



**Australian Government**

# **Assessment Requirements for HLTARO003 Perform aromatherapy health assessments**

**Release: 1**

# Assessment Requirements for HLTAR003 Perform aromatherapy health assessments

## Modification History

Release	Comments
Release 1	<p>This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages.</p> <p>Merged HLTAR0402/405/406.</p> <p>Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence. Minimum clinic hours added. Additional assessor requirements</p>

## Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- performed the activities outlined in the performance criteria of this unit during a period of at least 120 hours of aromatherapy client consultation work
- prepared for and managed at least 60 different aromatherapy assessments. Clients must include males and females from different stages of life with varied presentations
- used an aromatherapy framework to assess the therapeutic needs of clients using all of the following techniques:
  - observation
  - palpation
  - skin inspection
- interacted effectively with clients:
  - clearly articulated information about services, treatment options and rationale
  - engaged clients in decision making

## Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- legal and ethical considerations (national and state/territory) for client assessment:
  - codes of conduct
  - duty of care
  - informed consent
  - mandatory reporting
  - practitioner/client boundaries
  - privacy, confidentiality and disclosure
  - records management
  - work role boundaries
    - working within scope of practice
    - presenting symptoms that require referral to a medical practitioner
  - work health and safety
- referral options for practitioners:
  - professional health services including complementary health modalities
  - community resources and support services
  - types and availability of further medical testing
- factors and barriers that may impact on assessment
  - physical
  - psychological
  - cultural
- factors that affect individual health status:
  - constitution
  - lifestyle
  - diet
  - personal and medical history
  - values and attitudes
  - balance of rest and activity
  - physical environment
  - social environment
- client information required for assessment and the scope and depth of information needed around:
  - client objectives and expectations
  - client history and its components
  - client current state of health
  - signs and symptoms
    - onset
    - duration
    - location
    - quality and severity
    - non-verbal

- different ways that signs and symptoms of conditions present and how these are interpreted in an aromatherapy framework:
  - physical
  - psychological
  - social
  - spiritual
- aromatherapy diagnostic techniques, how and when they are used
  - observation
  - palpation
  - skin inspection
- ways in which aromatic plant oils and carrier mediums enter the body:
  - absorption
  - metabolism
  - olfactory
  - respiratory
  - orally
  - via other orifices
- degree to which different oils penetrate the epidermis
- how essential oils interact with different body systems, including:
  - integumentary system
  - respiratory system
  - neuroendocrine system
  - immune system
- features of aromatic plant oils that benefit disorders of different body systems:
  - integumentary (eczema, psoriasis, burns, wounds)
  - respiratory
  - nervous (olfactory, limbic)
  - circulatory
  - muscular
  - digestive
  - reproductive
  - endocrine
- aromatherapy materia medica, including the properties and therapeutic uses of at least 60 essential oils
- indicators for the use of different administration methods, including:
  - massage
  - baths
  - vapourisation
  - compresses
  - topical applications

- possible reactions, contra-indications to treatment and/or limitations for aromatherapy assessment and treatment
- relational dynamics within and between human behaviour, anatomy and physiology, pathology and the natural world
- treatment planning techniques and considerations

## Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated clinical environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including:
  - health assessment consultation forms
  - private consultation area
- modelling of industry operating conditions, including provision of services to the general public
- clinic supervision by a person who meets the assessor requirements outlined below for at least 80 of the 120 hours of client consultation work

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

In addition, assessors must:

- have at least 3 years current experience working as a clinical aromatherapist providing services to the general public
- hold practising membership of an Australian professional body that represents clinical aromatherapists
- fulfil the continuing professional development requirements of the professional body to which they belong

## Links

Companion Volume implementation guides are found in VETNet -

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