



Australian Government

Department of Education, Employment and Workplace Relations

HLTAHW431A Provide information and support to women with breast cancer

Release: 1

HLTAHW431A Provide information and support to women with breast cancer

Modification History

HLT07 Version 4	HLT07 Version 5	Comments
N/A	HLTAHW431A Provide information and support to women with breast cancer	<p>New unit - Addition of new unit around breast cancer awareness for Aboriginal and/or Torres Strait Islander Health workers:</p> <ul style="list-style-type: none"> • Added as an elective in: <ul style="list-style-type: none"> • HLT44007Certificate IV in Aboriginal and/or Torres Strait Islander Primary Health (Community Care) • HLT43907Certificate IV in Aboriginal and/or Torres Strait Islander Primary Health Care (Practice)

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Unit Descriptor

This unit describes the competencies required to provide information and support around breast cancer, including breast awareness and early detection, diagnosis, treatment and follow-up care, as part of primary health care services for Aboriginal and/or Torres Strait Islander communities

Specific advice provided may be limited by close supervision or established guidelines in line with community needs and health provider guidelines

Application of the Unit

This unit may be applied by those working individually (e.g. in isolated practice) or as part of a team (e.g. in a clinic, health service or hospital)

All work is to be carried out with guidance from and under supervision of a medical practitioner or other appropriate health care professional

It is imperative that cultural issues, including gender and kinship issues, are respected in the delivery, assessment and application of this competency

Licensing/Regulatory Information

Not applicable.

Pre-Requisites

Not applicable.

Employability Skills Information

This unit contains Employability Skills

Elements and Performance Criteria Pre-Content

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes of a unit of competency.

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in italics are elaborated in the Range Statement.

Elements and Performance Criteria

- Promote awareness and early detection of breast cancer
- Identify community and individual client needs in determining priorities for promotion of breast awareness and early detection
- Provide accurate clinical information about the nature of breast cancer, including the definition and *signs and symptoms*
- Provide accurate information on incidence, survival and mortality rates of breast cancer in relation to Aboriginal and/or Torres Strait Islander communities
- Discuss *risk factors* relating to breast cancer in the context of cultural, community, family and individual issues
- Explain *practices for early detection* of breast cancer
- Provide information and practical advice relating to *modifiable risk factors* of developing breast cancer
- Provide clients with an overview of investigation of breast cancer
- Provide information to clients on *breast cancer diagnostic tests*
- Provide information about own service and role to other organisations
- Facilitate communication between services to optimise
- Provide information and support to clients being investigated for a breast cancer symptom

service delivery

ELEMENT

Elements define the essential outcomes of a unit of competency.

- Provide information and support to clients being treated for breast cancer

- Provide information and support to clients to complete breast cancer follow-up care

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PERFORMANCE CRITERIA

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in italics are elaborated in the Range Statement.

- Provide information and current evidence regarding *breast cancer treatments*

- Demonstrate use of *basic communication skills* to promote exchange of information about care needs and positive multidisciplinary clinical partnerships in planning and implementing breast cancer care

- Collaborate with clients, their family/significant others and the multidisciplinary team in planning and implementing care to meet the multiple health and support needs of clients.

- Provide appropriate information and resources on supportive care and facilitate access to health services and community resources which provide supportive care

- Provide information to clients on *follow-up care* in relation to the breast cancer journey

- Collaborate with clients, their family/significant others and the multidisciplinary team in planning and implementing follow-up care to the client

- Identify *barriers to accessing treatment for cancer in Aboriginal and/or Torres Strait Islander women*

- Provide information on key *psychosocial issues* facing Aboriginal and/or Torres Strait Islander women with cancer

- Use *basic communication skills* to support women being treated for breast cancer

- Identify patients at *higher risk of psychosocial distress* who may benefit from additional assessment and appropriate referral for psychosocial care

- Provide continuity of care for the patient, communicating regularly and work collaboratively with the multidisciplinary health care team

