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Nature Care College

Massage for Chronic Conditions

DESCRIPTION	The focus of this course is on how to care for clients with chronic conditions. We will discuss common chronic conditions that are seen by professional massage therapists, what services can be provided, modifications to massage as required. How to develop a treatment plan in relation to the client's physical, mental and emotional condition.	
DURATION	24 hours	
LEARNING OUTCOMES	By the conclusion of the module, students should be able to: <ol style="list-style-type: none"> 1. Provide remedial massage treatment for clients with chronic conditions 3. Identify a range of chronic diseases and conditions 4. Discuss the type and nature of a range of chronic conditions 5. Discuss the different physical and/or psychological impacts that chronic diseases or conditions can have on the client, their family, or their lifestyle 6. Develop a treatment plan taking into account factors that may interfere with its effective application 8. Evaluate the impact of ongoing treatment 9. Encourage client's active involvement in their treatment and health maintenance 	
TEACHING METHOD	Modified lecture Visual aids	
ASSESSMENT	Assignment	100%
	Pass mark/Competent	60%
UNIT OF COMPETENCY	Full competency HLTCOM510A - Provide services to clients with chronic diseases or conditions	
ATTENDANCE	90% minimum	
PRE-REQUISITES	Certificate IV Massage Qualification	
CO-REQUISITES	Nil	
MATERIALS REQUIRED	Notebook, pen.	

Nature Care College Pty Ltd ABN 77 105 282 264

46 Nicholson Street, St Leonards NSW 2065

Tel: +61 (0)2 9438 3333 Fax: +61 (0)2 9436 0503

email: info@naturecare.com.au website: www.naturecare.com.au

TEXTBOOKS

Compulsory - Nil

Recommended Reading / References:

Ruth Werner, A Massage Therapist's Guide to Pathology 4th edition Lippincott Williams & WilkinsSandy Fritz, Leon Chaitow, and Glenn Hymel; Clinical Massage in the Healthcare Setting 2007, Mosby's

WEEK-BY-WEEK OUTLINE

WEEK 1	<u>Chronic Pain</u> - theory Psychological Impact of chronic pain Chronic Illness Implications for bodywork <u>Pain</u> – types of pain
WEEK 2	<u>Respiratory disorders</u> Asthma, acute bronchitis, chronic bronchitis and emphysema Sinusitis
WEEK 3	<u>Rheumatic conditions</u> Osteoarthritis and rheumatoid arthritis Practical Work
WEEK 4	Fibromyalgia Syndrome Multiple Sclerosis Parkinson's Disease
WEEK 5	Diabetes Mellitis <u>Circulation</u> - Heart failure/congestive heart failure, atherosclerosis, heart attack and hypertension
WEEK 6	<u>Headaches</u> - Tension Headache, migraine headaches, Migraine Triggers
WEEK 7	<u>Bowel conditions</u> - Crohn's disease, ulcerative colitis and diverticular disease
WEEK 8	Cystic fibrosis <u>Lymphatic System</u> Oedema - general pathology Lymphoedema - primary lymphoedema and secondary lymphoedema
WEEK 9	Herniated Disc Sacroiliitis Sacroiliac Joint Dysfunction
WEEK 10	<u>Practical work</u>
WEEK 11	Osteoporosis Lupus
WEEK 12	Revision

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INTENSIVE OUTLINE

DAY 1

Chronic Pain - theory
Psychological Impact of chronic pain
Chronic Illness Implications for bodywork
Pain – types of pain
Respiratory disorders
Asthma, acute bronchitis, chronic bronchitis, emphysema and sinusitis
Rheumatic conditions
Osteoarthritis and rheumatoid arthritis
Fibromyalgia Syndrome
Multiple Sclerosis
Parkinson's Disease

DAY 2

Diabetes Mellitus
Circulation - Heart failure/congestive heart failure, atherosclerosis, heart attack and hypertension
Headaches - Tension Headache, migraine headaches, Migraine Triggers
Practical work
Bowel conditions - Crohn's disease, ulcerative colitis and diverticular disease
Cystic fibrosis
Lymphatic System
Oedema - general pathology
Lymphoedema - primary lymphoedema and secondary lymphoedema

DAY 3

Herniated Disc
Sacroiliitis
Sacroiliac Joint Dysfunction
Practical work
Osteoporosis
Lupus
Revision

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.