reviewed exercise again today and she is exercising with the dog in the park venthough cold right now she loves the time out in fresh air, she has found it easy to expose a bit of her flesh to the elements and she feels better for it her energies have increased. Diet she continue to enjoy cooking new recipes from the healthy foods diet book I gave her from my library increasing raw foods into her diet for improved mineral and vitamin content like spinach and broccoli for high iron in her diet. <i>equal detail</i>
Overview and reflective practice	I am so enjoying seeing the benefits of treatments for Maureen, she fed back that she has a lot more energy and is enjoying life more. Maureen is loving the lavender baths and mist I gave her to use.
Client signature	<i>[Handwritten signature]</i>
	<i>[Handwritten signature]</i>

Devon Academy Of Complementary Therapies

Reflexology QCF Client Evaluation

Student Therapists Name: Ann M Ford (Annie)

Clients name.....Maureen.....Date.....6/11/12.....Treatment Number.....3.....

Client evaluation – Reflexology treatment

It is an important part of the therapists training to receive feedback from you the client, so that their performance can be monitored and improved. Your time in completing this sheet and the comments will therefore be greatly appreciated.

Client care

- a) Was the treatment explained to you beforehand? yes
- b) Was the treatment room warm and welcoming? yes
- c) Was your comfort and modesty protected throughout? yes
- d) Were you given aftercare advice? ✓

Speed, flow, rhythm and movement

- a) Were the movements used smooth and flowing? ✓
- b) Did your massage seem rushed or hurried? NO
- c) Did the student therapist check the pressure suited you? ✓
- d) How would you describe the pressure used – firm, light etc... ✓

Outcome

- a) How did you feel about the massage beforehand? Relaxed
- b) How did you feel during the massage? calm
- c) How did you feel after the massage? RELAXED
- d) Did the massage meet, fail or exceed your expectations? -

Please take a few moments to highlight 2 strengths or 2 weaknesses about the treatment you have experienced today. A strength is something you thought the student therapist was particularly good at or that you enjoyed. A weakness being something that you thought could be improved i.e. pressure, attention to detail, covering the whole muscle confidence etc..

2 strengths I FELT COMFORTABLE DURING TREATMENT.
FEEING OF VITALITY AND WELL BEING AFTER
Reflexology Treatment.

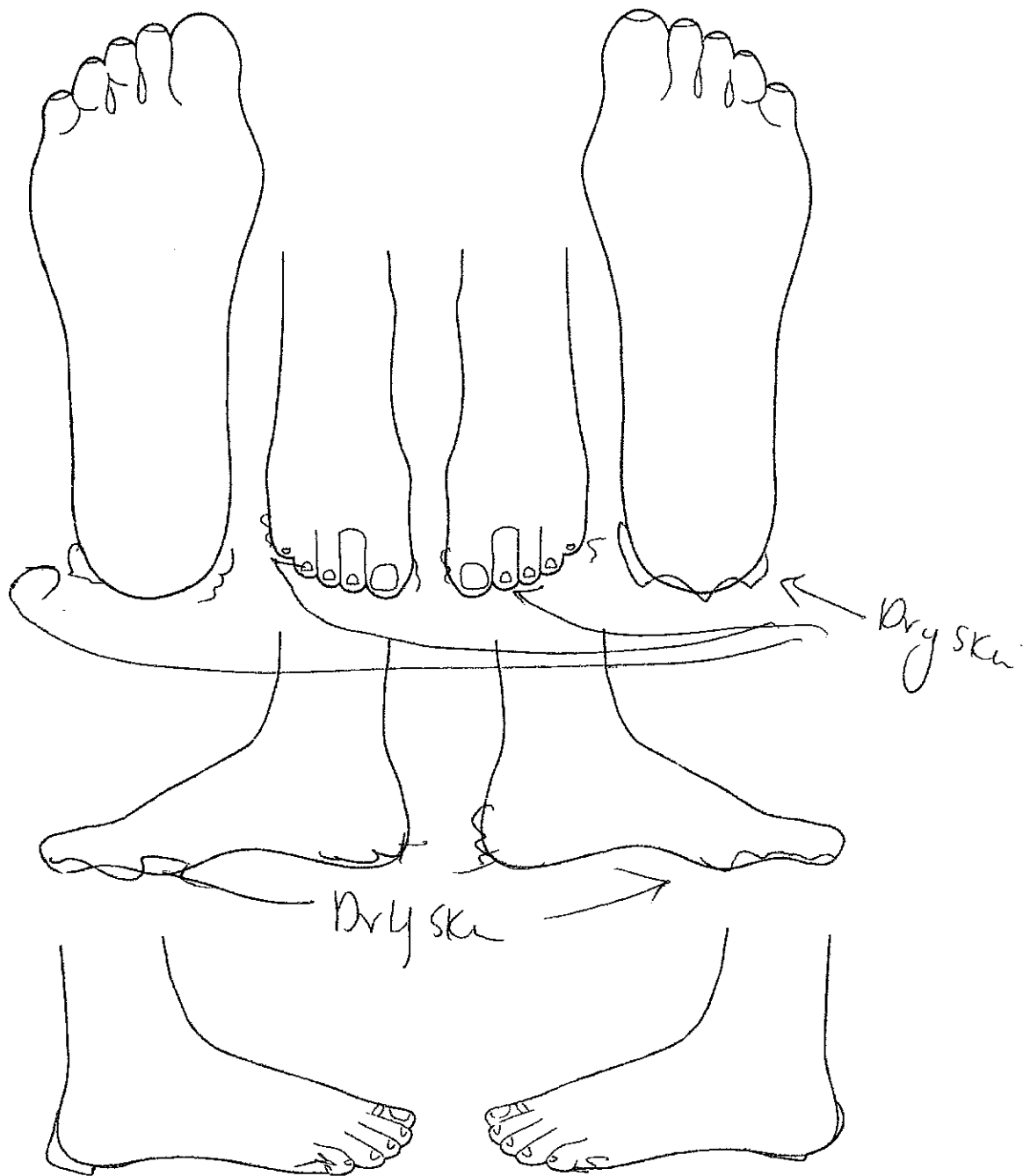
2 weaknesses NONE ✓

Client signature.....[Signature].....Date.....6/11/12.....

Foot Reading Chart

3

Client Name : Mameer
 Date 6/4/12



- Local Contraindications None
- Skin Texture / areas of hard skin Dry skin on edges heels/toes.
- Temperature Warm
- Colour pink + healthy
- Odour None
- Tone healthy movement ✓
- Mobility Normal good rotation
- Skeletal Structure / Arches Normal
- Condition of Nails In tact pink / healthy
- Fall of Feet Normal no abnormalities