Required Skills and Knowledge

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

Essential knowledge:

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes knowledge of:

- Early signs and symptoms of breast cancer
- Risk factors of early breast cancer
- Early detection breast cancer strategies:
 - breast awareness
 - mammography screening every two years
- Statistical incidence, survival and mortality rates of breast cancer in Aboriginal and/or Torres Strait Islander population compared to the whole Australian population
- Definition of breast cancer, including:
 - Ductal Carcinoma in Situ (DCIS)
 - early breast cancer
 - secondary breast cancer
- Healthy lifestyle strategies to reduce the risk of developing breast cancer
- The three diagnostic components (also known as triple test) of early breast cancer:
- biopsy
 - imaging- mammography and/or ultrasound
 - medical history and clinical breast examination
- Treatments for early breast cancer, including the aim of the treatment, duration and side effects, including:
 - chemotherapy
 - hormonal therapy
 - radiotherapy
 - surgery (mastectomy and breast conserving surgery)
 - targeted therapy
- The key psychosocial issues for Aboriginal and/or Torres Strait Islander women with breast cancer, including:
 - emotional
 - psychological
 - physical
 - practical
- Agencies able to provide support and assistance to Aboriginal and/or Torres Strait Islander women with breast cancer

It is critical that the candidate demonstrate the ability to:

- Communicate effectively with Aboriginal and/or Torres Strait Islander women, their families and carers
- Explain and describe cancer and types of treatment for early breast cancer in clear, simple language to clients
- Liaise with clients, colleagues, community members and other agencies
- Maintain confidentiality according to the organisation policy
- Refer on to appropriate health professionals and services for psychosocial needs, practical needs and physical needs
- Work in a multidisciplinary team, facilitating communication between the Aboriginal and/or Torres Strait Islander women and the health professionals
- Work with groups in the community to seek input and feedback on health services
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Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

Critical aspects for assessment and evidence required to demonstrate this unit of competency:

Evidence should demonstrate the individual's ability to consistently work under supervision to:

- Communicate effectively in a group and one-on-one environment to provide support to Aboriginal and/or Torres Strait Islander women
- Provide accurate and relevant information and guidance about breast cancer care in line with identified individual and community needs

Conditions of assessment:

This unit includes skills and knowledge specific to Aboriginal and/or Torres Strait Islander culture. Assessment must therefore be undertaken by a workplace assessor who has expertise in the unit of competency or who has the current qualification being assessed and who is:

- Aboriginal or Torres Strait Islander him/herself

or:

- accompanied and advised by an Aboriginal or Torres Strait Islander person who is a recognised member of the community with experience in primary health care

Context of assessment:

Competence should be demonstrated working individually, under supervision or as part of a primary health care team working with Aboriginal and/or Torres Strait Islander clients

Assessment should replicate workplace conditions as far as possible

Access must be provided to appropriate learning and/or assessment support when required. Where applicable, physical resources should include equipment modified for people with disabilities.

Reasonable adjustments can be made to ensure equity in assessment for people with disabilities. Adjustments include any change to the assessment process or context that meet individual needs of the person with disability, but do not change the competency outcome.

When assessing people with disabilities, assessors are encouraged to apply good practice assessment methods with sensitivity and flexibility

Interdependence of units:

This unit may be assessed independently or in conjunction with other units with associated workplace application

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 may affect performance. Add any essential operating conditions that 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.

