



Quick News

Volume 1, Issue 3

MAKE RARI ROAR!

July 2, 2021



Greetings From the President

Dear RARI Members,

This is my last President's message to the membership and I want to share some things with you. First, it has been an honor and a privilege to serve on the board of our reflexology association. This board has worked hard on behalf of every member and I have to say it is the finest group I have worked with, hands down! Every thought and every meeting prioritized member's and their needs. We built upon the great work our prior boards began. We feel we were successful and here are some of our accomplishments:

- Continued sponsorship of the cadaver study in 2020, which drew participants from Maine and elsewhere
- Sponsorship of Sam Belyea's Foot Reading class and Chakra class
- Sponsorship of the National Conference for Reflexology Practitioners
- Creation of a new RARI logo
- Held all board and membership meets via Zoom due to inaccessibility of meeting space due to Corona virus
- Continued Quick News newsletters to keep membership informed
- Initiated membership participation in the newsletter
- Posted upcoming news and events on the RARI Facebook page
- Kept membership updated on legislation via Kelly Urso's presentations at meetings

One thing not accomplished was timely updating of our Website page, for which I take full responsibility. We will set the new board up with the needed information and contact the webmaster so they may make these changes.

I have thoroughly enjoyed getting to know you better and to support you with educational programs that enhance your practice. I know the incoming board will keep your needs as top priority!

I am happy to announce that we had a very successful nomination and election period and wish to present our new board members:

Barbara Heavey-Hodson, President
Patricia Salzillo, Secretary
Geri Marandola, Director
Claudia Ainsle, Director-in-training

Tami Goulet, Vice-President
Stephanie Mills, Treasurer
Paivi Murphy, Director-in-training
Dana Moriarty, Delegate to RAA

Congratulations to the new board! I wish you wild success!

I am presenting the educational piece “**Reflexology Client Notes Made Easy**” in this newsletter, which is the method I use to document client notes. Over the years I have fine tuned this method with an eye toward accuracy and efficiency, thus saving time when documenting. Many have said they do not like the documentation part of our profession, so I hope my method helps you save time and serves your needs.

Finally, while I will not be serving on the board, I most certainly am dedicated to RARI, its members and the continuation of elevating the profession of Reflexology.

Namaste, *Dawn*



UPCOMING!

Member Meeting via Zoom - July 14th—7:00PM-8:30PM

and

Summer Party at Dalia Pucci's

457 Shady Valley Road, Coventry, RI 02816

Date: Saturday **July 31, 2021**

(no rain date this year!)

Time: 2 PM till whenever...

Boat ride and lots of fun

PLEASE RSVP to Dalia via email or text: adaliap4@gmail.com or **401-829-7042**

Include who is coming, time of arrival and what covered dish/salad you are bringing to share!

Reflexology Client Notes Made Easy

After hand writing notes then doing them on the computer, I realized that while accurate, my notes on reflexes might differ slightly from one time to another because the descriptions weren't anatomical according to foot anatomy. Rather, they noted the reflex name and not the specific location on the foot. Why is this a problem? Because many of us were taught with reflexology charts that differ from each other and reflexes may be located in a slightly different area. It became important to me that I consistently described, say the kidney reflex, exactly the same way anatomically every time. That way, no matter what, anyone with a need to read my notes (malpractice insurance, etc.) can be sure exactly what I am talking about. Also, Many of us learned the term "crunchy" in our initial education program. ARCB does not recognize this term and instead uses "tissue texture change", which covers all changes.

Here is my method in a nutshell. Initially, it takes some work but pays off big time when writing notes. While writing notes on a client I would take a foot map and superimpose it over the skeleton of a foot, both left and right. When the two feet lined up, I noted where the reflex was and referenced the bony structures it overlaid. When I had this precisely mapped, I then began a word document and kept the reflex and the anatomical description in it. As I recall, the first client had four or five reflexes out of balance, so I had a good start on my word document. I then saved the document for future use/reference. I continued this method for every client thereafter that had additional reflexes not already in my list.

