



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **WRHHS408A Design and provide nutritional therapies**

**Revision Number: 1**

## **WRHHS408A Design and provide nutritional therapies**

### **Modification History**

Not applicable.

### **Unit Descriptor**

#### **Unit Descriptor**

This unit describes the skills and knowledge required to provide advice on dietary modification and nutritional supplements in conjunction with trichological treatments. The unit of competency will apply to a range of trichological treatments and roles in the workplace.

### **Application of the Unit**

**Application of the Unit** This unit requires operators to demonstrate in their practice an understanding of nutrition and nutritional supplements, their uses, applications and contraindications as applied to promoting and assisting healthy hair and scalp condition. Knowledge of the medical history of patients, and individual patient medication regimes and possible contraindications; along with possible interaction with the patient's treating doctor are required to inform therapeutic approach. Knowledge of relevant legislation and workplace policies and procedures is also required.

In the context of an assessment-only and/or a training delivery and assessment pathway, units of competency that relate to this unit are identified in the evidence guide of this unit.

### **Licensing/Regulatory Information**

Not applicable.

### **Pre-Requisites**

Not applicable.

## Employability Skills Information

**Employability skills** This unit contains employability skills.

## Elements and Performance Criteria Pre-Content

Elements describe the essential outcomes of a unit of competency. Performance criteria describe the level of performance required to demonstrate achievement of the element. The variables for the ***bold italicised*** text are outlined in the range statement. Assessment of performance is to be consistent with the evidence guide.

## Elements and Performance Criteria

ELEMENT	PERFORMANCE CRITERIA
1 Apply nutritional therapy.	<p>1.1 Appropriate <b><i>nutritional therapy</i></b> is determined based on <b><i>patient</i></b> assessment, and relevant <b><i>nutritional supplements</i></b> are identified.</p> <p>1.2 The relevant principles of nutrition and the potential effects on the condition of the hair and scalp are identified and applied to <b><i>patient service and advice</i></b> according to <b><i>relevant legislation</i></b> and <b><i>workplace policies and procedures</i></b>.</p> <p>1.3 Where indicated by the assessment, patient is referred to <b><i>other professionals</i></b>.</p> <p>1.4 A <b><i>nutritional therapy plan</i></b> including costs relating to the selected therapy is formulated, recorded and confirmed with patient.</p>
2 Counsel patient and review treatment.	<p>2.1 Patient is counselled regarding <b><i>lifestyle adjustments</i></b> and the self-administered aspects of the nutritional therapy plan.</p> <p>2.2 Patient questioning and visual examination are used to review nutritional therapy outcomes.</p> <p>2.3 Nutritional therapy is adjusted or varied as an outcome of the review, where indicated.</p>

## Required Skills and Knowledge

### REQUIRED SKILLS AND KNOWLEDGE

This describes the essential skills and knowledge and their level, required for this unit.

**Skills may include:**

- responding to client needs
- demonstrated ability to diagnose trichological problems
- demonstrated ability to determine when nutritional therapy is indicated
- relating knowledge of nutrition to the practice of trichological treatments
- client consultation that takes into account the culture, background and physical abilities of the client while demonstrating knowledge of the following communication techniques:
  - listening and questioning techniques
  - verbal and non-verbal communication
  - negotiation techniques
  - written communication
- language, literacy and numeracy skills relevant to the role and workplace requirements
- ability to write referrals to other professionals
- demonstrated ability to identify foods containing various nutrients
- demonstrated ability to identify foods deficient in nutrients.

## REQUIRED SKILLS AND KNOWLEDGE

- Knowledge may include:**
- appropriate dosage levels of nutritional supplements, including the difference between dietary replacement levels and pharmacological dosage rates
  - drug:nutrient and nutrient:nutrient interactions
  - main nutritional supplements used for each trichological condition
  - the components of common diets
  - current national health and medical research council recommendations for healthy diets
  - provisions of relevant health and hygiene legislation and regulations
  - provisions of relevant occupational health and safety legislation and regulations
  - workplace policies and procedures in regard to the performance of nutritional therapy
  - appearance and management of contraindications of nutritional therapies and adverse effects.

## Evidence Guide

### EVIDENCE GUIDE

The evidence guide describes the underpinning knowledge and skills that must be demonstrated to prove competence. It is essential for assessment and must be read in conjunction with the performance criteria, the range statement and the assessment guidelines of the relevant Training Package.

### Overview of assessment

A person who demonstrates competency in this unit of competency must be able to identify and describe the application and role of nutrients and other food substances in trichological treatments. Knowledge and understanding of nutrition as it relates to trichological treatments must be demonstrated. Knowledge of the relationship between nutrition and the body's systems as they relate to trichological treatments is also required.