Student Name

Anna Ford

Client

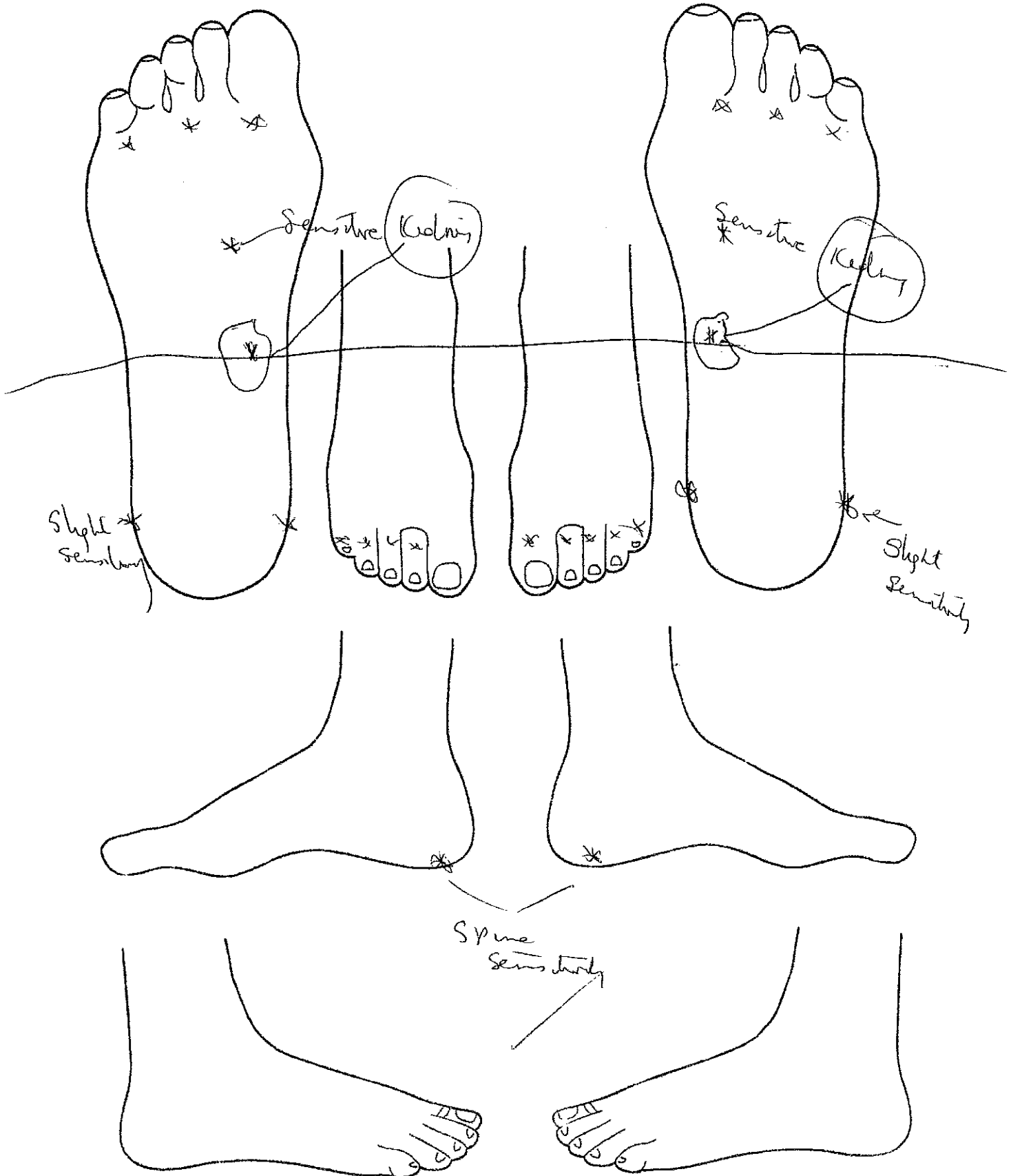
Maureen

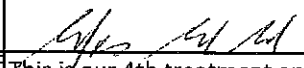
Date

6/11/12

Treatment Number

3



Devon Academy :	Client Treatment record
Name	Maureen
Date of treatment	20/11/2012
Treatment Number	4
Client Profile	Maureen is a 74 year old widowed lady who is generally fit and healthy. Maureen live alone with close family support , she is very active and today we are going to treat for stress management and general aches and pains.
Treatment plan (what I am going to do) and what I found	Another general treatment today to help Maureen rebalance her body. We will again pay particular attention to brain and neck where she suffers from tension and areas of aches and pains. We will work the immune and skeletal system just in case it is related to the aches and pains, stress and sleeping problems. Today I found the crunchy in lung area of both feet, kidneys and solar plexus. There was also some sensitivity on shoulders and cervical vertebrae zones. When treating the bladder today Maureen needed to stop and use the toilet. Once she returned we carried on as normal and she said she felt really relaxed, she fell asleep.
How client felt before treatment	Maureen was so looking forward to her treatment today, she had everything ready when I arrived.
During treatment	Maureen needed the toilet and once returned I recommenced treatments she fell asleep.
After treatment	Maureen enjoyed the treatment and after her sleep felt really relaxed and re-energised.
Homecare advice following treatment	I advised on drinking plenty of fluid this evening to detoxify her body. After today's treatment I advised about the healing process and individuals reactions to reflexology treatments again i.e. frequency of passing urine, tiredness, muscular aches and pains, emotional reactions, vomiting or fainting. I advised her to contact me if she is anxious or concerned about anything on my mobile. We revisited diet and eating as much raw food as possible and reducing the volume of white bread and white pasta, Maureen is now using brown bread and pasta and her bowels have improved significantly feeling more comfortable generally. Maureen is enjoying the book on wellbeing and diet and has been sharing her learning with her work colleagues. Maureen and I discussed her exercise regime again and she loves walking the dog, she has lengtened her walks now and changes her route every day to make it a bit more interesting. Maureen is also embracing stres management and joined a pilates class at her church for over 60s
Client signature	
Overview and reflective practice	This is our 4th treatment and the effects are physical, emotional, social and spiritual Maureen is so enjoying her new energy levels and she finds the selfcare work easier now that she has allowed herself to real. As a therapist working in the home has been easier than I anticiapted I am normally very organised and the equipment has been easy to transfer.

Devon Academy Of Complementary Therapies

Reflexology QCF Client Evaluation

Student Therapists Name: Ann M Ford (Annie)

Clients name.....*Maureen*.....Date.....*20/11/12*.....Treatment Number.....*4*.....

Client evaluation – Reflexology treatment

It is an important part of the therapists training to receive feedback from you the client, so that their performance can be monitored and improved. Your time in completing this sheet and the comments will therefore be greatly appreciated.

Client care

- a) Was the treatment explained to you beforehand? ✓
- b) Was the treatment room warm and welcoming? ✓
- c) Was your comfort and modesty protected throughout? ✓
- d) Were you given aftercare advice? ✓

Speed, flow, rhythm and movement

- a) Were the movements used smooth and flowing? ✓
- b) Did your massage seem rushed or hurried? ✓ *no*
- c) Did the student therapist check the pressure suited you? ✓
- d) How would you describe the pressure used *(firm, light etc...*

Outcome

- a) How did you feel about the massage beforehand? *calm*
- b) How did you feel during the massage? *relaxed*
- c) How did you feel after the massage? *calm*
- d) Did the massage meet, fail or exceed your expectations? *exceed*

Please take a few moments to highlight 2 strengths or 2 weaknesses about the treatment you have experienced today. A strength is something you thought the student therapist was particularly good at or that you enjoyed. A weakness being something that you thought could be improved i.e. pressure, attention to detail, covering the whole muscle confidence etc..

2 strengths *ENJOYED LOW P. MASSAGE .
PRESSURE USED SUITED ME .*

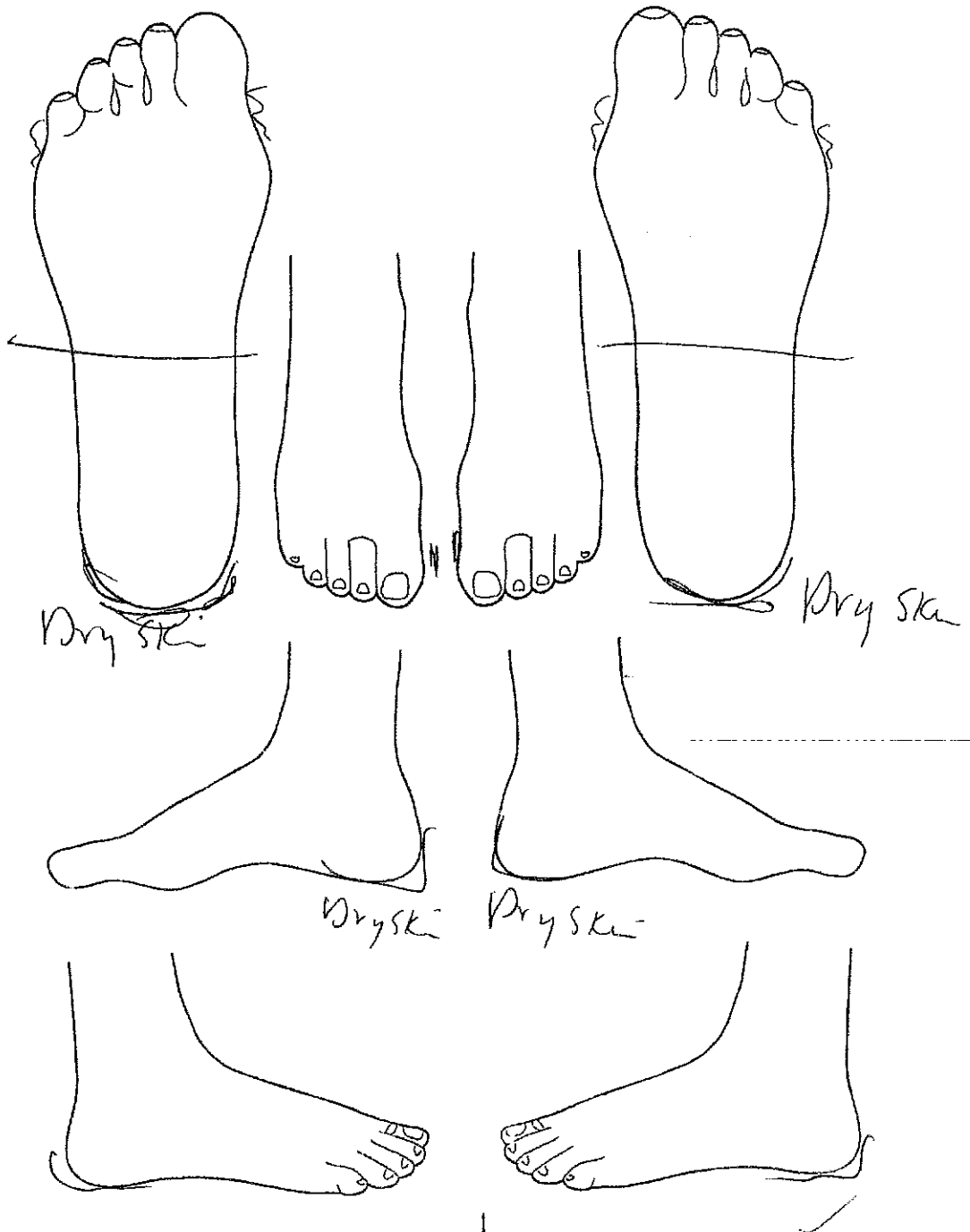
2 weaknesses *NONE* ✓

Client signature.....*Maureen*.....Date.....*20/11/12*.....

