

## **CH - BH3 Plan the Bowen treatment programme with the client**

### **About this workforce competence**

This workforce competence covers the planning of the Bowen treatment programme with the client based on the information obtained for and during the assessment. You will need to provide a brief outline of how the treatment will be administered and to agree an appropriate programme with the client or their companion, taking into account their level of fitness.

### **Links**

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

Dimension: HWB6    Assessment and Treatment Planning

Level: 3

### **Searchable key words**

Bowen healthcare, plan, treatment, programme, 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.*

#### **Explanation**

may include:

- a) current state of health, effective functioning and well-being
- b) personal beliefs and preferences
- c) age and level of understanding
- d) cultural and social background
- e) awareness and understanding of their condition

#### **Options and methods**

may include:

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

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### Performance Criteria

*You need to:*

1. **explain** the outcomes of the assessment clearly and in a manner, level and pace appropriate to the client
2. balance possible successful outcomes with any inherent benefits and risks and the legal duty of care to the client
3. inform the client of the content, level of risk, duration and projected costs of the proposed action
4. explain any restrictions to the use of the Bowen healthcare and advise on realistic expectations
5. advise the client when the Bowen healthcare is unsuitable and enable them to seek other healthcare where appropriate
6. recommend and agree action to suit the client's condition and identified needs
7. ensure information about the client is sufficient to plan the treatment
8. explain the available treatment **options and methods** which meet the client's circumstances, identified needs and their personal beliefs and preferences
9. discuss the treatment and potential outcomes with the client, check their understanding and support them to make informed choices
10. agree the location and timing of the treatment and make the necessary arrangements
11. explain how the treatment will be evaluated and reviewed
12. determine issues of confidentiality with the client and confirm their agreement
13. ensure records are kept, in line with professional and legal requirements
14. obtain the consent of the client or their companion to proceed
15. interact with any companion(s) of the client in ways that are appropriate to the needs of the client and to your needs.

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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 own 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 Planning Bowen treatment**

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 why evaluation methods should be determined at the planning stage and what the client's role will be in the evaluation
- K45 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
- K46 a working knowledge of the potential risks associated with client self-care and the extent of your responsibilities
- K47 a working knowledge of the range of self-care options and associated risks

**F Anatomy, physiology and pathology**

- K48 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
- K49 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.