

# **CORE CURRICULUM**

  

## **FOR COLON HYDROTHERAPY**

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## Introduction

|    |   |
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| 1. | The content of this core curriculum provides a minimum standard for safe and competent practice to carry out Colon Hydrotherapy. It incorporates the National Occupational Standards (NOS) for Colon Hydrotherapy – CNH1, CNH2 and CNH26. Copies of CNH1 and CNH2 are attached as Appendix A to this document, with the wording of the overviews only included in section 2A and 2B below. The full details of CNH26 are set out in section 2C below. |
| 2. | In the interests of public safety and information, Appendix A lists the contraindications to colon hydrotherapy treatment.  |
| 3. | To assist with understanding the Ofqual definition of Guided Learning, Appendix C provides examples of guided and directed learning.  |
| 4. | Achievement of the educational and professional outcomes in this Core Curriculum act as the measure for eligibility to apply for registration with the Complementary and Natural Healthcare Council (CNHC).   |
| 5. | The Core Curriculum covers those activities undertaken by the practitioner delivering Colon Hydrotherapy. The therapist must remain present during colon hydrotherapy, the Core Curriculum does not refer to any specific equipment used.   |
| 6. | It will be the responsibility of those Professional Associations who verify applications for CNHC registration to:  |
|    | <p>a) ensure that the Core Curriculum is circulated to all training providers with whom they have a working relationship, so that it can be used as the minimum basis for the design and delivery of courses</p> <p>b) accept that accountability for accrediting courses and verifying applications for CNHC registration lies with the Professional Associations.</p>   |

### **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**

#### **2A CNH1 Explore and establish the client's needs for complementary and natural healthcare (full details attached in Appendix)**

##### **Overview**

All forms of complementary and natural healthcare rely on exploring and establishing the client's needs and expectations. This may take place at the outset, but also during the on-going delivery of complementary and natural healthcare.

This allows the practitioner to consider whether it is appropriate to offer the service to the client, the type of service that should be offered and any required modifications to that service.

Users of this standard will need to ensure that practice reflects up to date information and policies.

## **2B CNH2 Develop and agree plans for complementary and natural healthcare with clients (full details attached in Appendix)**

### **Overview**

It is important that the planning of complementary and natural healthcare takes place through discussion and agreement with the client and relevant others (e.g. carers).

This standard is about developing and agreeing plans that meet the client's needs. Such plans may be subject to change as the service proceeds.

Users of this standard will need to ensure that practice reflects up to date information and policies.

## **2C CNH26 Provide colon hydrotherapy to clients**

### **OVERVIEW**

Focusing specifically on digestion, bowel function and bowel motility, colon hydrotherapy facilitates the management of chronic and/or occasional functional and some organic gastrointestinal problems, offering relief from a wide range of symptoms. Colon hydrotherapy may be utilised to prepare the large bowel for colonoscopy procedures and cleansing / detoxification.

The colon hydrotherapist will undertake an assessment of the client's general health and specifically their digestive function before the first treatment. Therapists need to be aware of red flags and contra-indications and should apply their knowledge of anatomy, physiology and pathology in cases where they need to decline treatment and refer clients to suitable medical professionals.

Clients may be seen on a single occasion or over a period of time on multiple occasions. The colon hydrotherapist will monitor the progress of the client and adapt the support and advice given, as well as the frequency and number of treatments according to the client's individual needs.

Colon hydrotherapists are autonomous practitioners usually in the private sector, individually or in a clinic setting. Their therapeutic approach is client centered, and uses colon hydrotherapy techniques together with health education and promotion.

Users of this standard will need to ensure that practice reflects up to date information and policies.

## **KNOWLEDGE AND UNDERSTANDING**

Students will need to know and understand:

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:
  1. skeletal
  2. muscular
  3. skin
  4. vascular
  5. lymphatic
  6. neurological
  7. endocrine
  8. respiratory
  9. digestive
  10. genito-urinary
  11. reproductive
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:
  1. to support the effects of treatment
  2. about specific conditions
  3. about any possible reactions to treatment
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 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

- 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

### ADDITIONAL INFORMATION

This National Occupational Standard was developed by Skills for Health. This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB7 Interventions and treatments

### 3 OVERALL RATIO OF THEORY AND PRACTICE

|     |                                       |
|-----|---------------------------------------|
| 3.1 | Approximately 84% theory/16% practice |
|-----|---------------------------------------|

### 4 ASSESSOR AND INTERNAL QUALITY ASSURANCE REQUIREMENTS FOR THE REGULATED QUALIFICATIONS FRAMEWORK (RQF) COMPETENCE QUALIFICATIONS

|     |  |
|-----|--|
| 4.1 | Not applicable – there are no regulated qualifications for colon hydrotherapy. |
|-----|--|