Foot Reading Chart

4

Client Name : Mawani
 Date 20/11/12

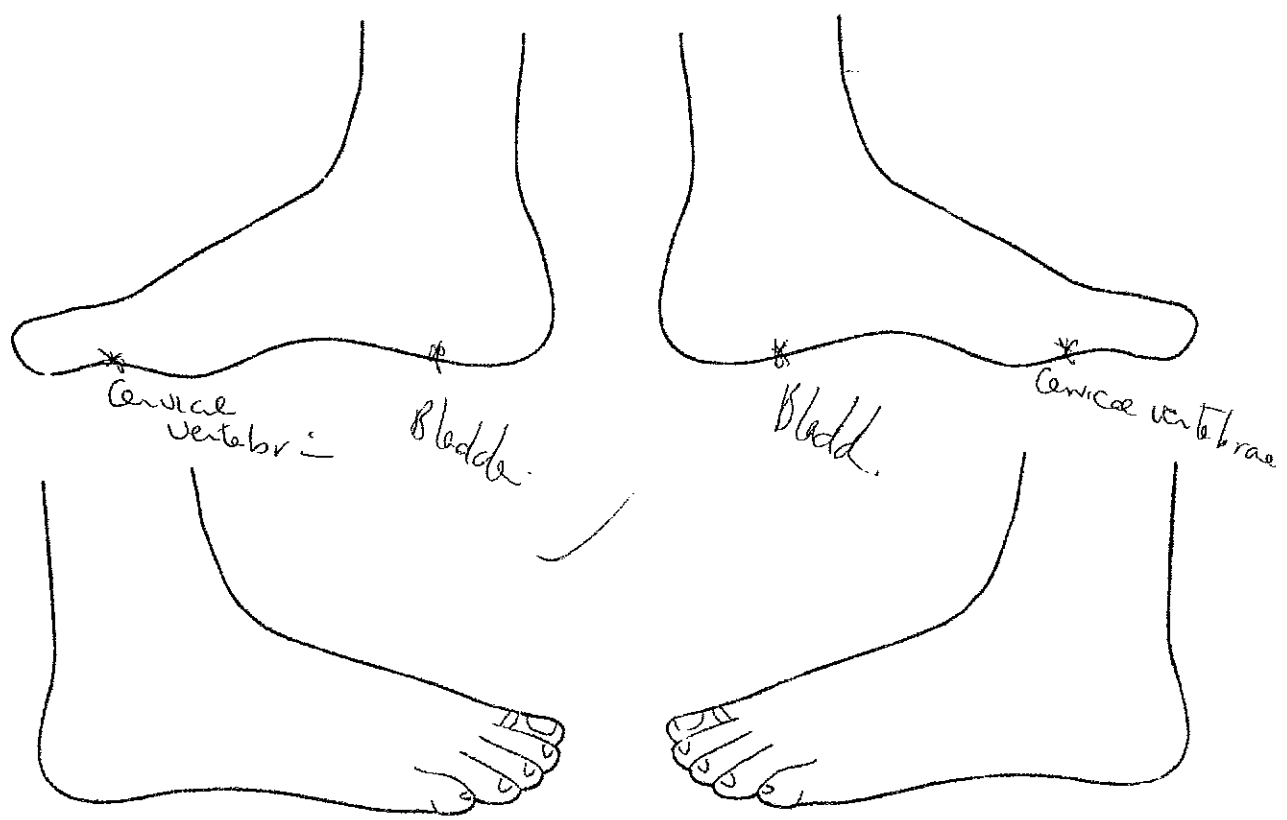
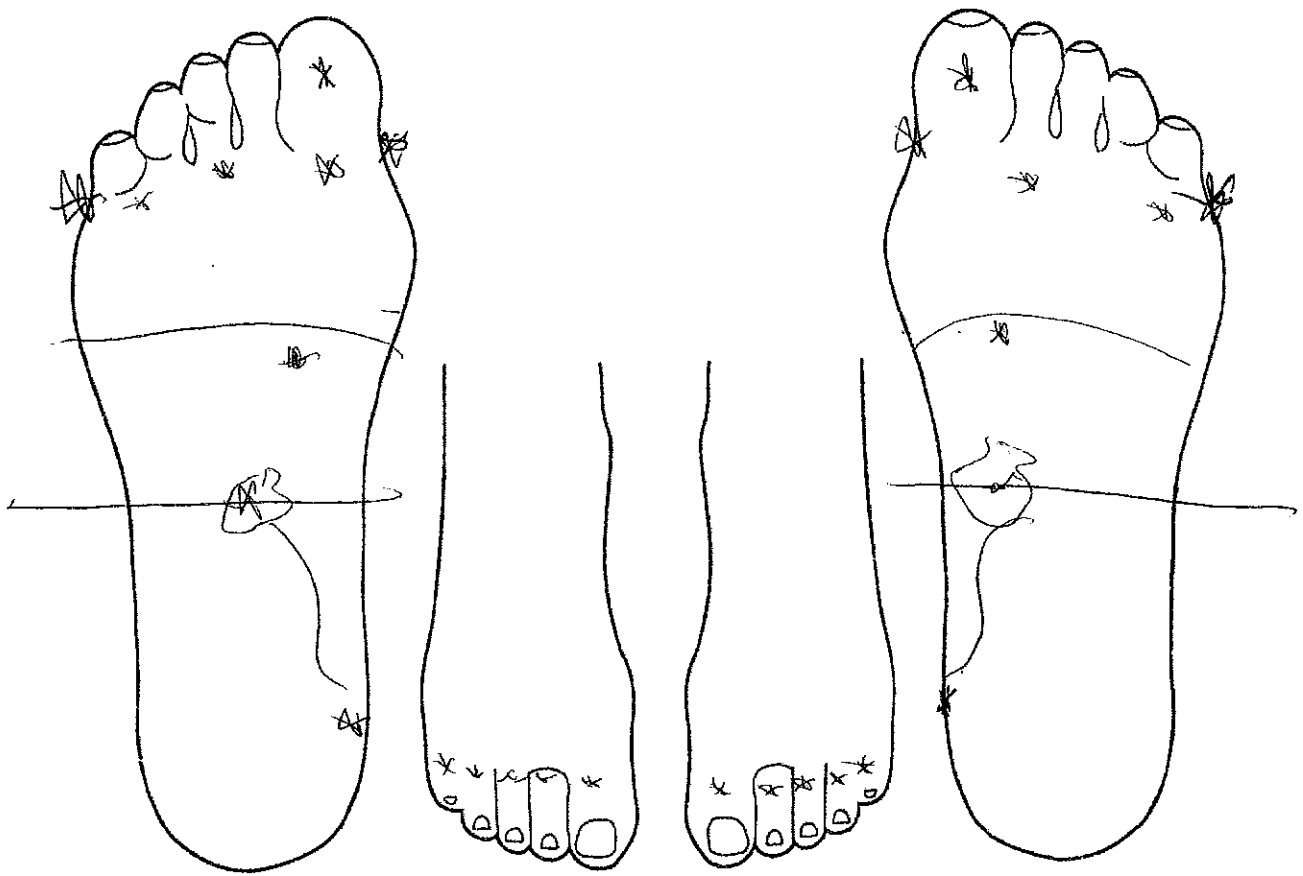


- Local Contraindications None
- Skin Texture / areas of hard skin heels + side of toes
- Temperature Normal warm and pink
- Colour Pink + healthy
- Odour None
- Tone Excellent tone on rotation
- Mobility Normal
- Skeletal Structure / Arches Normal
- Condition of Nails Intact healthy
- Fall of Feet Normal no abnormality

