1. **Health and Safety in Soft Tissue Therapy**

The appropriate standards of personal hygiene, dress & appearance during clinical practice at Plymouth Marjon University

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| In uniform bare from the elbow down  Good personal hygiene  Marjon shorts  Marjon top  Appropriate footwear  Wash before and after treatment  Keep station clean  Wipe down beds post treatment  Lay bed roll before every treatment |

**Legal & Regulatory Legislations for the Soft Tissue Therapist**

*Explain the role of each legislation and how it relates to a soft tissue therapist*

* The Regulatory Process & Accredited Voluntary Register

BASRat is the organisation that credits and regulates all sports rehabilitators and therapist

* Control of Substances Hazardous to Health (COSHH)

The law that permits employers to use and control the amount of hazardous substances their employees are exposed to

* Health & Safety at Work Act 1974

States that “Employers must protect the '**health**, **safety** and welfare' at **work** of all their employees, as well as others on their premises, including temps, casual workers, the self-employed, clients, visitors and the general public.”

* Health & Safety (First Aid) Regulations 1981

States “The Health and Safety (First-Aid) Regulations 1981 require employers to provide adequate and appropriate equipment, facilities and personnel to ensure their employees receive immediate attention if they are injured or taken ill at work.”

* Management of Health & Safety at Work Regulations 1992

Places a responsibility on employers to manage risk that could arise in the work place

* Manual Handling Operations Regulations 1992

A regulation that protects employees by stating that they are a limit of manual labour they are allowed to perform in the work place

* Personal Protective Equipment (PPE) Regulations 1992

This regulation seeks to ensure that if employees are put in a situation where they could be in danger protective equipment should be provide for free by the employer

* Reporting of Injuries, Diseases & Dangerous Occurrences Regulations (RIDDOR) 1995

States by law it is required for employers, as well as people who are self-employed and people who are in control of a premises, to report specified incidents in the workplace

* Data Protection Act

States that everyone using personal data has to follow a strict set of rules called the data protection principles

* Professional Indemnity & Public Liability Insurance

Covers any physical damage done in the workplace and or property damage. This also cover your client’s financial losses

* Informed Consent

Your client being informed of their treatment and are consenting o it

* Scope of Practice

That your maintaining within your scope of practice and are only doing what you are meant to do

* Ethics

Confidentiality, Autonomy, Non-maleficence, Beneficence and Justice. These are the standards that professionals agree to

**Red Flags and Contraindications**

*Define each red flag/contraindication & state how this may affect a soft tissue treatment*

* Intractable pain – no relief on rest/disturbed sleep

If they are always in pain soft tissue treatment may only cause further issue as any issue with constant pain will only worsen when pressure is applied to is

* Feeling of being generally unwell

Soft tissue treatment during illness can cause the illness to worsen as massage can force it around the body. You could also be contagious causing the illness to spread

* Change in temperature

Change in temperature could indicate a sign of illness

* Inflammation & heat in the absence of trauma

If an area is inflamed massaging the inflamed area will only make the injury worse as inflammation is the body’s way of telling you to rest this area by restricting its movement

* Unexplained weight change

Unexplained weight loss can be a n indication of cancer

* Any lump larger than 5cm

Any lump larger that 5cm can be an indicator of cancer

* Any suspicion something is not quite right

If you feel like something is not right as a therapist, you have the right to act on it if you feel unconfutable you have the right to not massage the client

* Open wounds
* If inadequate circulation is present
* Haemorrhage
* Early stages of healing
* Active bacterial or fungal infection
* Febrile conditions (high temperature, influenza)
* Over areas of acute inflammation
* Over active bone growth (healing fractures, periostitis, Osgood-Schlatter)
* Skin conditions (psoriasis)
* Undiagnosed cancer
* Areas where increased blood or lymphatic flow is undesirable (tumour or DVT)
* Over a foreign body or bony fragment
* Malignant disease – avoid stimulating circulation or metabolic rate
* Fragile skin – use only light pressure
* Collagenous weakening – in long-term steroid use, diabetes or advanced rheumatoid arthritis
* Heart problems – avoid anterior chest or neck areas

**The Consultation Process**

*Annotate the blank consultation form – what information should it include?*



