



**PROGRAM** : NATIONAL DIPLOMA  
SOMATOLOGY

**SUBJECT** : REFLEXOLOGY EXAM

**CODE** : STE 311B

**DATE** : 12 NOVEMEBER 2014

**DURATION** : 3 HOURS

**WEIGHT** : 50%

**TOTAL MARKS** : 180

---

**EXAMINER** : MS. S. JOOWALAY

**MODERATOR** : MRS L. STEVENSON

---

**NUMBER OF PAGES** : 4

**INSTRUCTIONS TO CANDIDATES:**

PLEASE ANSWER ALL THE QUESTIONS.

---

### **Question 1**

- 1.1 Use the zone theory to provide a detailed explanation of how Reflexology works. Also illustrate this using a diagram (5)
- 1.2 Elaborate on the relevance of helper areas within a Reflexology treatment. (2)
- 1.3 Clarify the concept of crisis healing. (2)
- 1.4 Explain the consequences of the following foot biomechanics:
- 1.4.1 The right leg is turned out more than 60° (1)
- 1.4.2 The right and left foot are turned at 60° (1)
- 1.4.3 Both feet are turned out more than 60° (1)
- 1.4.4 Genu varum (bow legs) (1)
- 1.5 When assessing a patient, list 12 things you would look out for to assist you in your treatment plan and treatment strategy, from the time the patient gets out of the car and walks into your treatment room and takes his/her shoes off and gets onto the bed. (12)

**[25]**

---

### **Question 2**

- 2.1 Describe high blood pressure and provide possible foot presentation and explain the reflexology treatment strategy for the condition (15)
- 2.2 Provide a definition/description of the following medical interventions.
- 2.2.1 Gastroscopy (2)
- 2.2.2 Angioplasty (2)
- 2.2.3 Port for chemotherapy (2)
- 2.2.4 Kidney transplant (2)
- 2.2.5 Lumpectomy (2)
- 2.3 Provide criteria for referring a patient for medical opinion for the following:
- 2.3.1 In case of a headache ( $\frac{1}{2} \times 4 = 2$ )
- 2.3.2 Bleeding ( $\frac{1}{2} \times 4 = 2$ )
- 2.3.3 Abdominal problems ( $\frac{1}{2} \times 4 = 2$ )
- 2.4 "Laxatives are necessary to ensure a healthy digestive system". Evaluate this statement. (3)

**[34]**

---

### **Question 3**

3.1 Identify the functions and objectives of the AHPCSA. (4)

3.2 Describe the ethical considerations pertaining to Confidentiality as stipulated in the AHPCSA Act 63 of 1982. (6)

3.3 Identify the Bill of Rights as enshrined with the South Africa Constitution of 1996 (5)  
[15]

---

### **Question 4**

4.1 In terms of Chinese medicine thinking list the emotions attached to the various meridians and explain the affect they have on the body. (6)

4.2 If a patient had a pin in the wrist or the leg after surgery, which cautions would you take? What reflexes would you work and why?  $\frac{1}{2}$  mark per fact (4)

4.3 Patients come to you and present with the following conditions:

Define the condition (1)

Discuss strategic thinking i.e what reflexes you would work ( $\frac{1}{2}$  mark) and why ( $\frac{1}{2}$  mark). Include lifestyle advice, nutrition and supplementation where appropriate ( $\frac{1}{2}$  mark per fact)

A. Candida/Thrush (10)

B. Multiple Sclerosis (10)

[30]

---

### **Question 5**

5.1 Briefly outline the different responses to HIV infection. (6)

5.2 How would you approach a Reflexology treatment strategy for an individual with HIV but not presenting with symptoms? Provide your patient with nutrition, supplementation and lifestyle guidelines. (20)

[26]

### **Question 6**

ANSWER THE FOLLOWING TWO (2) CASE HISTORIES. PLEASE INCLUDE AS MUCH INFORMATION AS YOU CAN- REMEMBER THAT THIS TELLS US HOW MUCH YOU KNOW IN TERMS OF INTERGRATING ALL YOUR INFORMATION FOR A PATIENT TREATMENT. DISCUSS STRATEGIC THINKING (WHICH REFLEXES TO WORK AND WHY), TREATMENT PLAN, LIFESTYLE ADVICE NUTRION, SUPPLEMENTATION, CHINESE THINKING, BIOMECHANICS, FOOD AND DRUG INTERACTIONS AND APPROPRIATE QUESTIONING.

#### **CASE HISTORY A**

A 63 year old Male patient has had emphysema for many years and was so well managed that he took himself off the oxygen, which he was on for at least 8 hours a day. He went on an overseas trip (picked up a cold bug and became infected- possibly from the plane). Describe the feet from a few years ago and how you treated him when he was on management and then proceed to change his treatment accordingly from this latest health crisis and how you change your treatment and any take home advice. Take into account your Reflexology thinking, nutritional counselling and supplementation, biomechanics, Chinese thinking, assessment techniques and write up a case study of this gentlemen, as if you were teaching another Reflexologist. (25)

#### **CASE HISTORY B**

A 45 year old female patient has a kidney infection. How will you treat her in terms of the above requirements? (25)

**[50]**

---