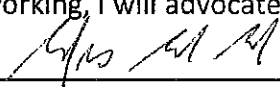


Student Name Annie Ford

Client Manson

Date 26/11/12 Treatment Number 4



Devon Academy Registration 22061

Devon Academy :	Client Treatment record
Name	Maureen
Date of treatment	11/12/2012
Treatment Number	5
Client Profile	Maureen is a 74 year old widowed lady who is generally fit and healthy, she is very active and today we are going to treat for stress management and general aches and pains.
Treatment plan (what I am going to do) and what I found	A follow up general treatment today as requested to help Maureen relax and enhance her wellbeing. We will again pay particular attention to brain and neck where she suffers from tension and areas of aches and pains. We will work the immune and skeletal system just in case it is related to the aches and pains, stress and sleeping problems. Today again I found the crunchy in lung area of both feet and solar plexus. There was also some sensitivity on shoulders and cervical vertebrae zones. I noted a slight puffiness on lateral aspects of feet on breast sternum and ribs.
How client felt before treatment	Really looking forward to the treatment and happy to have more if necessary I noted she seemed a lot happier generally.
During treatment	During treatment quite chatty i advised the time and space was for her and she relaxed once she had described her full day in detail.
After treatment	Very relaxed and calm.
Homecare advice following treatment	Maureen was advised about drinking plenty and selfcaring more and more, she was also advised to have a restful evening and cosider an early night. The diet is going well her enegies have improved and she has lost 3 pounds this week which was good for her. Maureen advised her pilates classes are brilliant she now has some new friends and is arranging a series of social events with widows group. We reviewed on-going stress and self-care the short mediation we used in on NH Choices website so I printed off for her to practice at home. She continues with eye mask and lavender sprays and finds her sleeping much better now.
Overview and reflective practice	Am seeing real progress with client now and she seems so much happier. I have found using her towels so much easier and for infection control perspective much safer in her home using her linen. I have been cleaning the chair with surgical spirit as per NHS regulations and policy. The effect of the treatment is enhancing Maureen's life overall and the sleep and diet interventions seem to be working. I will advocate on-going compliance when I complete my 8 treatments.
Client signature	 
	

Devon Academy Of Complementary Therapies

Reflexology QCF Client Evaluation

Student Therapists Name: Ann M Ford (Annie)

Clients name... *Maureen* Date... *11/12/12* Treatment Number... *5*

Client evaluation – Reflexology treatment

It is an important part of the therapists training to receive feedback from you the client, so that their performance can be monitored and improved. Your time in completing this sheet and the comments will therefore be greatly appreciated.

Client care

- a) Was the treatment explained to you beforehand?
- b) Was the treatment room warm and welcoming?
- c) Was your comfort and modesty protected throughout?
- d) Were you given aftercare advice?

Speed, flow, rhythm and movement

- a) Were the movements used smooth and flowing?
- b) Did your massage seem rushed or hurried? *no*
- c) Did the student therapist check the pressure suited you? *yes*
- d) How would you describe the pressure used – firm, light etc... *just right*

Outcome

- a) How did you feel about the massage beforehand? *relaxed.*
- b) How did you feel during the massage? *calming*
- c) How did you feel after the massage? *calm + relaxed*
- d) Did the massage meet, fail or exceed your expectations? *just right.*

Please take a few moments to highlight 2 strengths or 2 weaknesses about the treatment you have experienced today. A strength is something you thought the student therapist was particularly good at or that you enjoyed. A weakness being something that you thought could be improved i.e. pressure, attention to detail, covering the whole muscle confidence etc..

2 strengths *THE MASSAGE EXCEEDED MY EXPECTATIONS*
ENJOYED THE TREATMENT.