### Specific evidence requirements

## EVIDENCE GUIDE

### **Critical aspects for assessment and evidence required to demonstrate competency in this unit**

- knowledge and consistent application of relevant workplace policies and procedures
- knowledge and consistent application of the principles of nutrition as applied to a range of trichological treatments
- demonstrated ability to design and implement dietary modifications in a manner acceptable to the client/patient
- demonstrated ability to advise on nutritional supplements and determine the most appropriate supplementation
- evaluating client needs and requirements and advising on nutritional needs, home care and complementary products
- referring clients to other professionals where indicated
- accurately and legibly recording relevant data.

### **Context of assessment**

For valid and reliable assessment of this unit, competency should be consistently demonstrated over a period of time and observed by the assessor and/or the technical expert working in partnership with the assessor. The technical expert may include the trichologist and/or a nutrition specialist and may be in a simulated environment.

Competency should be demonstrated in a simulated workplace environment in a range of situations that may include client interruptions and involvement in other related activities normally expected in the workplace. For further guidance on the use of an appropriate simulated environment, refer to the Assessment Guidelines in this Training Package.

### **Specific resources for assessment**

Competency for this unit should be assessed through access to:

- an appropriately stocked and equipped clinic or simulated clinic environment
- relevant documentation, such as:
  - workplace policy and procedures manuals
  - occupational health and safety legislation and regulations
- relevant learning materials
- a qualified workplace assessor or assessment team.

## EVIDENCE GUIDE

**Relationship to other units** This unit is a co-requisite for a range of trichology units. It requires an assessment outcome that includes evidence of the application of knowledge of nutrition to the performance of trichological treatments.

**Prerequisite units:**

- none.

**Co-requisite units:**

- WRHHS405A Apply the principles of nutrition
- WRHHS407A Perform hair loss diagnosis
- WRHHS409A Design and apply hair loss therapies.

**Method of assessment**

The following assessment methods are suggested.

- Observation of the learner performing a range of tasks in a simulated work environment, over sufficient time to demonstrate his/her handling of a range of contingencies. Tasks may include:
  - identifying client characteristics and developing a nutritional therapy plan according to an assessment of client needs
  - providing nutritional therapy
  - providing complementary advice according to client needs.
- Written and/or oral questioning to assess knowledge and understanding of the relationship between nutrition and healthy hair and scalp.
- Case studies and scenarios.
- Third-party reports from experienced trichologists in the workplace.
- Completion of self-paced learning materials, including personal reflection and feedback from the trainer, coach or supervisor.

## EVIDENCE GUIDE

### Evidence required for demonstration of consistent performance

For valid and reliable assessment of this unit, evidence should be gathered through a range of methods to indicate consistent performance.

It can be gathered from assessment of the unit of competency alone, through an integrated assessment activity or through a combination of both.

Evidence should be gathered as part of the learning process.

### Assessing employability skills

Employability skills are integral to effective performance in the workplace and are broadly consistent across industry sectors. How these skills are applied varies between occupations and qualifications due to the different work functions and contexts.

Employability skills embedded in this unit should be assessed holistically in the context of the job role and with other relevant units that make up the skill set or qualification.

## Range Statement

### RANGE STATEMENT

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that will affect performance.

The following variables may be present with training and assessment depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts. ***Bold italicised*** text from the performance criteria is detailed here.

***Nutritional therapies*** are limited to:

- tyrosine for auto-immune conditions, including alopecia areata and psoriasis
- use of iron supplements
- increase of protein intake
- use of chromium, zinc and manganese for blood sugar imbalances and the relief of malabsorption.



## RANGE STATEMENT

- Patients*** may include:
- women
  - men
  - children
  - new or regular patients with routine or special needs
  - patients from a range of social, cultural or ethnic backgrounds and with a range of physical and mental abilities.
- Nutritional supplements*** are limited to:
- minerals
  - vitamins
  - amino acids.
- Patient service and advice*** may include:
- general nutritional advice
  - specific advice relating to the individual service.
- Relevant legislation*** may include:
- federal, state and local health and hygiene
  - occupational health and safety.
- Workplace policies and procedures*** may include:
- health and hygiene
  - comfort and privacy
  - timeframes for the completion of the service
  - quality assurance.
- Other professionals*** may include:
- dietitians
  - medical practitioners
  - natural therapists.

## RANGE STATEMENT

*Nutritional therapy plan* may include:

- general or specific advice to client
- macro-nutrients:
  - proteins
  - carbohydrates
  - fats
  - dietary fibre
  - water
- advice on weight management
- advice on vitamin and mineral supplements.

*Lifestyle adjustments* may include:

- changing diet
- ceasing or moderating alcohol consumption
- ceasing or moderating tobacco consumption
- increasing exercise
- reducing exposure to sunlight.

## Unit Sector(s)

Not applicable.

## Competency field

**Competency Field**      Hairdressing