



Australian Government

HLTAYV004 Provide Ayurvedic lifestyle advice

Release: 1

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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>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 requirement.</p>

Application

This unit describes the skills and knowledge required to develop Ayurvedic lifestyle recommendations based on the outcomes of an existing Ayurvedic health assessment, and provide relevant advice, support and follow up to clients.

This unit applies to Ayurvedic practitioners working with clients in a lifestyle or preventative context.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Develop Ayurvedic lifestyle recommendations

- 1.1 Evaluate client assessment information and imbalances that may be addressed through lifestyle changes
- 1.2 Determine Ayurvedic dinacharya, ratricharya and ritucharya and vegadharana suited to prakruti and vikruti
- 1.3 Consider other lifestyle changes recommended within the Ayurvedic framework that may benefit the client
- 1.4 Integrate diet and nutritional considerations when developing recommendations

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

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| 1.5 Identify presentations that fall outside scope of own practice and identify appropriate referrals | |
| 2. Provide advice to clients | <p>2.1 Provide clear information about recommendations, their rationale and underpinning Ayurvedic philosophy</p> <p>2.2 Use language and concepts the client understands</p> <p>2.3 Provide client with resources to support the recommendations</p> <p>2.4 Discuss and agree on evaluation strategies</p> <p>2.5 Accurately document recommendations made</p> |
| 3. Follow up advice | <p>3.1 Review progress with the client based on previous advice and client feedback</p> <p>3.2 Identify and accurately record effects of previous advice</p> <p>3.3 Evaluate the need for change in advice, ongoing and/or additional lifestyle adjustments</p> <p>3.4 Negotiate changes to the plan with the client to ensure optimal outcomes</p> |

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

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