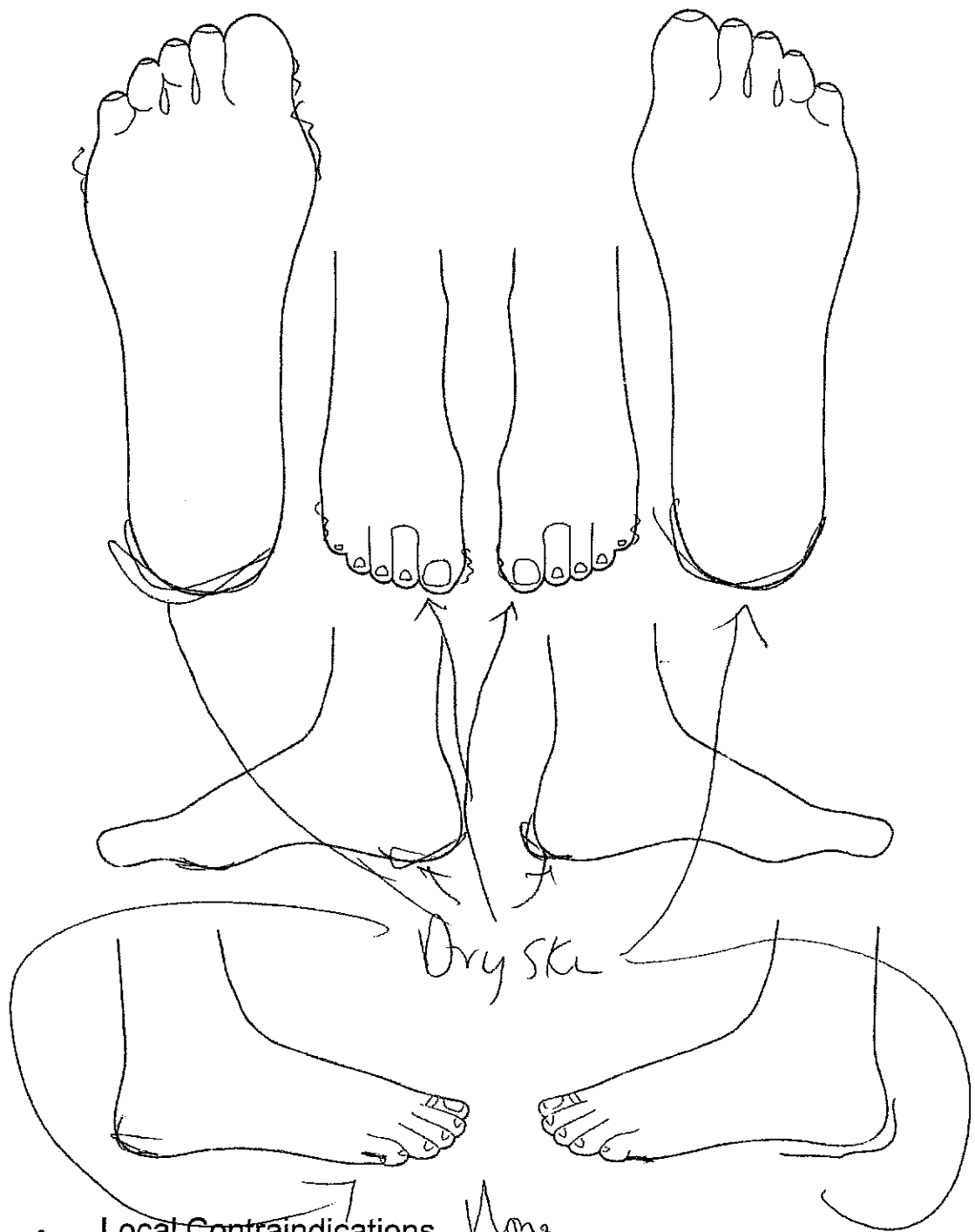
2 weaknesses *NONE*

Client signature... *[Signature]* Date... *11/12/12*

Foot Reading Chart

5

Client Name : Maven
Date 11/12/12

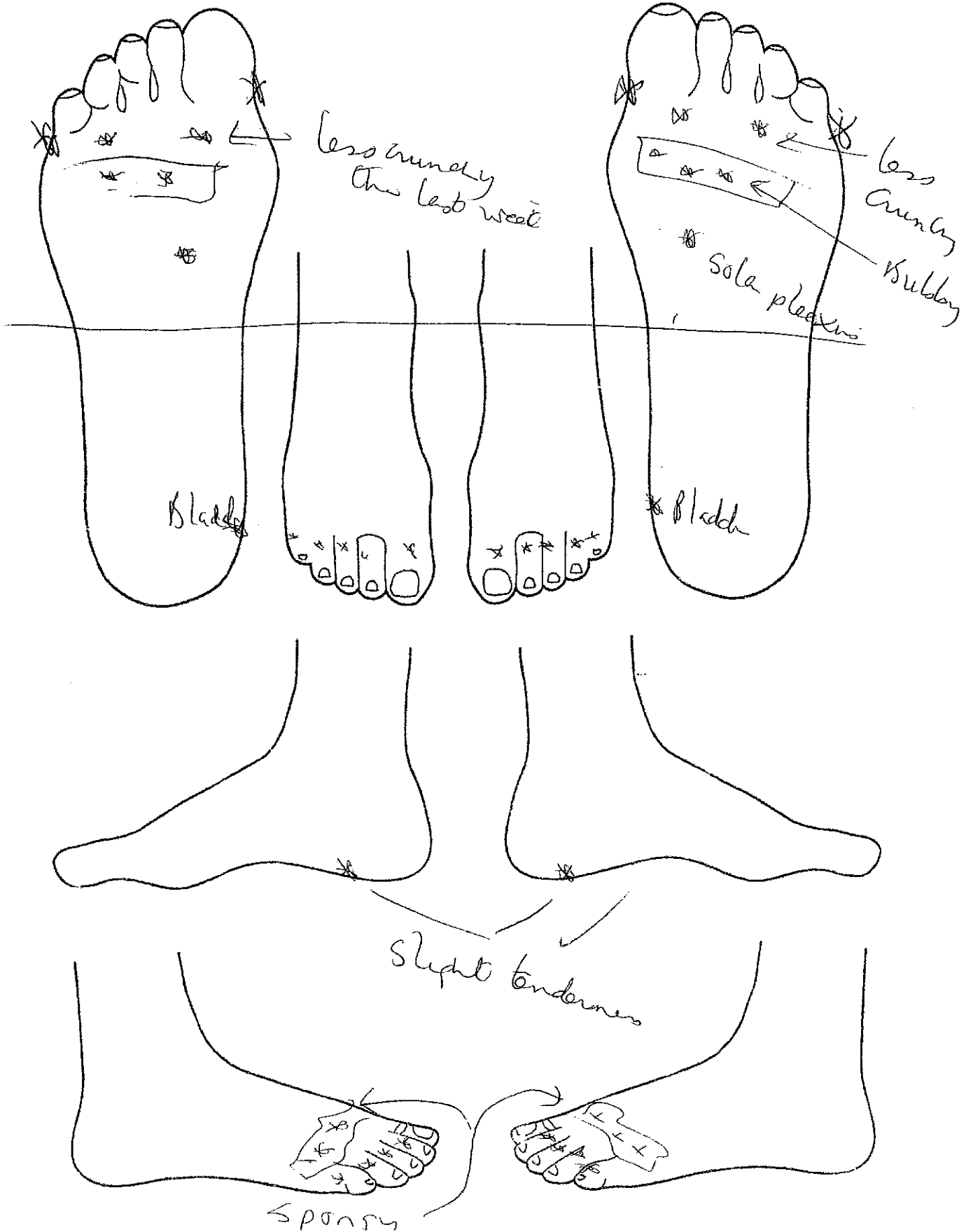


- Local Contraindications None
- Skin Texture / areas of hard skin Normal
- Temperature Warm to touch
- Colour Pink
- Odour None
- Tone Easy free movement Normal
- Mobility Excellent
- Skeletal Structure / Arches Normal
- Condition of Nails Intact and healthy
- Fall of Feet Normal

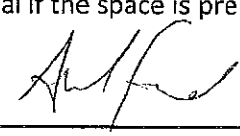
Student Name Annie Ford

Client Maman

Date 11/12/12 Treatment Number 5



Devon Academy Registration 22061

Devon Academy :	Client Treatment record
Name	Maureen
Date of treatment	08/01/2013
Treatment Number	6
Client Profile	Maureen is a 74 year old widowed lady who is generally fit and healthy, she is very active and today we are going to treat for stress management and general aches and pains. ✓
Treatment plan (what I am going to do) and what I found	Today we are going to treat for 1 hour on both feet to rebalance the body and aim for total relaxation and a boost for the immune system. Maureen has had another busy week and is a bit tired this evening. She advised she is sleeping more deeply and feeling rested on waking. We will focus on brain, face, pituitary, kidneys and immune systems. I found crunching on her lung area and some evidence of puffiness on her lateral bilateral lung and sternum areas. The pressure points on both sides for bladder and shoulder and elbow showed some sensitivity. ✓
How client felt before treatment	Relaxed and full of anticipation today, really looking forward to treatments.
During treatment	During treatment today Maureen was her normal chatty self at beginning and she totally relaxed actually falling asleep for most of the treatment.
After treatment	Felt totally relaxed and replenished
Homecare advice following treatment	I again advised on immediate self-care to relax after the treatment by drinking plenty of water later to ensure her body is well hydrated. After today's treatment I reiterated about the healing process and individuals reactions to reflexology treatments i.e. frequency of passing urine, tiredness, muscular aches and pains, emotional reactions, vomiting or fainting. I advised her to contact me if she is anxious or concerned about anything on my mobile. Maureen is still taking the glucosamine for her painful joints in recommended by myself and her GP and she is finding this really helpful. We reviewed the exercise again today, she loves the time out in fresh air, she feels stronger and better for it her energies have increased and the pilates helps her breathing and posture. Diet - Maureen is continuing to enjoy cooking new recipes from the healthy foods diet book which are really easy to follow. We reviewed stress levels and they continue to improve significantly with the new sleep patterns, diet and social life she feels overall so much better. ✓
Overview and reflective practice	I have really enjoyed the homecare and home visit as part of my training. When I worked as a community midwife and cancer specialist nurse my experience of client visits were similar in that the environment if prepared well can be calming, however I am mindful of different family flows and how a clinic can be equally beneficial if the space is prepare and planned well to meet clients holistic needs ✓
Client signature	

Devon Academy Of Complementary Therapies

Reflexology QCF Client Evaluation

Student Therapists Name: Ann M Ford (Annie)

Clients name Maureen Date 8/1/13 Treatment Number 6

Client evaluation – Reflexology treatment

It is an important part of the therapists training to receive feedback from you the client, so that their performance can be monitored and improved. Your time in completing this sheet and the comments will therefore be greatly appreciated.

Client care

- a) Was the treatment explained to you beforehand?
- b) Was the treatment room warm and welcoming?
- c) Was your comfort and modesty protected throughout?
- d) Were you given aftercare advice?

Speed, flow, rhythm and movement

- a) Were the movements used smooth and flowing?
- b) Did your massage seem rushed or hurried? no
- c) Did the student therapist check the pressure suited you? yes
- d) How would you describe the pressure used firm, light etc...

Outcome

- a) How did you feel about the massage beforehand? calm
- b) How did you feel during the massage? relaxed
- c) How did you feel after the massage? relaxed
- d) Did the massage meet, fail or exceed your expectations?

Please take a few moments to highlight 2 strengths or 2 weaknesses about the treatment you have experienced today. A strength is something you thought the student therapist was particularly good at or that you enjoyed. A weakness being something that you thought could be improved i.e. pressure, attention to detail, covering the whole muscle confidence etc..

2 strengths BEFORE MASSAGE I FELT I WOULD NOT ENJOY REFLEXOLOGY TREATMENT. FELT SO GOOD AFTER.

