

## COURSE OUTCOME KNOWLEDGE AND UNDERSTANDING

*The following are in line with National Occupational Standards for Colon Hydrotherapy*

- How to source and order laboratory tests when clinically indicated
- The principles and purpose of standards for infection prevention and control
- How to ensure the safe decontamination of equipment and environments
- How to minimise the risk of cross contamination to maintain a safe environment
- The importance of ensuring the treatment room is set up and equipped prior to each client in accordance with agreed guidelines
- How to minimise the risk of spreading infection when removing and laundering used linen
- How to dispose of clinical and non-clinical waste correctly in accordance with agreed guidelines
- The importance of wearing professional and/or personal protective clothing to carry out the treatment in accordance with agreed guidelines
- The importance of personal hygiene in the prevention of cross contamination and how to maintain high standards of personal hygiene at all times
- How to perform hand hygiene to prevent the spread of infectious agents
- How to communicate with clients in a manner which suits the individual client's needs
- How to communicate effectively seeking consent, ensuring the client feels safe, in control and relaxed at all times
- How to position the client for optimal treatment outcome whilst maintaining comfort and dignity
- How to recognise red flags and contraindications and the appropriate action to take should the treatment be contraindicated
- How to recognise clients' responses and make any necessary adjustments or terminate treatment
- How to vary water flow, volume and temperature in response to feedback from the client
- How to allow the client's body and responses to determine the length of treatment
- How to administer rectal implants and enemas when clinically indicated
- How to administer abdominal massage
- The appropriate response in relation to an emergency situation
- How to provide after care advice and self-care measures:
  - To support the effects of treatment
  - About specific conditions
  - About any possible reactions to treatment
- Basic lifestyle requirements for health and wellbeing and how to provide advice on healthy eating
- How to evaluate the outcomes and effectiveness of the colon hydrotherapy treatment to support future plans and actions
- How to maintain clear, accurate records and keep records safely stored and secured in line with organisational requirements

## PERFORMANCE (EXAM) CRITERIA

Students must be able to demonstrate the following:

1. Confirm that the environment meets the client's needs
2. Prepare the treatment room, colon hydrotherapy equipment and materials and ensure they are suitable, clean and safe for use
3. Review records of assessment and/or previous treatment notes prior to the session commencing
4. Communicate with the client in a manner appropriate to the client's Understanding, and address any questions they may have
5. Ensure you apply standard precautions for infection prevention and control
6. Ensure you are wearing the appropriate personal protective clothing prior to starting the treatment session
7. Prepare yourself to provide colon hydrotherapy
8. Position the client for effective treatment and to give as much comfort as possible
9. Examine the client's abdomen and rectum prior to beginning colon hydrotherapy to confirm safety of the treatment
10. Ensure safe insertion of the speculum into the client's rectum, maintaining the client's dignity
11. Undertake the colon hydrotherapy treatment safely, correctly and in accordance with agreed guidelines
12. Monitor the client's well-being throughout and provide reassurance where needed
13. Recognise clients' responses to the colon hydrotherapy treatment and make any necessary adjustments to meet any changing needs or terminate the treatment session
14. Respond appropriately to emergency situations to ensure the safety of yourself, your colleagues and clients
15. Communicate your evaluation of the treatment to the client providing accurate information to support your assessment
16. Provide the client with any specific after care and/or self-care advice and Information
17. Dispose of waste and disposable equipment in accordance with organisational procedures
18. Evaluate the outcomes and effectiveness of the colon hydrotherapy treatment to support future plans and actions
19. Ensure that when referring to or collaborating with other healthcare providers  
Communication is accurate and supports the needs of the client
20. Complete and maintain records in accordance with organisational requirements