



MALDIVES ALLIED HEALTH COUNCIL
MINISTRY OF HEALTH, FAMILY AND WELFARE
MALÉ, REPUBLIC OF MALDIVES



Competency Standard for the Training of Wet Cupping Technicians - Basic Level

*Revised Edition 2026 – Aligned with Maldives National Qualifications Framework Level 2
Certificate Standards (30 Credits / 300 Learning Hours)*

Issued by the Maldives Allied Health Council

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1. Introduction

This document outlines the revised Competency Standard for the Training of Wet Cupping Technicians-Basic Level, developed by the Maldives Allied Health Council (MAHC) in 2026. It replaces the earlier publication titled “Hijama Practitioners Standard – Version 1,” dated 20/03/2019.

The revision has been undertaken to improve structure, clarity, and alignment with national quality standards, ensuring safe, ethical, and effective practice of wet cupping in the Maldives. It specifically defines the role of Wet Cupping Technicians at basic level, as recognized under the Maldives National Qualifications Framework (MNQF) Level 2 Certificate—equivalent to 30 credits or 300 notional learning hours.

The updated standard also aims to strengthen regulatory consistency in the registration and licensing of Wet Cupping Technicians at basic level by the MAHC.

Before granting final approval for any training program, the MAHC will review whether all required competencies are adequately covered by evaluating the curriculum content, practical components, mode of delivery and assessment methods. Furthermore, the MAHC will conduct an institutional inspection, based on the relevant MAHC guidelines, to ensure the program can be delivered in a safe and professional environment. All other aspects of program development and delivery – including credit allocation, teaching hours, and quality assurance – must comply with the Maldives Qualifications Authority (MQA) policies and guidelines.

2. Purpose of the Standard

The primary purpose of this competency standard is to:

1. Define the minimum educational and practical requirements for individuals pursuing registration, and licensure as Wet Cupping Technicians at basic level in the Maldives.
2. Guide training providers in developing programs that align with MNQF **Level 2** qualifications.
3. Ensure training programs incorporate essential competencies, skills, and ethical standards required for safe and effective practice.



4. Serve as a framework for course development, approval, and quality assurance, including mechanisms for credit exemptions based on prior qualifications or experience according to the Maldives Qualifications Authority (MQA) guideline.
5. Serve as a basic registration level on a path to higher level registration and higher competency standards in wet cupping to be introduced by MAHC in the future

Training institutions must submit their programs to the MAHC for approval using the designated Course Approval Requirements Form. All submissions will undergo evaluation as per the established review process of the MAHC.

3. Total Learning Hours and Credit Allocation

The revised training program comprises a total of 300 notional learning hours, corresponding to 30 credits (10 weeks full time), in alignment with the standards outlined in the MNQF Level 2 (Refer to Table 1). The total hours of each module and corresponding credits have been determined in accordance with the MQA guidelines to ensure a balanced integration of contact hours and independent study.

4. Supervised Practical Hours Requirement

Following the successful completion of the coursework, candidates are required to undertake a minimum of 30 hours of supervised practical experience under the direct oversight of a licensed Wet Cupping Technician. This 30 hour of supervised practical experience is not part of the 30-credit qualification and is a post-qualification licensure requirement set by MAHC. The supervised practicum is designed to reinforce ethical, safe, and competent application of wet cupping techniques in real-world clinical settings.

5. Entry Requirements

To be eligible for enrollment in this training program, applicants must meet the following criteria:



- Successful completion of Grade 10 (O-Level or an equivalent qualification)
- Minimum age requirement of 18 years

6. Mode of Delivery

The approved mode of delivery for this program is face-to-face instruction, encompassing theoretical components, practical sessions, and assessments. This approach ensures robust skill development through hands-on experience, promotes active learner engagement, and maintains compliance with safety and professional standards set forth by regulatory bodies.

Table 1: Summary of Modules with Total Learning Hours and Credit Distribution

Module No.	Module Title	Total Hours	Credits	Key Competencies Gained
1	Anatomy and Physiology	35	3.5	Understand body systems relevant to wet cupping (skin, circulatory, lymphatic)
2	Fundamentals of Wet Cupping	30	3	Knowledge of wet cupping types, indications, contraindications
3	Assessment and Treatment Protocols	35	3.5	Cupping site selection, protocol planning, documentation
4	Infection Prevention and Control	30	3	Aseptic techniques, sterilization, sharps disposal
5	Ethics, Consent, and Legal Considerations	25	2.5	Informed consent, ethical practice, scope of practice
6	Communication and Professionalism	25	2.5	Effective communication, record keeping, cultural sensitivity
7	First Aid and Emergency Response	30	3	Emergency care, CPR awareness, adverse reaction management
8	Practical Training and Case Log	90	9	Hands-on wet cupping skills, case documentation, professionalism
Total		300	30	

The above table outlines the total learning hours and credit value for each module. The allocation of contact hours (lectures, tutorials, and practical sessions) and self-study hours will be determined in accordance with the MQA guidelines.