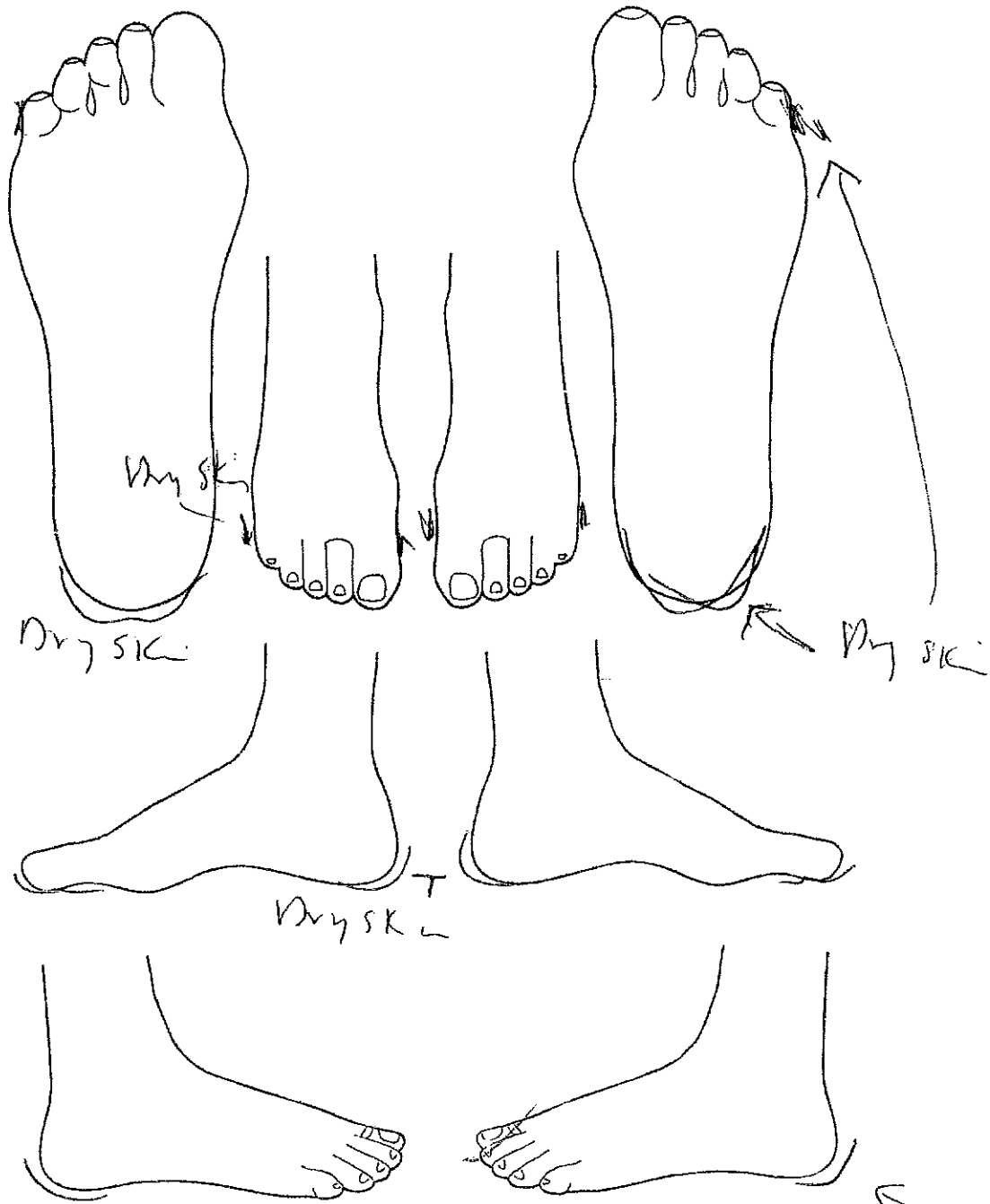
2 weaknesses NONE

Client signature [Signature] Date 8/1/13

Foot Reading Chart

Client Name : Mamean
 Date 8/1/13

6



Dry skin

Dry skin

- Local Contraindications None
- Skin Texture / areas of hard skin On edges of feet + toes
- Temperature Warm healthy
- Colour Pink and warm
- Odour None
- Tone healthy - easy free movement
- Mobility excellent - healthy
- Skeletal Structure / Arches Normal
- Condition of Nails Intact healthy
- Fall of Feet Normal - very slight inward.

Student Name

Anne Ford

Client

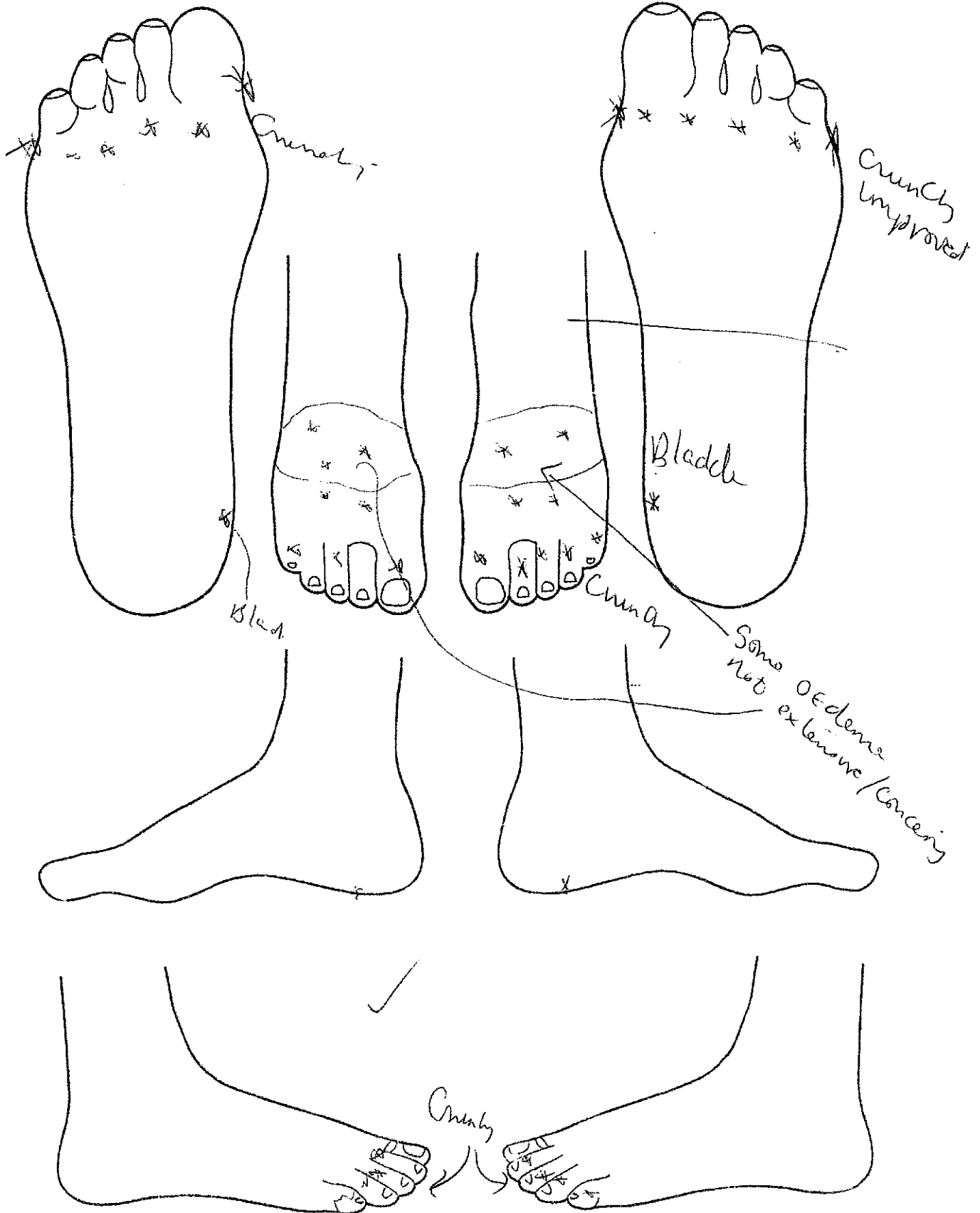
Maree

Date

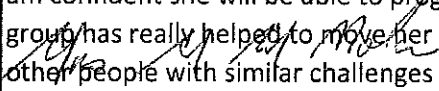
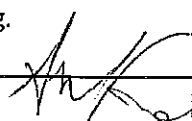
8/1/13

Treatment Number

6



Devon Academy Registration 22061

Devon Academy :	Client Treatment record
Name	Maureen
Date of treatment	29/01/2013
Treatment Number	7
Client Profile	Maureen is a 74 year old widowed lady who is generally fit and healthy, she is very active and today we are going to treat for stress management and general aches and pains.
Treatment plan (what I am going to do) and what I found	We discussed and planned a general treatment today to help Maureen rebalance and relax again. We will pay particular attention to brain, neck, pituitary, skeletal and areas where she suffers from tension and areas of aches and pains. We will work the immune and hormonal system just in case it is related to the stress and sleeping problems. Today I found the crunchy in lung area of both feet, kidneys and solar plexus. There was also some reaction on pelvis and lower spine zones. When treating the pelvic girdle close to ovaries there was on both sides some evidence of puffiness.
How client felt before treatment	Maureen was really looking forward to the treatments today
During treatment	Maureen totally relaxed during her treatments today and at one stage fell asleep totally for 20 minutes.
After treatment	Felt calm and relaxed, she needed to urinate and did this after standing up.
Homecare advice following treatment	Today we reviewed all of the homecare advice to date and we reviewed the key areas i.e. what to do today after treatments, how to continue selfcaring and how to contact me as needed for more advice and support. Maureen will drink plenty tonight and also have a light meal. Maureen is now managing her diet even more effectively and has purchased a calorie management book to ensure she is eating low saturated fat foods when cooking. She has also purchased a pedometer so she can aim for 7000 steps a day as advised by her pilates teacher, she has now lost 1/2 stone and feels stronger and better overall. Her sleep has significantly improved. Overall she is eating, sleeping, drinking, socialising and getting out more into the community for enjoyment rather than serving and reacting to other peoples crisis, she is however continuing to do voluntary work in church community centre as she loves the team there and she gets a lot of enjoyment from that however she is able to say no. We reviewed plans for last treatment next week.
Overview and reflective practice	The work we have done together has improved Maureen's quality of life, I am confident she will continue to build on that, she is a naturally positive persona and I am confident she will be able to progress her self-care strategies. Her new widows group has really helped to move her fun time forward and for her to enjoy time with other people with similar challenges as well as walking her family dog.
Client signature	
	

Devon Academy Of Complementary Therapies

Reflexology QCF Client Evaluation

Student Therapists Name: Ann M Ford (Annie)

Clients name.....Mauriceen..... Date.....29/1/13..... Treatment Number.....7.....

