



Australian Government

**Assessment Requirements for
HLTAHPR005 Promote awareness and
prevention of chronic disease**

Release: 1

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Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- provide information about chronic disease to Aboriginal and/or Torres Strait Islander clients including:
 - two individual clients
 - one group of a minimum of three people
- across the three client interactions collectively, cover three different types of chronic diseases
- on each occasion:
 - provide information covering:
 - the incidence of chronic disease, generally, in Aboriginal and/or Torres Strait Islander communities, and the incidence of the particular type of chronic disease
 - the nature of chronic disease generally, and the nature of the particular type of chronic disease
 - functional impacts on body organs and systems, particular to the type of chronic disease
 - potential serious complications of chronic disease and potential for comorbidity
 - chronic disease risk factors and healthy lifestyle choices that can reduce risk
 - signs and symptoms of chronic disease, particular to the type of chronic disease
 - the importance of early detection
 - chronic disease screening programs and test procedures, particular to the type of chronic disease
 - seek and evaluate feedback from clients and provide to relevant people within the health service
- discuss health concerns with two clients and respond by coordinating follow-up assessments or appointments.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- organisational procedures for responding to client disclosure of health concerns
- how to access current and credible:

- consumer based education resources about different types of chronic disease
- statistics for chronic disease in Aboriginal and/or Torres Strait Islander and other Australian populations
- visual aids for chronic disease education
- features of chronic disease:
 - complex causality
 - multiple risk factors
 - long latency periods
 - a prolonged course of illness
 - functional impairment or disability
- prevalence and statistical incidence of chronic disease, generally, in Aboriginal and/or Torres Strait Islander populations compared to non-Aboriginal and/or Torres Strait Islander populations
- the statistical incidence of the main types of chronic disease affecting Aboriginal and/or Torres Strait Islander people including those commonly affecting men, women and people of different ages
- the survival and mortality rates for Aboriginal and/or Torres Strait Islander people and why outcomes are generally worse than for other Australians
- chronic diseases of high incidence in Aboriginal and/or Torres Strait Islander populations:
 - cardiovascular disease
 - chronic respiratory disease including asthma and obstructive lung disease
 - chronic kidney disease and end stage renal failure
 - chronic liver disease including hepatitis B, hepatitis C, alcoholic liver disease and cirrhosis
 - musculoskeletal conditions including arthritis
 - eye, ear and oral disease
- for each of the above chronic diseases of high incidence in Aboriginal and/or Torres Strait Islander populations:
 - plain language definitions and explanations
 - the major signs and symptoms
 - basic pathophysiology sufficient to understand the impact and functional changes on relevant body organs and systems
 - the concept of comorbidity and an overview of the main complications that can result in the co-occurrence of other diseases or conditions
- modifiable and non-modifiable risk factors for chronic disease:
 - smoking
 - physical inactivity
 - unhealthy nutrition and body weight
 - consumption of alcohol at unsafe levels
 - use of illicit drugs
 - unsafe sexual practices
 - ageing

- genetics
- family history of chronic disease
- high blood pressure
- the importance of clients modifying their lifestyle to reduce the risk of chronic disease
- key elements of Australian national dietary and physical activity guidelines
- the impact of early detection and treatment on:
 - progression of chronic disease and health outcomes
 - reducing the risk of serious complications
- for screening:
 - reasons for screening healthy and asymptomatic people
 - importance of health assessments and screening tests in the early detection and treatment of chronic disease
 - chronic disease screening programs available in the local community, state or territory, how to access these and any associated costs and benefits paid
 - the procedures for a range of chronic disease screening tests
 - general and cultural factors that influence an individual's decision to participate in screening programs
- appropriate actions to take in response to disclosure of health concerns:
 - completing an immediate health assessment and providing referrals
 - assisting clients to make appointments with medical practitioners for diagnosis or referral
 - activating follow-up to ensure clients are tested
- methods used to evaluate health education activities:
 - client evaluation questionnaires
 - informal conversations with clients
 - self-reflection on client responses to information including any difficulties in understanding
- ways that Aboriginal and/or Torres Strait Islander health workers and practitioners can:
 - provide feedback on chronic disease awareness activities
 - contribute to the evaluation and planning of overall education and prevention programs.

Assessment Conditions

Skills can be demonstrated through:

- work activities completed within an Aboriginal and/or Torres Strait Islander health service, or
- simulations and case studies completed within a training organisation, based on comprehensive information about client needs and available screening programs.

Assessment must ensure the use of:

- interaction with Aboriginal and/or Torres Strait Islander clients either through actual work activities or simulations
- current consumer-based education resources about different types of chronic disease from credible sources
- consumer based dietary and exercise guidelines from credible sources which could include those produced by government agencies and chronic disease support services
- visual aids for chronic disease education
- organisational procedures for responding to client disclosure of health concerns.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:

- be an Aboriginal and/or Torres Strait Islander person who has applied the skills and knowledge covered in this unit of competency through experience working as an Aboriginal and/or Torres Strait Islander health worker or practitioner, or
- be a registered health practitioner or a health educator with experience relevant to this unit of competency and be accompanied by, or have assessments validated by, an Aboriginal and/or Torres Strait Islander person.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>