Recognition of prior learning: Training institutes may recognize prior learning of modules as appropriate



7. Module Descriptions and Core Content

Module 1: Anatomy and Physiology

Purpose: To provide foundational knowledge of the human body relevant to safe wet cupping practices.

Key Contents:

- Overview of human body systems (focus on skin, musculoskeletal, circulatory, lymphatic, and nervous systems)
- Surface anatomy describing anatomical landmarks relevant to wet cupping points
- Physiology of skin healing and blood flow
- Understanding referred pain and dermatomes
- Basic pathophysiology related to conditions treated by cupping
- Contraindicated anatomical sites for wet cupping

Module 2: Fundamentals of Wet Cupping

Purpose: To introduce the principles, tools, and safe practice of wet cupping.

Key Contents:

- History and origins of wet cupping (Islamic, Chinese, Unani perspectives)
- Types of wet cupping
- Indications and contraindications of wet cupping
- Materials and equipment used (types of cups, blades, suction methods)
- Step-by-step wet cupping procedure
- Site selection and preparation
- Aftercare and healing process
- Common adverse effects and management

Module 3: Assessment and Protocols for Wet Cupping

Purpose: To equip learners with basic assessment skills to provide wet cupping to clients.

Key Contents:



- Conducting basic client assessments, including health history and evaluation of signs and symptoms
- Identifying common conditions treated with wet cupping (e.g., musculoskeletal pain)
- Conducting client assessments using both traditional methods and modern health screening to inform treatment decisions
- Identifying and locating commonly used wet cupping points and anatomical sites based on traditional and contemporary practice
- Developing individualized wet cupping plan tailored to client needs and health status
- Determining appropriate wet cupping frequency, intervals, and duration based on condition and client goals
- Documenting clinical findings, wet cupping protocols, and client responses

Module 4: Infection Prevention and Control

Purpose: To ensure hygienic and safe practice minimizing risks of infection and contamination.

Key Contents:

- Principles of asepsis and hand hygiene
- Use of personal protective equipment
- Spill Management
- Sterilization and disinfection of equipment
- Waste disposal (sharps and biological waste)
- Bloodborne pathogens and universal precautions
- Management of needlestick injuries or exposure incidents
- Ministry of Health Infection Prevention and Control guidelines for wet cupping clinics

Module 5: Ethics, Consent, and Legal Considerations

Purpose: To instill professional conduct, client rights, and legal responsibility.

Key Contents:

- Client autonomy and informed consent
- Professional boundaries and confidentiality
- Ethical principles (beneficence, non-maleficence, justice)
- Documentation and record-keeping



- Code of Conduct of the MAHC for Allied Health Professionals
- Scope of practice and liability
- Licensing and regulatory obligations under the MAHC

Module 6: Communication and Professionalism

Purpose: To build effective communication and professional behavior for safe practice.

Key Contents:

- Verbal and non-verbal communication with clients
- Active listening and empathy
- Managing client expectations and concerns
- Interpersonal communication with colleagues and supervisors
- Appearance, hygiene, and conduct of a Wet Cupping Technician
- Handling feedback and conflict resolution
- Cultural sensitivity and respecting diversity

Module 7: First Aid and Emergency Response

Purpose: To prepare learners to manage basic emergencies safely and confidently.

Key Contents:

- Introduction to basic first aid principles
- Management of fainting, dizziness, and vasovagal reactions
- Recognition and response to allergic reactions
- Control of bleeding and wound care
- CPR and recovery position (basic life support)
- Emergency referral protocols
- First aid kit requirements for wet cupping clinics

Module 8: Practical Training and Case Log

Purpose: To ensure hands-on experience in supervised wet cupping and client care.

Key Contents:

- Supervised practice of full wet cupping procedure
- Hygiene, technique, and aftercare demonstration



- Practice on simulated and real clients (under supervision)
- Clinical documentation and client communication
- Case log maintenance (minimum required cases to be completed)
- Reflective practice and feedback from trainers
- Final assessment of practical skills (OSCE or similar format)
 - An OSCE is a type of performance-based assessment commonly used in health sciences and clinical training programs to evaluate a candidate's correct execution of pre-defined procedures, skill demonstration and professional behavior in a standardized and structured format.
- Key Features of an OSCE:
 - The exam is made up of "stations", each testing a specific skill or scenario. OSCE stations assess procedural accuracy, hygiene, communication, and safety compliance, consistent with MNQF Level 2
 - At each station, the student is required to perform a clinical task (e.g., taking a client history, performing a physical exam, demonstrating a procedure).
 - Standardized clients (trained actors) or mannequins may be used.
 - Examiners observe and assess performance using a checklist or rating scale.
 - Time is strictly controlled (usually 5–10 minutes per station).
- Purpose:
 - To assess whether a candidate can apply clinical knowledge in realistic, hands-on situations.
 - Commonly used in medical, nursing, dental, and allied health education, including procedures like wet cupping where practical skills need validation.