Now when I document, I open the reference list and cut and paste the reflex description into my new document adding whether the problem is bilateral and what the clients sensitivity is for that particular reflex.

Did they notice it, did they say it was painful, etc? This allows you to make it specific to each client.

The book I use for the anatomical foot model is **Color Atlas of Foot & Ankle Anatomy, 2nd Ed. By Robert M H McMinn, Ralph T Hutchings and Brian M Logan**. It has been an invaluable tool.

My documentation form is on the next page of this newsletter for your reference. If you like it, please feel free to use it in your practice. I created the form itself, and before documenting on the next client, I cut everything out that was pertinent to the last client so I don't have to recreate the form again. Of course, I also document the affected reflexes on a foot chart as well. With this method documentation has been a breeze.

...Dawn Franceschini

Peaceful Soles Reflexology
Client Name Here
This example is fictitious

Session Number: 23	Length of Session: 1500-1600 hours
Pressure Used: Moderate	Ankle ROM: Good bilaterally
Focus of Session: Relaxation, pain relief	Essential Oil Used/with permission: Cedarwood
Special Considerations: History breast cancer, radiation and bilateral mastectomy with some lymphatic swelling.	Date: 6/5/2021

S: Today client states:

- * My migraine at last session was much better and did not return
- * My right shoulder is painful, I think because I did a lot of painting last week
- * My sinuses are very stuffy

O: The following tissue texture changes were noted: (Note that you may or may not feel changes in the reflexes the client referred to in his/her statement)

- * Left plantar pad of hallux at distal phalange with sensitivity =1
- * Bilaterally across plantar surface at lower 3rd of calcaneus with sensitivity =2
- * Left dorsal surface between all metatarsals with sensitivity =1

A: * General reflexology session with emphasis on the following reflexes: (This refers to your objective findings above)
Pituitary, sciatic and lymphatic

- * Additional emphasis on the following reflexes: (These would be the "helper" reflexes to the above)
Adrenal, solar plexus, hip and knee, kidney, ureter.

P: * Above findings discussed with client, who stated that she forgot to mention her lower back had been sore. She stated her shoulder felt much better.

- * Client slept during last half of session
- * Made next appointment for 7/9/2021 @ 0900 hours



Practitioner's Signature
Dawn Franceschini, MSN, RN, NBCR

Reflexology Association of Rhode Island (RARI)

Barbara Hodson, President, bheavy-hodson@cox.net
Tami Goulet, V. President, tamigoulet@yahoo.com
Stephanie Mills, Treas., millszzz@yahoo.com
Pat Salzillo, Sec., psalzillo@hotmail.com
Geri Marandola, Director, Geriflex@verison.net

Reflexology Association of Connecticut (RACT)

Melissa Whited nrgyhlr17@gmail.com Julie Bailis juliebailis@gmail.com and Heather Smith heather.reflexologist@yahoo.com have been elected to the RACT Board for 2021-2022.

Officer positions have not yet been determined. If you have any questions, want to join RACT or know someone who might be interested please contact one of the Board members. They will be focused on Legislation and Membership during the upcoming year.

REFLEXOLOGY DEFINITION (Approved by RAA, ARCB, NCRE)

Reflexology, an Integrative health practice, maps a reflection of the body predominately on the feet, hands, and outer ears. It uses unique manual techniques to deliver pressure to neural pathways assisting the body to function optimally

Important Websites/Links for help and information

www.reflexologyri.com - Reflexology Association of R.I.
[Facebook](#) - Reflexology Association of Rhode Island
www.RIHHA.org - R.I. Holistic Healing Association
www.riwelnessguide.com - Free Listing of your business
www.reflexology-usa.org - Reflexology Association of America
www.arcb.net - American Reflexology Certification Board
www.reflexedu.org - National Council for Reflexology Educators
ICR-reflexology.org - International Council of Reflexology