



# CURRICULUM FOR COLON HYDROTHERAPY

National Occupational Standards  
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## Introduction

### 1 OVERALL AIMS OF THE COURSE

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     | 7. Endocrine       |
| 2. Muscular     | 8. Respiratory     |
| 3. Skin         | 9. Digestive       |
| 4. Vascular     | 10. Genito-urinary |
| 5. Lymphatic    | 11. Reproductive   |
| 6. Neurological |                    |



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



# PERFORMANCE ASSESSMENT CRITERIA

## You must be able to do 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

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