8. Explanation of Module Summary and Credit Allocation

This document provides guidance for training institutions developing and delivering competency-based programs for Wet Cupping Technicians. The program is to be structured in line with the MNQF Level 2 requirements, comprising a total of 30 credits, which equates to 300 notional learning hours.



According to the Credit Policy of the MQA, one credit corresponds to 10 notional hours of learning. These include a combination of direct contact hours (lectures, tutorials, and practical sessions), self-directed study, and assessment activities. Institutions must ensure an appropriate and pedagogically sound distribution of these hours to foster both theoretical understanding and practical competence in alignment with occupational standards.

The module summary table included in this guideline presents the recommended total learning hours and corresponding credit values for each subject area. While training providers must meet the minimum standards, they may adapt the balance of contact and self-study hours based on the complexity of the content, instructional methods and learner profiles, provided the credit allocation principles of the MQA are upheld.

Learning activities should be organized across the following components:

- Lectures – Structured delivery of theoretical concepts
- Tutorials – Interactive, discussion-based sessions
- Practicals – Hands-on skill development and demonstrations
- Self-Study – Independent reading, assignments, and revision

Any course submission from institute must indicate the distribution of learning activities across the modules

The 300 learning hours of the program are designed to ensure comprehensive coverage of:

- Basic anatomy and physiology
- Core wet cupping techniques and principles
- Infection prevention and ethical practice
- Clinical application through supervised practicum
- Communication, professionalism, and emergency response

Credits for each module are calculated by dividing the total module hours by 10. This ensures a balanced integration of academic learning and applied skills, preparing graduates to deliver safe, ethical, and competent care.



The structure is intended to be completed within a short-term duration (approximately 3 months full-time), offering a practical yet rigorous training pathway that meets regulatory standards and national workforce needs in the allied health sector.

9. Expected Competencies Upon Completion

Graduates will be able to:

- Demonstrate safe, competent wet cupping procedures
- Understand relevant anatomy and treatment protocols
- Apply ethical, legal, and infection control principles
- Communicate effectively and maintain professional records
- Provide emergency first aid and manage minor adverse events
- Work under limited supervision with accountability for their actions

10. Assessment Methods

Learner competence should be evaluated using a combination of formative and summative assessment methods designed to measure theoretical knowledge, practical skills, and professional competencies. The assessment framework includes:

- **Written Examinations** - Multiple Choice Questions (MCQs) and short-answer questions to assess understanding of core theoretical concepts.
- **Practical Assessments** - Structured evaluations using checklists and direct observation of live demonstrations to assess hands-on skills in wet cupping and emergency procedures.
- **Portfolio Assessment** - Submission of a documented portfolio comprising 10 case records and a reflective learning log, demonstrating applied learning and critical self-reflection.
- **Oral/Viva Voce Assessments** - Individual oral examinations focusing on areas such as ethics, first aid, and treatment protocols to evaluate reasoning, communication, and decision-making abilities.

11. Qualification of instructors and trainers



Module No.	Module Title	Instructors minimum Qualification	Justification
1	Anatomy and Physiology	Bachelors' degree in a field that includes the module subject.	A Level 7 qualification is required to ensure adequate theoretical depth, for learners at MNQF Level 2
2	Fundamentals of Wet Cupping	Refer to Minimum Requirement of the Wet cupping trainer	
3	Assessment and Treatment Protocols	Refer to Minimum Requirement of the Wet cupping trainer	
4	Infection Prevention and Control	Bachelors' degree in a field that includes the module subject.	A Level 7 qualification is required to ensure adequate theoretical depth, for learners at MNQF Level 2
5	Ethics, Consent, and Legal Considerations	Bachelors' degree in an allied health professional field	A Level 7 qualification is required to ensure adequate theoretical depth, for learners at MNQF Level 2
6	Communication and Professionalism	Diploma in an a health professional field	A Level 5 qualification is required to ensure adequate theoretical depth, for learners at MNQF Level 2
7	First Aid and Emergency Response	Valid Basic First Aid and CPR certification trainer	
8	Practical Training and Case Log	Refer to Minimum Requirement of the Wet cupping trainer	

Table 2:Qualification Requirements for Wet cupping trainer

Criteria	Minimum Requirement of the Wet cupping trainer
Academic Qualification	A minimum Level 5 qualification (Diploma or higher) in a health-related field, <i>or</i> traditional/complementary medicine such as Unani, TCM, or Islamic Medicine. A Level 5 qualification is required to ensure adequate theoretical depth, clinical oversight, and supervision for learners at MNQF Level 2.



Professional Certification	Certification in Hijama Therapy or Wet Cupping Practice from a recognized body or institution.
Clinical Experience	Minimum 2 years of practical/clinical experience in Wet Cupping.
Teaching Competency	A teaching qualification such as a Certificate in Training and Assessment, or demonstrable experience in conducting training sessions.
Ethics and Safety Knowledge	Evidence of training in medical ethics, infection control, and client safety procedures.
Registration (if applicable)	Should be registered or recognized by Maldives Allied Health Council or in case of a foreign professional by equivalent regulatory body or professional association overseas.

12. References

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