### 5 THE EQUIVALENT MINIMUM LEVEL AT WHICH QUALIFICATIONS LEADING TO CNHC REGISTRATION MUST BE ACHIEVED AGAINST THE REGULATED QUALIFICATION FRAMEWORK

The equivalent minimum level for Colon Hydrotherapy qualifications is as follows

- Level 4 in the Regulated Qualifications Framework for England, Wales and Northern Ireland
- Level 6 in the National Framework of Qualifications for Ireland
- Level 7 in the Scottish Credit and Qualifications Framework

### 6 HOURS OF STUDY

|     |   |
|-----|---|
| 6.1 | <p><u>Total Qualification Time.</u> <b>A minimum of 381 hours of study is required.</b></p> <p>This is the number of notional hours that represents an estimate of the total amount of time that could reasonably be expected to be required in order for a Learner to achieve and demonstrate the achievement of the level of attainment necessary for the award of a qualification.</p> |
|-----|---|

Total qualification time is comprised of the following two elements:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>(i)</li> <li>(ii)</li> </ul> | <ul style="list-style-type: none"> <li>the <b>minimum</b> number of hours of Guided Learning</li> <li>an <b>estimate</b> of the number of hours a Learner will reasonably be likely to spend in preparation, study or any other form of participation in education or training, including assessment, which takes place as directed by – but unlike Guided Learning, not under the Immediate Guidance or Supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training.</li> </ul> |
|---|--|



|   |  |   |
|---|--|---|
| 6.2   | <b>Guided Learning. 140 hours as a minimum</b> This is the activity of a Learner in being taught or instructed by – or otherwise participating in education or training under the <u>Immediate Guidance or Supervision</u> of – a lecturer, tutor or suitably trained and registered Colon Hydrotherapist Supervisor.  |   |
| 6.3   | <b>Immediate Guidance or Learning</b> can be   |   |
|   | (i)  | with the simultaneous physical presence of the Learner and the lecturer, tutor or suitably trained and registered Colon Hydrotherapist Supervisor<br>or |
|   | (ii)   | remotely by means of simultaneous electronic communication  |
|   | <b>A minimum of 62 hours of development and supervision of practical skills with the simultaneous physical presence of the Learner and the tutor/supervisor must be included in the 140 hours of Guided Learning. Practical Skills may be taught/practiced in classroom based simulated conditions or in a supervised work based setting.</b>  |   |
| <b>7 CREDIT VALUE</b>   |  |   |
| 7.1   | 38 credits (one credit must be equal to one tenth of the Total Qualification Time, rounded to the nearest whole number)  |   |
| <b>8 CASE STUDY REQUIREMENTS</b>  |  |   |
| To include the minimum requirements for practice observed by an occupationally competent assessor. NB Case study requirements are included in the Total Qualification Time and should reflect hours and credits (which may be spread across units). |  |   |
| 8.1   | <p>A minimum of <b>3</b> case studies must be completed. The written-up case studies must include a series of two treatments minimum on <b>3 different individuals</b>.</p> <ul style="list-style-type: none"> <li>• <u>taking full medical history</u></li> <li>• <u>full record of treatments including outcome and aftercare advice</u></li> <li>• <u>evaluation of measures taken during the treatments</u></li> <li>• <u>a critique of skills demonstrating learning and development</u></li> </ul> <p>These series of treatments must be carried out with the simultaneous physical presence practitioners who are</p> <ul style="list-style-type: none"> <li>(i) registered with CNHC as colon hydrotherapist</li> <li>(ii) approved as supervisors by the relevant Verifying Organisation</li> </ul> <p>The written-up case studies may be assessed by means of simultaneous electronic communication.</p> |   |

| <b>9 DETAILS OF THE ASSESSMENT PROCESS</b>   |   |
|--|---|
| This must include independent assessment ie the person undertaking the summative assessment and the final practical assessment should not have taught or assessed the learner, but must be occupationally competent                      |   |
| 9.1  | <p><u>Summative Assessment</u> includes the following components</p> <ul style="list-style-type: none"> <li>(i) Completion of a written assignment demonstrating learning of the Directed Learning outcomes.</li> <li>(ii) The student must pass a 2 hour written examination set and marked by an independent examiner who has not previously assessed the student.</li> <li>(iii) As referred to in 8.1 above, a minimum of <b>3 case studies</b> must be completed. The written-up case studies must include a series of two treatments minimum on <b>3 different individuals</b>.</li> <li>(iv) Students' practical skills will be assessed formally and informally. The number of 15 supervised practice sessions is set as a <u>minimum</u>, and includes treatments undertaken for the case studies. The assessment process will address multiple elements of the NOS including hygiene as well as communication and hands on skills.</li> </ul> |
| 9.2  | The combination of the written assignment, written examination, practical assessments, and case studies should all evidence clear understanding of learning outcomes outlined in this document.   |
| 9.3  | <b>In addition – Practical Assessment of skills</b>   |
|  | <p>An ongoing (i.e. during teaching sessions) observation as to practice, application and suitability.</p> <p>A final formal assessment of practical skills is required before certification</p>  |
| <b>10 DETAILS OF AN ACCREDITATION OF PRIOR AND EXPERIENTIAL LEARNING (APEL) PROCESS FOR APPLICANTS FOR CNHC REGISTRATION WHO HAVE NOT COMPLETED A COURSE THAT OF ITSELF MEETS CNHC REQUIREMENTS, AND WHO WOULD BE RESPONSIBLE FOR IT</b> |   |
|  | <p>The APEL process would be the responsibility of Verifying Organisations who verify applications for CNHC registration from colon hydrotherapists. Such applicants would be required to present evidence to enable mapping to the Core Curriculum.</p> <p>Clear evidence must demonstrate</p> <ul style="list-style-type: none"> <li>• relevant training (eg qualification certificates and CPD log)</li> <li>• at least three years of practice as a colon hydrotherapist</li> </ul>   |

