

## **CH - BH4 Provide Bowen treatment for the client**

### **About this workforce competence**

This workforce competence covers providing Bowen healthcare for the client in a safe and appropriate manner, ensuring the comfort of both the client and yourself throughout. This competence also depends on you being able to communicate effectively to ensure that the client has a clear understanding of the aftercare, including self-care procedures, diet and exercise where applicable.

### **Links**

*This workforce competence has indicative links with the following dimensions and levels within the NHS Knowledge and Skills Framework (October 2004)*

Dimensions: HWB7 Interventions and Treatments

Level: 3

### **Searchable key words**

Bowen healthcare, treatment, self-care, methods, anatomy, physiology, pathology

### **Origin**

*This workforce competence has been developed by Skills for Health.*

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### **Glossary**

*This section provides explanations and definitions of the terms used in this workforce competence. In competences, it is quite common to find words or phrases used which you will be familiar with, but which, in the detail of the competence, may be used in a very particular way.*

### **Scope**

*This section provides guidance on possible areas to be covered in this workforce competence.*

#### **Aftercare information and advice**

may include:

- a) possible ongoing/intensifying of symptoms in the short term
- b) rest and relaxation
- c) re-hydration
- d) use of gentle exercise
- e) avoidance of extremes of temperature
- f) awareness of body position in relation to the area being treated – no prolonged periods in the same position
- g) onward referral as relevant
- h) possible use of self-care procedures

**Bowen treatment**

may include:

- a) client positioning
- b) use of surrogate
- c) hands on the body
- d) hands near the body
- e) from a distance

**Professional appearance**

may include:

- a) own presentation including appropriate dress/uniform/ adornment
- b) personal hygiene

**Responses to the treatment**

may include:

- a) physical
- b) mental/emotional
- c) no response
- d) intensifying/reduction of symptoms
- e) request to stop treatment
- f) requests to re-position

**Self-care procedure(s)**

may include:

- a) self-care procedures related to specific conditions e.g. breast; asthma; gall bladder
- b) exercises appropriate to the condition being treated
- c) use of external remedies e.g. to reduce swelling and inflammation

**Work area**

may include:

- a) ventilation
- b) lighting
- c) heating
- d) level and nature of noise
- e) privacy
- f) space
- g) cleanliness and orderliness

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### Performance Criteria

*You need to:*

1. ensure that the treatment environment is appropriate for the client and their needs
2. present a **professional appearance** and be prepared and fit to carry out the treatment
3. ensure that any equipment, materials, and the surrounding **work area** meet professional codes of practice, legal and organisational requirements
4. 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
5. reassure the client and encourage them to relax and interact as needed
6. carry out the **Bowen treatment** safely and correctly
7. make appropriate adjustments to the treatment to meet the client's changing needs
8. explain the treatment, if appropriate, as it is carried out
9. deal effectively with **responses to the treatment**
10. check the client's well-being throughout the treatment and give reassurance where needed
11. provide clear and accurate **aftercare information and advice** to the client
12. advise and teach the client the relevant **self-care procedure(s)** where appropriate
13. confirm the client's understanding of the recommended self-care procedure(s) and their use
14. ensure the client is fit to travel before they leave the premises
15. evaluate the experience you have gained from treating the client to inform future practice.

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### **Knowledge and Understanding**

*You need to apply:*

#### **A Professional practice and Bowen healthcare**

- K1 a factual knowledge of the professional standards and codes of practice for Bowen healthcare
- K2 a working knowledge of relevant legislation that impacts on your work role
- K3 a factual knowledge of employment and organisational policies and practices
- K4 a working knowledge of why it is important to respect the rights of clients
- K5 a working knowledge of the extent of your own remit as a practitioner and the limits of your responsibilities
- K6 a working knowledge of communication and the professional relationship
- K7 an in-depth understanding of how to achieve effective communication through observation, sensitive questioning and listening
- K8 a working knowledge of confidentiality and confidentiality issues
- K9 a factual knowledge of the procedures and requirements for confidentiality, security, transmission of information and passing on of information about clients
- K10 a factual knowledge of consent
- K11 a factual knowledge of practice management
- K12 a working knowledge of how to be supportive to the client (and any companion(s)) whilst

managing time effectively

**B Work role and practice – reflecting and developing**

K13 a working knowledge of how to reflect on your own practice, how to identify any development needs and why it is important to do this

K14 a working knowledge of how to evaluate the effectiveness of your own actions and learn from experience

K15 a working knowledge of the information available on effective Bowen healthcare and how to evaluate and use this information within your practice