Client evaluation – Reflexology treatment

It is an important part of the therapists training to receive feedback from you the client, so that their performance can be monitored and improved. Your time in completing this sheet and the comments will therefore be greatly appreciated.

Client care

- a) Was the treatment explained to you beforehand?
- b) Was the treatment room warm and welcoming?
- c) Was your comfort and modesty protected throughout?
- d) Were you given aftercare advice?

Speed, flow, rhythm and movement

- a) Were the movements used smooth and flowing? Yes
- b) Did your massage seem rushed or hurried? No
- c) Did the student therapist check the pressure suited you? Yes
- d) How would you describe the pressure used (firm), light etc...

Outcome

- a) How did you feel about the massage beforehand? relaxed
- b) How did you feel during the massage? calm + sleepy
- c) How did you feel after the massage? relaxed
- d) Did the massage meet, fail or exceed your expectations?

Please take a few moments to highlight 2 strengths or 2 weaknesses about the treatment you have experienced today. A strength is something you thought the student therapist was particularly good at or that you enjoyed. A weakness being something that you thought could be improved i.e. pressure, attention to detail, covering the whole muscle confidence etc..

2 strengths TREATMENT WARM AND WELCOMING,
MODESTY PROTECTED THROUGHOUT.

2 weaknesses NONE ✓

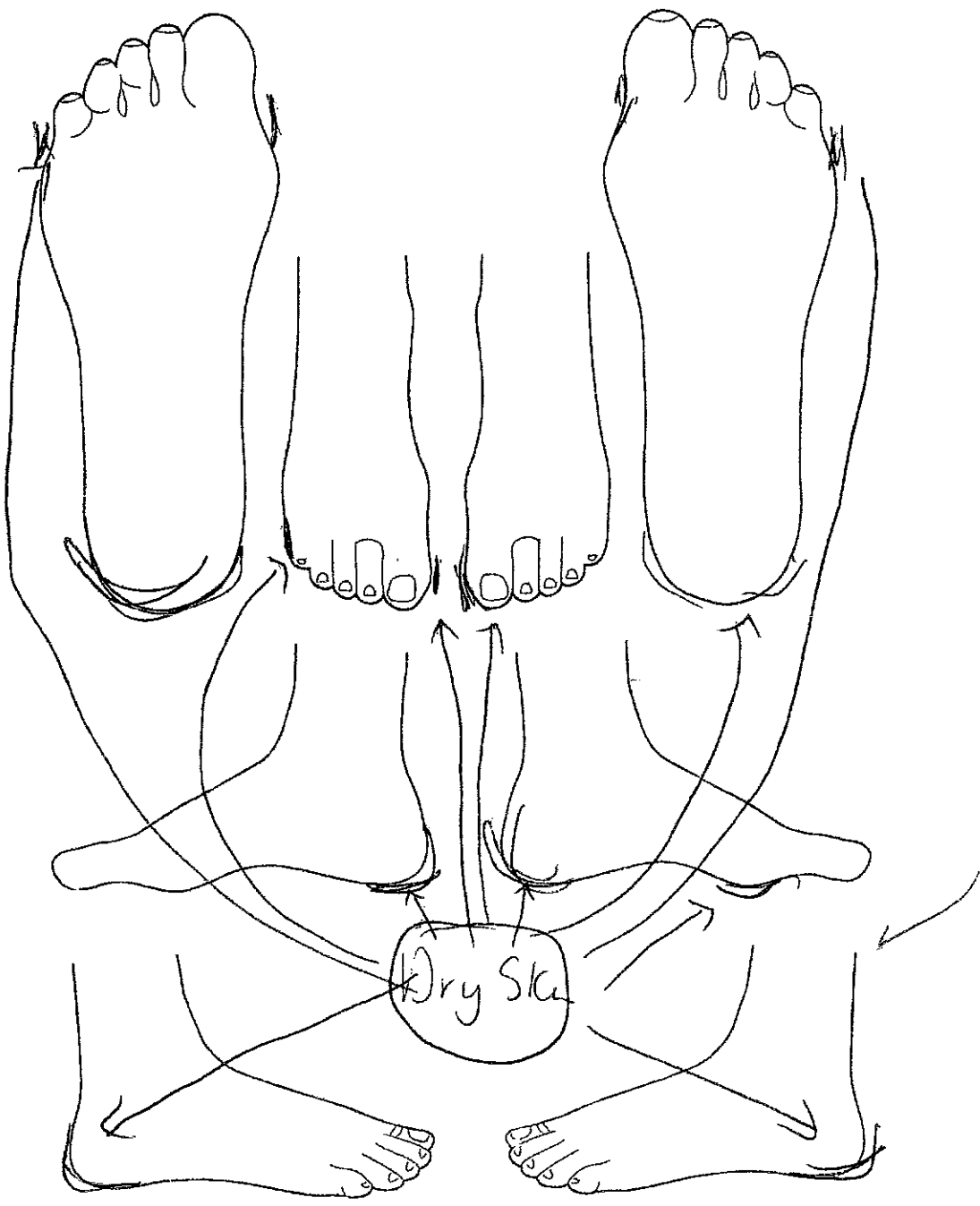
Client signature MRS M M M Date 29/1/13

Foot Reading Chart

7

Client Name : Manner

Date 29/1/13

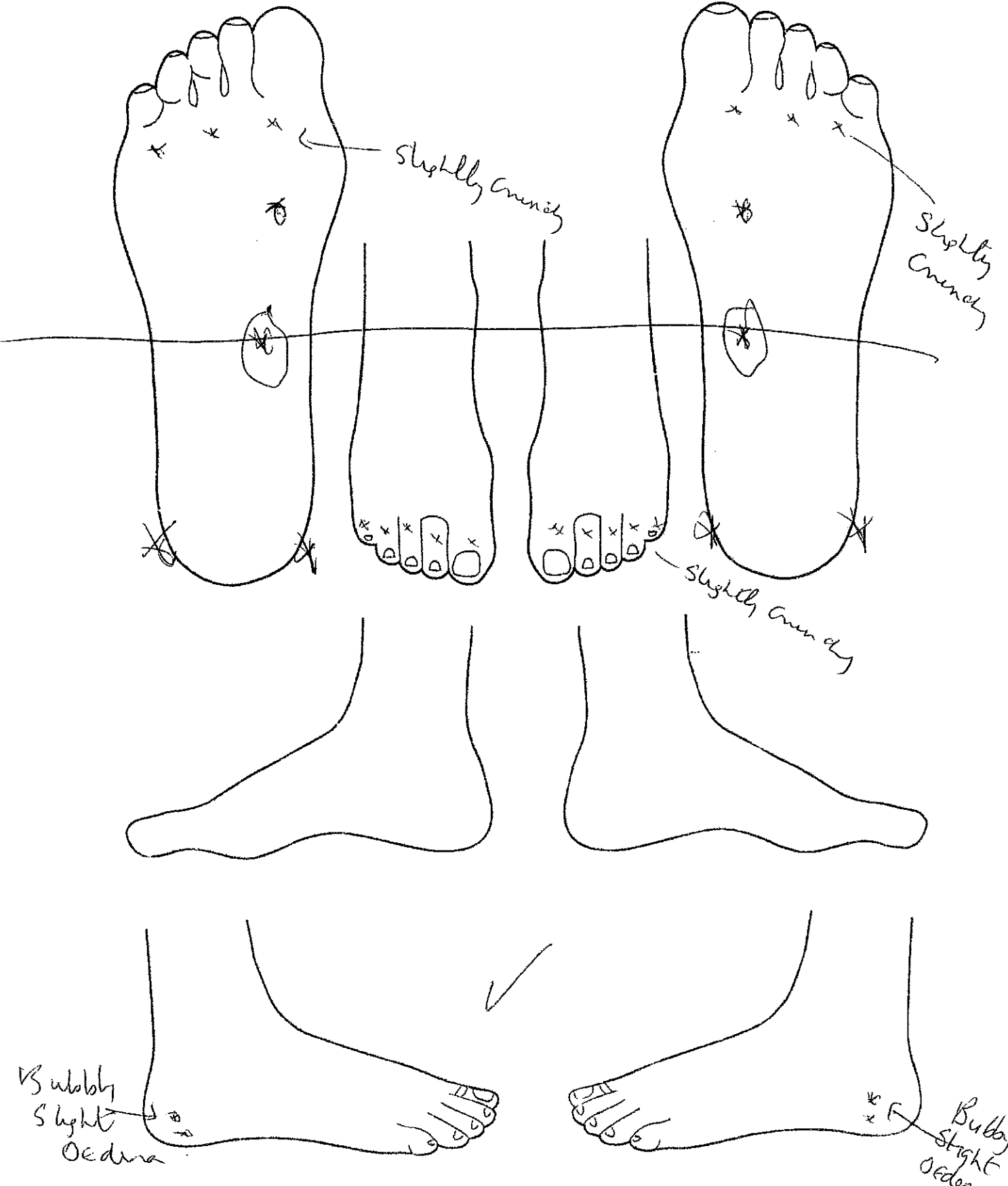


- Local Contraindications None - Clean healthy foot
- Skin Texture / areas of hard skin As shown not deep surface
- Temperature Warm + healthy
- Colour Pink + healthy
- Odour None
- Tone excellent movement
- Mobility Normal and healthy - easy movement
- Skeletal Structure / Arches Normal + healthy
- Condition of Nails Intact healthy
- Fall of Feet Normal slight inwards