|  |   |
|--|---|
|  | In addition such applicants may be required to give a colon hydrotherapy treatment while being observed by an occupational competent colon hydrotherapist. The premises may be subject to inspection to ensure agreed guidelines relating to hygiene are met. |
|--|---|

**CONTRA-INDICATIONS FOR COLON HYDROTHERAPY TREATMENT  
(subject to on-going review)**

**ABSOLUTE CONTRA-INDICATIONS**

Abdominal Hernia  
Autonomic dysreflexia (occurs in spinal injuries at or above T6)  
Carcinoma of the colon or rectum  
Children under 16 years without a GP's/medical specialist written referral and a guardian present at all times  
Colitis  
Congestive heart disease  
Diverticulitis  
Fistula  
Hirschsprung's disease  
Hypertension (170/100 or higher)  
Ileus (paralytic)  
Active Inflammatory Bowel Disorders - Ulcerative Colitis, Crohn's, Colitis and Diverticulitis  
Inflamed haemorrhoids  
Pregnancy  
Rectal bleeding  
Radiotherapy of abdominal area not discharged from medical care  
Severe Anaemia (RBC less than 2.5 million cells/mcL) - *Risk of fainting*  
Renal insufficiency  
Severe persistent diarrhoea

*The following timelines given post-surgery are deliberately conservative and could be less with the written support of a Medical Specialist*

Recent surgery of colon or rectum (less than 26 weeks)  
Recent bowel biopsy (Less than 12 weeks)  
Recent prostate biopsy made through the bowel (less than 12 weeks)  
Recent abdominal surgery e.g. hysterectomy (less than 26 weeks)  
Recent Laparoscopy (less than 6 weeks)

**RELATIVE CONTRA-INDICATIONS**

*The following are industry agreed relative contra-indications. The suitability of the treatment remains specific to the individual and must be assessed by a professional Colonic Hydrotherapist*

Anal tear and haemorrhoid(s) if Digital Rectal Examination reveals potential intolerance to speculum  
Chemo-therapy and cancer treatments known to cause inflammation, infections, anaemia and general weakness – *Colon Hydrotherapists should work with the medical team*  
Controlled hypertension and a prescription for diuretics  
Debilitating heart, liver and kidney diseases manifesting pain and weakness  
Diabetes - *Risk of Hypoglycaemia; client advice should be given in preparation for treatment*  
Diverticulosis within 3 months of episode of diverticulitis  
Highly anxious, stressed or emotional  
Hypotension (less than 90/60)  
Fissure  
Inflammatory Bowel Disorders in remission for a minimum of 6 months  
Inguinal Hernia  
Long term Oral or Rectal Steroid - *Risk of reduced bowel integrity*  
Recent (within 6 months) hip/knee joint surgery will need to establish mobility and if client can lie on their left side.  
Severe underweight or Eating Disorders  
Tight Sphincter

## Appendix B

## CNH1 Explore and establish the client's needs for complementary and natural healthcare

### OVERVIEW

All forms of complementary and natural healthcare rely on exploring and establishing the client's needs and expectations. This may take place at the outset, but also during the on-going delivery of complementary and natural healthcare. This allows the practitioner to consider whether it is appropriate to offer the service to the client, the type of service that should be offered and any required modifications to that service.

Users of this standard will need to ensure that practice reflects up to date information and policies.