K16 a working knowledge of 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

K17 a working knowledge of how to develop links with other healthcare providers and any protocols for doing this

K18 a factual knowledge of how to recognise the limits of your own knowledge and competence and the importance of not exceeding these limits

**C Health, effective functioning and well-being**

K19 a working knowledge of the concept of health, effective functioning and well-being that is consistent with the practice, principles and theory underlying your discipline

K20 a working knowledge of why it is important to recognise that the client's previous and present care may affect their health, effective functioning and well-being

K21 a working knowledge of how the psychological and emotional balance of the client may affect their health, effective functioning and well-being

K22 a working knowledge of how to recognise when the body is in health balance and when it is

not functioning as it should

- K23 a working knowledge of how signs and symptoms may be suppressed or altered by other factors such as medication, exercise, diet
- K24 a working knowledge of how the client's diet, lifestyle and emotional state can affect their health, effective functioning and well-being
- K25 a working knowledge of how the physical, social, emotional and economic context in which people live affects their health, effective functioning and well-being
- K26 a working knowledge of how personal beliefs and preferences affect how clients live and the choices they make
- K27 a working knowledge of what resources are available to clients to make changes to the context in which they live and make choices about their lifestyles
- K28 a working knowledge of the nature of illness and the impact this may have on a client's health, effective functioning and well-being
- K29 a working knowledge of 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
- K30 a working knowledge of the nature of disability and your role in working with those who have disabilities
- K31 a working knowledge of how an individual's abilities and disabilities may affect the nature and form of help and support and the manner in which you provide it

**D The scope and methods of Bowen healthcare**

- K32 an in-depth understanding of the history, principles and development of Bowen healthcare and its relationship to other healthcare
- K33 a working knowledge of how to recognise those occasions when Bowen healthcare may be used in conjunction with other healthcare which the client is receiving

- K34 an in-depth understanding of how to recognise conditions for which the discipline is incomplete in itself and for which the client should seek advice from other sources
- K35 a working knowledge of the circumstances when you may choose not to accept a client:
- a) where the interaction may not be beneficial
  - b) the client does not want Bowen treatment
  - c) you do not wish to provide Bowen treatment
  - d) the client is in need of urgent medical care
- K36 a working knowledge of the circumstances when you must not accept a client:
- a) you do not have the requisite experience or expertise
  - b) the circumstances where medical referral is essential
- K37 an in-depth understanding of the range, purpose and limitations of different methods which may be used for different clients with different needs
- K38 an in-depth understanding of how to determine the most appropriate method(s) for different clients and their particular needs
- K39 an in-depth understanding of how to tailor Bowen healthcare appropriately for each individual
- K40 an in-depth understanding of how to judge whether self-care procedure(s) is/are appropriate for the client

**E Providing the Bowen healthcare**

- K41 a working knowledge of the importance of explaining treatment/self-care options and methods to meet the needs of the client and what the potential consequences of not doing so may be
- K42 a working knowledge of the role which the client (and others) may take, and may need to take, if the treatment or self-care is to be successful and how to explain and agree them with the client (and any companion)
- K43 a working knowledge of how to support the client to make informed choices

- K44 a working knowledge of the importance of encouraging the client to be as actively involved as possible and the relationship of this to the promotion of their health, effective functioning and well-being
- K45 a working knowledge of how to monitor and evaluate changes in the client, assess which changes are related to the Bowen healthcare and use this information to inform future practice
- K46 a working knowledge of how to evaluate efficacy and suitability of the Bowen healthcare for a client and how to decide when it should be halted and/or discontinued
- K47 a working knowledge of methods and processes for evaluating information as the Bowen healthcare proceeds and using this to inform future practice
- K48 a working knowledge of the potential risks associated with client self-care and the extent of your responsibilities
- K49 a working knowledge of the importance of giving clear and accurate instructions on self-care and the consequences of not doing so
- K50 a working knowledge of the range of self-care options and associated risks

**F Anatomy, physiology and pathology**

- K51 a working knowledge of the structure, function, location and interaction of glands, organs and systems:
- a) cardio vascular system
  - b) lymphatic system
  - c) nervous system
  - d) endocrine system
  - e) digestive system
  - f) respiratory system
  - g) urinary system
  - h) reproductive system
  - i) immune system

- j) the skin
- k) cells and tissues
- l) glands and organs
- m) musculo-skeletal system

K52 a working knowledge of the interdependence of the body systems in order to recognise conditions:

- a) for which Bowen treatment is appropriate
- b) where Bowen treatment must be used with caution.