

## **CH - BH5 Evaluate the effectiveness of the Bowen treatment**

### **About this workforce competence**

This workforce competence covers the process of evaluating the Bowen treatment to ensure the client's needs are met. It establishes the need for effective record keeping and review, places a duty of care on the practitioner to re-assess the appropriateness of further Bowen treatment, and recognises the opportunity for professional self-development that this process provides.

### **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, evolution, treatment, 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.*

#### **Evaluation**

may include:

- a) client's experience of the programme
- b) extent to which the programme has met the needs of the client
- c) the client's broader needs
- d) other factors which may have affected the programme's effectiveness

#### **Outcomes**

may include:

- a) improvement of the client's health, effective functioning and well-being
- b) maintenance and stability
- c) palliative
- d) deterioration in the client's health, effective functioning and well-being

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### Performance Criteria

*You need to:*

1. discuss the **outcomes** and effectiveness of the Bowen treatment and use of self-care in a manner and at a level and pace, suited to the client
2. encourage the client to **evaluate** their Bowen treatment and use of self-care procedures and suggest possible modifications
3. agree future Bowen treatment sessions with the client
4. encourage clients to take responsibility for their own health, effective functioning and well-being
5. obtain the client's consent to pass on confidential information as appropriate
6. ensure records are kept, in line with professional and legal requirements
7. interact with any companion(s) of the client in ways that are appropriate to the needs of the client and to your needs
8. evaluate the experience you have gained from working with 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
- K9 a working knowledge of confidentiality and confidentiality issues
- K10 a factual knowledge of the procedures and requirements for confidentiality, security, transmission of information and passing on of information about clients
- K11 a factual knowledge of consent
- K12 a factual knowledge of practice management
- K13 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**

- K14 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
- K15 a working knowledge of how to evaluate the effectiveness of your own actions and learn from experience
- K16 a working knowledge of the information available on effective Bowen healthcare and how to evaluate and use this information within your own practice
- K17 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
- K18 a working knowledge of how to develop links with other healthcare providers and any protocols for doing this
- K19 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**

- K20 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
- K21 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
- K22 a working knowledge of how the psychological and emotional balance of the client may affect their health, effective functioning and well-being
- K23 a working knowledge of how to recognise when the body is in health balance and when it is not

functioning as it should

- K24 a working knowledge of how signs and symptoms may be suppressed or altered by other factors such as medication, exercise, diet
- K25 a working knowledge of how the client's diet, lifestyle and emotional state can affect their health, effective functioning and well-being
- K26 a working knowledge of how the physical, social, emotional and economic context in which people live affects their health, effective functioning and well-being
- K27 a working knowledge of how personal beliefs and preferences affect how clients live and the choices they make
- K28 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
- K29 a working knowledge of the nature of illness and the impact this may have on a client's health, effective functioning and well-being
- K30 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
- K31 a working knowledge of the nature of disability and your role in working with those who have disabilities
- K32 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**

- K33 an in-depth understanding of the history, principles and development of Bowen healthcare and its relationship to other healthcare
- K34 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

- K35 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
- K36 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
- K37 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
- K38 an in-depth understanding of the range, purpose and limitations of different methods which may be used for different clients with different needs
- K39 an in-depth understanding of how to determine the most appropriate method(s) for different clients and their particular needs
- K40 an in-depth understanding of how to tailor Bowen healthcare appropriately for each individual
- K41 an in-depth understanding of how to judge whether self-care procedure(s) is/are appropriate for the client

**E Evaluating and reviewing the effectiveness of your Bowen healthcare**

- K42 a working knowledge of what information is needed for the review to be carried out effectively
- K43 a working knowledge of how to review the effectiveness of the Bowen healthcare with the client and evaluate the extent to which their needs have been met
- K44 a working knowledge of the importance of evaluating the Bowen healthcare as a whole

- K45 a working knowledge of how and why you should encourage the client (and any companion) to take a full and active part in the review process and offer their views
- K46 a working knowledge of how the client (and any companion) may indicate concerns in the process without making their concerns clear and explicit
- K47 a working knowledge of the importance of active listening in evaluating the Bowen healthcare with the client
- K48 an in-depth understanding of the range of different ways in which the Bowen healthcare can be altered to meet the needs of the client and the ways in which their needs may have changed
- K49 a working knowledge of why it is necessary to help and support the client to consider the implications of any changes made to their programme of care
- K50 a factual knowledge of how to record the content and outcomes of the review process and what information should be included
- K51 a factual knowledge of the variety of reasons there may be for discontinuing the Bowen healthcare programme with the client

**F Anatomy, physiology and pathology**

- K52 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

- K53 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.