Version No 1

### KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

1. The concept of health and well-being that is consistent with the practice, principles and theory underlying your discipline
2. The nature of the service provided and fee structures
3. How the client's previous and present care may affect their health and well-being in relation to your discipline
4. How the psychological and emotional balance, as well as diet and lifestyle of the individual, can affect their health and well being
5. How the context in which people live affects their health and well-being
6. The importance of a suitable environment and making clients feel welcome
7. How to select and use different methods for exploring clients' needs
8. How to establish valid and reliable information about the client, and determine the priority of need, in order to plan the service
9. The potential risks (relevant to your discipline) of various courses of action for the client
10. How to work with clients to determine the appropriate actions
11. The appropriate actions to take to suit identified needs
12. The conditions for which the discipline is appropriate and those where it must be used with caution
13. How to recognise conditions for which your discipline is unsuitable and for which the client should seek advice from other sources

- 14. How to judge whether self-care procedure(s) relevant to your discipline are appropriate for the client**
- 15. The anatomy, physiology and pathology relevant to your discipline**
- 16. The procedures for record keeping in accordance with legal and professional requirements**

## **PERFORMANCE CRITERIA**

**You must be able to do the following:**

- 1. evaluate requests for complementary and natural healthcare and take the appropriate action**
- 2. explain the nature of the service and fee structures to the client**
- 3. provide an appropriate and safe environment for the service**
- 4. make clients feel welcome and ensure they are as comfortable as possible**
- 5. discuss the client's needs and expectations, and ask relevant questions**
- 6. encourage the client to ask questions, seek advice and express any concerns**
- 7. establish the client's needs in a manner which encourages the effective participation of the client and meets their particular requirements**
- 8. determine any contra-indications or restrictions that may be present and take the appropriate action**
- 9. evaluate the information obtained and determine the appropriate action with the client**
- 10. complete and maintain records in accordance with professional and legal requirements**

## CNH2 Develop and agree plans for complementary and natural healthcare with clients

### OVERVIEW

It is important that the planning of complementary and natural healthcare takes place through discussion and agreement with the client and relevant others (e.g. carers). This standard is about developing and agreeing plans that meet the client's needs. Such plans may be subject to change as the service proceeds.

Users of this standard will need to ensure that practice reflects up to date information and policies.

Version No 1

### KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

1. The range, purpose and limitations of different methods or approaches which may be used for clients' individual needs
2. How to determine the most appropriate method(s) for different clients and their particular needs
3. How to recognise those occasions when your discipline may complement other healthcare which the client is receiving
4. The alternative options available to clients for whom your discipline is inappropriate
5. The role which the client (and others) may take, and may need to take, if the approach is to be successful
6. How to support and advise the client to make informed choices
7. How to work with the client and relevant others to plan the approach
8. Why evaluation methods should be determined at the planning stage and what the client's role will be in the evaluation
9. The importance of encouraging and empowering the client to be as actively involved as possible
10. The relationship of the client's involvement to the promotion of their health and well-being
11. The procedures for record keeping in accordance with legal and professional requirements

## **PERFORMANCE CRITERIA**

**You must be able to do the following:**

- 1. explain the available option(s) which meet the client's identified needs and circumstances**
- 2. explain any restrictions, possible responses and advise on realistic expectations**
- 3. advise the client when your discipline is inappropriate and help them to consider other options**
- 4. discuss the approach to be taken, the level of commitment required and the potential outcomes and evaluation with the client**
- 5. check the client understands and support them to make informed choices**
- 6. obtain the client's consent and complete records in accordance with professional and legal requirements**

CNH2 Develop and agree plans for complementary and natural healthcare with clients  
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## Activities that count towards Guided Learning Hours (GLH) and Directed Learning Hours within the Total Qualification Time (TQT)

The following table provides examples of what activities count towards hours of Guided Learning and Directed Learning:

| Type of Activity   | Guided Learning | Directed Learning |
|--|-----------------|-------------------|
| Classroom based learning supervised by the lecturer, supervisor or tutor whether on a 1 to 1 or group basis  | ✓               | ×                 |
| Invigilated or supervised examinations or final assessments  | ✓               | ×                 |
| Research project where the learner carries out independent research and produces a report without supervision  | ×               | ✓                 |
| Classroom based induction to a qualification   | ✓               | ×                 |
| Skills practice carried out in simulated conditions where the learner is observed and assessed at the same time as the simulation is taking place          | ✓               | ×                 |
| Simultaneous electronic meetings with the lecturer, supervisor or tutor, eg. Skype or live webinars  | ✓               | ×                 |
| Watching a pre-recorded podcast or webinar, or listening to a recorded tutorial  | ×               | ✓                 |
| Work based practice observed by employer, tutor, or other witness more qualified than the learner  | ✓               | ×                 |
| Portfolio assessment where the learner collates evidence of competence and understanding unsupervised by the lecturer, supervisor or tutor eg Case Studies | ×               | ✓                 |
| E-assessment where the learner has their knowledge and understanding assessed unsupervised where they can access online e-assessment at any time           | ×               | ✓                 |
| E-assessment where the learner is supervised by the lecturer, supervisor or tutor in real time   | ✓               | ×                 |