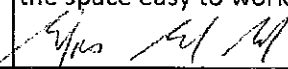
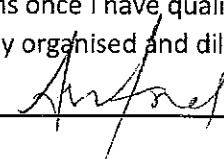

Student Name Annie Ford

Client Mammae

Date 29/11/13 Treatment Number 7



Devon Academy Registration 22061

Devon Academy :	Client Treatment record
Name	Maureen
Date of treatment	19/02/2013
Treatment Number	8
Client Profile	Maureen is a 74 year old widowed lady who is generally fit and healthy, she is very active and today we are going to treat for stress management and general aches and pains.
Treatment plan (what I am going to do) and what I found	Maureens last treatment today she was so keen for me to continue however I advised we agreed 8 sessions and that's has helped her life a lot. Today we agreed to continue with a general treatment to help Maureen rebalance her body. We will again pay particular attention to brain and neck where she suffers from tension and areas of aches and pains. We will work the immune and skeletal system just in case it is related to the aches and pains, stress and sleeping problems. Today I found the crunchy in lung area of both feet, kidneys and solar plexus. There was also some sensitivity on shoulders and cervical vertebrae zones. I found some puffiness on sternum and breast on lateral part of both feet.
How client felt before treatment	Sad that it was our last treatment. Looking forward to last treatment
During treatment	Maureen was so so relaxed it was lovely to watch and see
After treatment	Relaxed
Homecare advice following treatment	We reviewed all of our work together and she feels she has achieved a lot during our work together over 8 week period. Maureen advised she has made significant wellbeing progress and her life has changed a lot in a positive way. Maureen is drinking, eating, sleeping, socialising and praying better, she feels a lot happier an has avoided being ill during our period of work together which she was thrilled with. She has now lost 3/4 stone and feels fitter overall and has improved her wellbeing overall.
Overview and reflective practice	I have enjoyed working with Maureen, she is one of the kindest women I have met and she continues ot inspire others with her postive outlook on life, she manages a dineer club and I know she will consider other reflexology sessions once I have qualified. I found the space easy to work as a therpaist as she is so incredibly organised and diligent.
Client signature	 
	

Devon Academy Of Complementary Therapies

Reflexology QCF Client Evaluation

Student Therapists Name: Ann M Ford (Annie)

Clients name... Maureen Date... 19/2/13 Treatment Number... 8

Client evaluation – Reflexology treatment

It is an important part of the therapists training to receive feedback from you the client, so that their performance can be monitored and improved. Your time in completing this sheet and the comments will therefore be greatly appreciated.

Client care

- a) Was the treatment explained to you beforehand?
- b) Was the treatment room warm and welcoming?
- c) Was your comfort and modesty protected throughout?
- d) Were you given aftercare advice?

Speed, flow, rhythm and movement

- a) Were the movements used smooth and flowing? yes
- b) Did your massage seem rushed or hurried? no
- c) Did the student therapist check the pressure suited you? yes
- d) How would you describe the pressure used firm, light etc...

Outcome

- a) How did you feel about the massage beforehand? tired
- b) How did you feel during the massage? relaxed
- c) How did you feel after the massage? calm
- d) Did the massage meet, fail or exceed your expectations?

Please take a few moments to highlight 2 strengths or 2 weaknesses about the treatment you have experienced today. A strength is something you thought the student therapist was particularly good at or that you enjoyed. A weakness being something that you thought could be improved i.e. pressure, attention to detail, covering the whole muscle confidence etc..

2 strengths FOUND REFLEXOLOGY TREATMENT WONDERFULLY RELAXING

THERAPIST MET ALL MY NEEDS

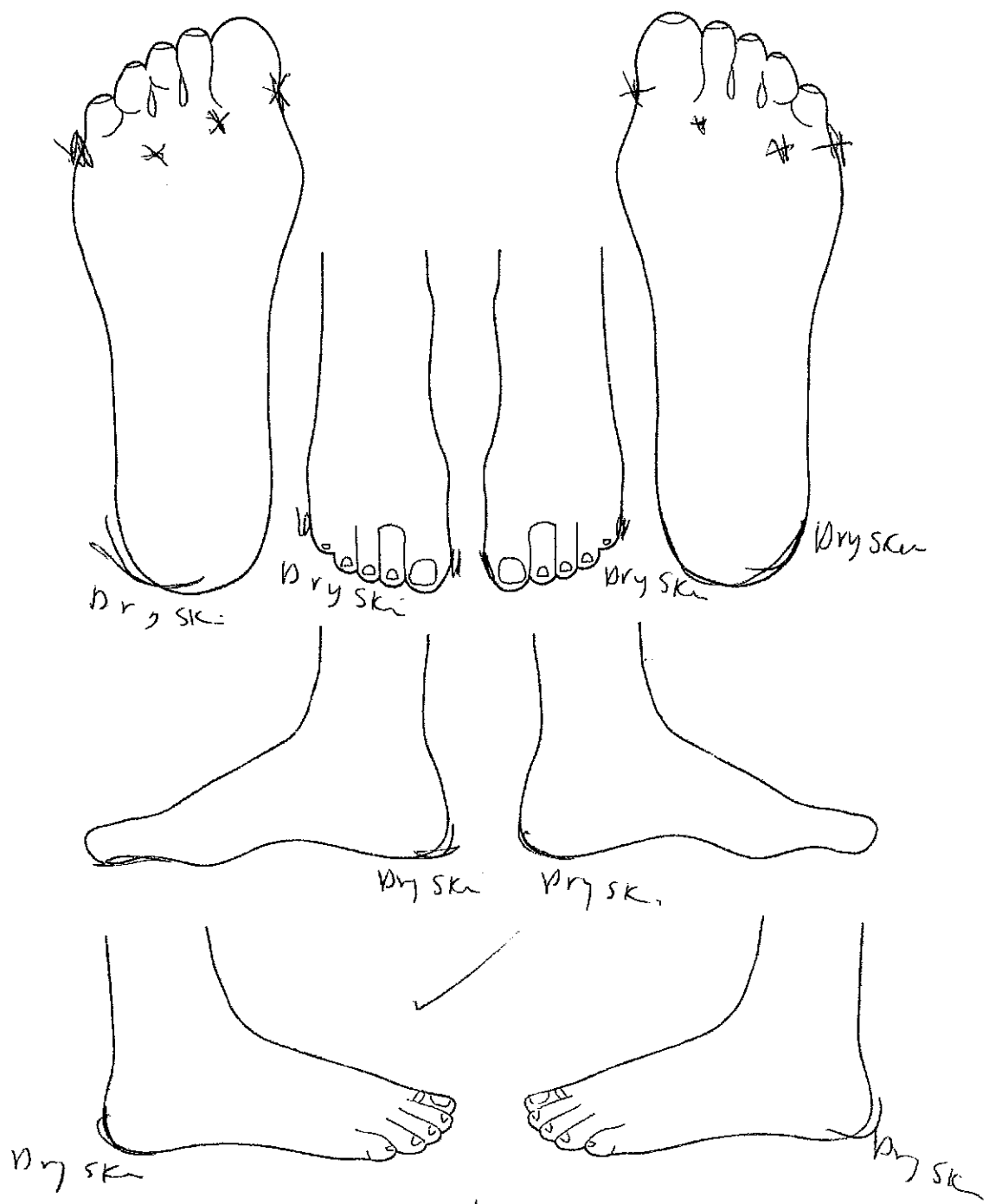
2 weaknesses NONE

Client signature... [Signature] Date... 19/2/13

Foot Reading Chart

8

Client Name : Mameen
 Date 19/2/13



- Local Contraindications None
- Skin Texture / areas of hard skin heels + slight a toes
- Temperature Warm + well perfused.
- Colour pink and healthy
- Odour None
- Tone healthy
- Mobility normal
- Skeletal Structure / Arches normal healthy easy movement
- Condition of Nails intact clean and healthy
- Fall of Feet Normal slight inward.

Student Name Anne Ford

Client Mameen

Date 19/2/13 Treatment Number 8

