

**COMPETENCY STANDARD FOR TRAINING OF
PRACTITIONERS OF HIJAMA,
MALDIVES ALLIED HEALTH COUNCIL.**

The Maldives Allied Health Council has decided to introduce a competency standard for training of practitioners of Hijama, for their subsequent registration and license to practice with the council.

Following is a minimum standard of educational and skills requirements that must be met in potential applicants for the title of Hijama practitioner.

1. Training providers may use this standard to develop a course for Hijama practitioners and submit for approval of the council as per *Course Approval Requirements Form* available from this council. As this is a minimum standard, training providers may broaden modules as desired. Credit exemptions may be provided as part of the course based on prior formal qualifications.
2. Once course approval documents are received it will be assessed by the council
3. If the course for training of Hijama practitioners is approved, the approved course may be conducted and graduates of the course may apply for registration and license to practice with the council

Part 1. Recommended distribution of hours of the training program

Lecture:	66 hours
Tutorial:	9 hours
Practical:	75 hours of experience
Self-Study:	50 hours
<u>Total:</u>	<u>200 hours</u>

Part2. Recommended content of the training program

The following contents should be covered for each lecture/tutorial and the mentioned practical requirements to be achieved by the student.

Contact hours	Contents
Module 1: Anatomy and Physiology	
2	<ul style="list-style-type: none"> • Vitals organs and their functions: brain, lungs, kidneys, liver, stomach, spleen, gall bladder, pancreas,



3	<ul style="list-style-type: none"> • Body systems: circulatory, nervous, musculoskeletal, integumentary
3	<ul style="list-style-type: none"> • Lymphatic, digestive, respiratory, reproductive systems
3	<ul style="list-style-type: none"> • Surface anatomy
2	<ul style="list-style-type: none"> • Glands: thyroid, parathyroid, pituitary, adrenal, thymus
3	<ul style="list-style-type: none"> • Blood: production, circulation, components of blood, blood cell counts, homeostasis, blood and hijama
	<i>Expected Competencies</i>
	<ul style="list-style-type: none"> • Know the location and functions of the human organs and how they relate to each other • Understand the body systems and how they relate to each other and to different organs
2	Tutorial
Module 2: Hijama basics	
3	<ul style="list-style-type: none"> • Definitions and types of Hijama • Cupping methods (dry, wet, massage)
3	<ul style="list-style-type: none"> • Hijama theories • Cupping techniques • Hijama instruments and equipment
3	<ul style="list-style-type: none"> • Landmarks and hijama points • Making incisions
	<i>Expected Competencies</i>
	<ul style="list-style-type: none"> • Understand how hijama relates to the anatomy and physiology of the body • Understand the basics of hijama including various methods of hijama, and the equipment and techniques used
Module 3: Hijama-Diagnosis and treatment	
3	<ul style="list-style-type: none"> • Pathologies treated with Hijama, • Medical history-taking, including co-morbidities, medications, possible contraindications
3	<ul style="list-style-type: none"> • Patient assessment techniques • Using BP apparatus and blood sugar monitoring devices • Developing treatment plans
3	<ul style="list-style-type: none"> • Hijama in the treatment of different ailments • Precautions and contraindications • Pre-treatment preparations
3	<ul style="list-style-type: none"> • Procedures followed in case of severe bleeding, and other emergencies • Post-treatment considerations- infection, scarring, pain management,



