COMMUNICATION / PUBLIC HEALTH STANDARD 13

Recommend Self-Care

Conditions:
Given that the massage treatment has been completed and the client is dressed and that self-care is indicated

Task:
Recommend self-care

Standard:
Quality / Technical:
• So that you explain to the client appropriate self-care including its intended effect and possible negative reactions.
• So that the client is informed that if the self-care causes any severe negative reactions the client is to discontinue its use.
• So that you demonstrate the recommended exercise(s).
• So that you witness that the client understands the self-care and/or exercise correctly.

Safety:
• So that the self-care and/or exercise does not put the client at risk.

Timing:
• Before the client departs