



Introduction

1 OVERALL AIMS OF THE COURSE

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To ensure that those who complete the course are safe and competent to carry out Colon Hydrotherapy as autonomous healthcare practitioners.

2 LEARNING OUTCOMES AND COMPETENCIES TO BE ACHIEVED

KNOWLEDGE AND UNDERSTANDING - ANATOMY & PHYSIOLOGY SYSTEMS

- 1. Skeletal
- 2. Muscular
- 3. Skin
- 4. Vascular
- 5. Lymphatic
- 6. Neurological

- 7. Endocrine
- 8. Respiratory
- 9. Digestive
- 10. Genito-urinary
- 11. Reproductive





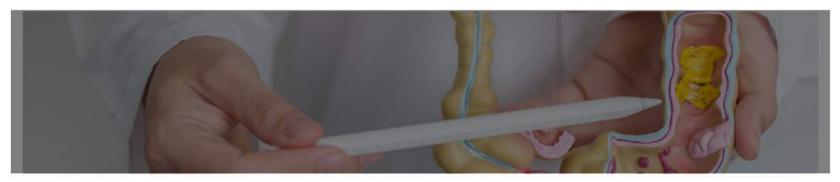
- 1. The current national legislation, guidelines, organisational policies and protocols which affect your work practice
- 2. The policies and guidance that clarify your scope of practice, accountabilities and the working relationship between yourself and others
- 3. The structure, function, location and interaction of glands, organs and systems of the body
- 4. The gastrointestinal tract, associated organs and autonomic nervous system
- 5. The integration of the gastrointestinal tract, associated organs and autonomic nervous systems and their role in detoxification pathways
- 6. The changes and clinical features of a broad range of common diseases of the gastrointestinal tract
- 7. Common terminology used in the pathology of gastrointestinal diseases and gastrointestinal disorders
- 8. How psychological states affect the colon
- 9. The actions and side effects of the major classes of drugs used for gastrointestinal diseases and disorders and how to access information about pharmaceuticals
- 10. The actions and side effects of other drugs on the gastrointestinal tract
- 11. How to recognise interactions between food, drugs, herbs and supplements and how to access information
- 12. How to source and order laboratory tests when clinically indicated





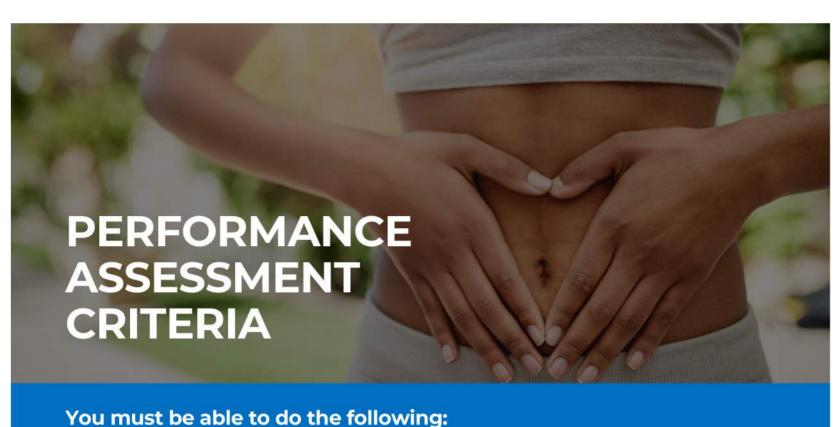
- 13. The ways in which complementary practitioners work with medical practitioners
- 14. The principles and purpose of standards for infection prevention and control
- 15. How to ensure the safe decontamination of equipment and environments
- 16. How to minimise the risk of cross contamination to maintain a safe environment
- 17. The importance of ensuring the treatment room is set up and equipped prior to each client in accordance with agreed guidelines
- 18. How to minimise the risk of spreading infection when removing and laundering used linen
- 19. How to dispose of clinical and non-clinical waste correctly in accordance with agreed guidelines
- 20. The importance of wearing professional and/or personal protective clothing to carry out the treatment in accordance with agreed guidelines
- 21. The importance of personal hygiene in the prevention of cross contamination and how to maintain high standards of personal hygiene at all times
- 22. How to perform hand hygiene to prevent the spread of infectious agents
- 23. How to communicate with clients in a manner which suits the individual client's needs
- 24. How to communicate effectively seeking consent, ensuring the client feels safe, in control and relaxed at all times





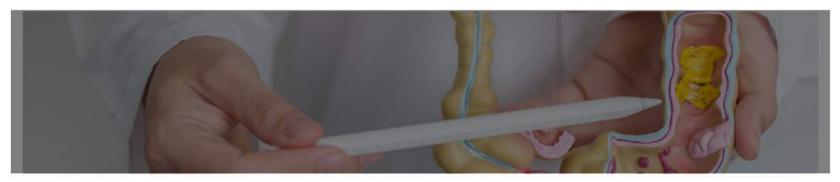
- 25. How to position the client for optimal treatment outcome whilst maintaining comfort and dignity
- 26. How to recognise red flags and contraindications and the appropriate action to take should the treatment be contraindicated
- 27. How to recognise clients' responses and make any necessary adjustments or terminate treatment
- 28. How to vary water flow, volume and temperature in response to feedback from the client
- 29. How to allow the client's body and responses to determine the length of treatment
- 30. How to administer rectal implants and enemas when clinically indicated
- 31. How to administer abdominal massage
- 32. The appropriate response in relation to an emergency situation
- 33. How to provide after care advice and self-care measures
- 34. Basic lifestyle requirements for health and wellbeing and how to provide advice on healthy eating
- 35. When to recognise completion of the client's therapeutic intervention as part of the treatment plan
- 36. How to evaluate the outcomes and effectiveness of the colon hydrotherapy treatment to support future plans and actions
- 37. How to maintain clear, accurate records and keep records safely stored and secured in line with organisational requirements





- - 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

For more information regarding the training please contact Kelly Hopley 07974692504 info@rictat.org