	Side effects etc
	<i>Expected Competencies</i>
	<ul style="list-style-type: none"> • Competency in taking patient history and assessing patient (including how to assess BP, blood sugar) to determine whether hijama can be given. • Be able to develop a treatment plan based on the history and assessment • Understand hijama theories and apply them to individual patients • Know the precautions and contraindications for hijama • Know how to attend to different emergencies, side effects and complications after hijama procedures
3	Tutorial
Module 4: First Aid	
3	<ul style="list-style-type: none"> • Introduction to first aid • First aid aims and principles • Incident management • Recognition and care of unconscious casualty
3	<ul style="list-style-type: none"> • CPR- Adult and child (Theory and Practice) • Management of wounds, bleeding, and shock • Choking
3	<ul style="list-style-type: none"> • Management of heat related injuries • Management of foreign bodies in eyes, ears and nose • Bites and stings
3	<ul style="list-style-type: none"> • Recognition and management of fractures, cramps, strains, sprains • Transportation of casualties • Management of minor and major medical conditions
	<i>Expected competencies</i>
	<ul style="list-style-type: none"> • Be able to attend to situations requiring first aid
3	Tutorial
Module 5: Best Practice and ethics	
3	<ul style="list-style-type: none"> • Patient notes and record keeping • Preparing for treatments • Workstation, equipment and supplies • Communication skills



3	<ul style="list-style-type: none"> • Ethics-basic principles • Informed consent • Patient confidentiality • Patient autonomy • Privacy of patient • Transparency- disclosing risks and limit of treatments
	<i>Expected Competencies</i>
	<ul style="list-style-type: none"> • Know how to prepare and keep records to a professional standard • Provide a safe, professional environment and service to patients • Practice duty of care to patients • Understand and respect the rights of patients
Module 6: Infection prevention and control	
3	<ul style="list-style-type: none"> • Safety procedures at work • use of blades, lancets and other sharp objects • waste disposal: disposal of sharps, disposal of cups, biohazard waste disposal
3	<ul style="list-style-type: none"> • cleaning, sterilizing and disinfection • hand-washing procedures • using personal protective equipment safely- gloving and de-gloving, gowns, etc.
3	<ul style="list-style-type: none"> • common blood-borne infections and their prevention (include HIV, Hepatitis B and C) • sharps injuries and post-exposure prophylaxis
3	<ul style="list-style-type: none"> • national infection control guidelines in healthcare facilities • national healthcare waste management guidelines
	<i>Expected competencies</i>
	<ul style="list-style-type: none"> • undertake all aseptic measures to ensure a safe environment for self, staff and patients • understand proper waste management and cleaning procedures • adhere to national guidelines on infection control • know how to handle sharps injuries • know common blood-borne pathogens and their prevention
	Module 7: Practical



75	<ul style="list-style-type: none"> • take history and fill patient assessment forms • deal and communicate with patients using communication skills • develop treatment protocol • familiarize with the usage of the different equipment related with Hijama • undertake safe infection control practices- using personal protective equipment safely, • carryout cleaning, sterilizing, disinfecting procedures and safe disposal measures • practice and demonstrate different cupping techniques and treatments • handle emergencies and give proper first aid • implement good duty of care to patients
	<i>Expected competencies</i>
	<ul style="list-style-type: none"> • Know how to fill patient assessment forms • take patient history • demonstrate good patient communication skills • developing treatment protocol • demonstrate competency in using different equipment • demonstrate competency in safe infection control practices- using personal protective equipment safely, safe cleaning, sterilizing, disinfecting procedures and safe disposal measures • demonstrate competency in different cupping techniques and treatments • demonstrate how to handle emergencies and give first aid • implement good duty of care to patients

Part3. Recommended entry criteria for the training program

Successful completion of 10th grade/standard

Part4. Recommended criteria for the lecturers and trainers of the training program

Module	Recommended criteria for the lecturers and trainers
Module 1: Anatomy and Physiology	Degree in medical , allied health or nursing
Module 2: Hijama basics	Certified trainer for Hijama who holds registration abroad in a regulatory council, board, or a professional association
Module 3: Hijama-Diagnosis and treatment	Certified trainer for Hijama who holds registration abroad in a regulatory council, board, or a professional association
Module 4: First Aid	Certified trainer of First Aid



Module 5: Best Practice and ethics	Degree in medical , allied health or nursing
Module 6: Infection prevention and control	Degree in medical , allied health or nursing
Module 7: Practical	Certified trainer for Hijama who holds registration abroad in a regulatory council, board, or a professional association

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