Cultural respect

This competency standard supports the recognition, protection and continued advancement of the inherent rights, cultures and traditions of Aboriginal and/or Torres Strait Islander peoples

It recognises that the improvement of the health status of Aboriginal and/or Torres Strait Islander people must include attention to physical, spiritual, cultural, emotional and social wellbeing, community capacity and governance

Its application must be culturally sensitive and supportive of traditional healing and health, knowledge and practices

Community control

Community participation and control in decision-making is essential to all aspects of health work, and the role of the health worker is to support the community in this process

Supervision

Supervision must be conducted in accordance with prevailing state/territory and organisation legislative and regulatory requirements

References to supervision may include either direct or indirect supervision of work by more experienced workers, supervisors, managers or other health professionals

A person at this level should **only** be required to make decisions about clients within the organisation's standard

treatment protocols and associated guidelines

Legislative requirement refers to: Federal, state or territory legislation may impact on workers' practices and responsibilities. Implementation of the competency standards should reflect the legislative framework in which a health worker operates. It is recognised that this may sometimes reduce the application of the Range of Variables in practice. However, assessment in the workplace or through simulation should address all essential skills and knowledge across the Range of Variables

Aboriginal and/or Torres Strait Islander health workers may be required to operate in situations that do not constitute 'usual practice' due to lack of resources, remote locations and community needs. As a result, they may need to possess more competencies than described by 'usual practice circumstances'

Under all circumstances, the employer must enable the worker to function within the prevailing legislative framework

Signs and symptoms may include:

- Change in the size or shape of the breast
- Change in the skin of the breast, such as redness or dimpling
- Changes to the nipple, such as crusting, ulcer, redness or inversion
- Lump or lumpiness in the breast
- Nipple discharge that occurs without squeezing
- Unusual pain that doesn't go away

Risk factors for breast cancer may include:

- Affluence
- Breast conditions, including a previous diagnosis of breast cancer
- Family history
- Female
- Older age

Practices for early detection must include:

- Attending mammographic screening every two years
- Performing self-examination

Health promoting and risk reduction of developing breast cancer may include:

- Alcohol reduction
- Maintain a healthy body weight
- Physically active for at least 30 minutes most days of the week
- Quit smoking

- Early breast cancer journey must include:*
- Diagnosis
 - Follow-up care
 - Hospital based treatment
 - Investigation of a breast symptom, the triple test
 - Prevention and early detection
- Breast cancer diagnostic test must include:*
- Triple test:
- Biopsy
 - Breast examination
 - Imaging tests, including mammogram and/or ultrasound
- Breast cancer treatments which include:*
- Breast surgery, which may include:
 - side effects from each type of breast surgery
 - types of breast surgery
 - Radiotherapy, which may include:
 - definition of radiotherapy
 - procedure, including duration of radiotherapy
 - side effects of radiotherapy
 - situations where radiotherapy is likely to be recommended
 - Chemotherapy, which may include:
 - definition of chemotherapy
 - procedure, including duration of chemotherapy
 - side effects of chemotherapy
 - situations where chemotherapy is likely to be recommended
 - types of chemotherapy
 - Hormonal therapies, which may include:
 - definition of hormonal therapies
 - procedure, including duration of hormonal therapies
 - side effects of hormonal therapies
 - situations where hormonal therapies are likely to be recommended
 - types of hormonal therapies
 - Targeted therapies, which may include:
 - definition of targeted therapies
 - procedure, including duration of targeted therapies
 - side effects of targeted therapies
 - situations where targeted therapies are likely to be recommended
 - types of targeted therapies
 - Breast prosthesis and breast reconstruction, which may include:

- definition of breast prosthesis
- main types of breast reconstruction

Follow-up care which may include:

- Breast imaging
- Encouraging adherence to long-term treatment
- Monitor side effects of treatment
- Physical examination
- Provide practical and emotional support
- Review any further treatment needs

Barriers to accessing cancer treatment for Aboriginal and Torres Strait Islander people which includes but not limited to:

- Living in a remote area
- Isolation from family and community
- Family responsibilities
- Lack of understanding
- Lack of suitable culturally sensitive services
- Access to Aboriginal and/or Torres Strait Islander health workers

Basic communication skills include:

- Express empathy
- Listen actively
- Repeat and summarise important information

- Psychosocial issues facing people with cancer may include:*
- Emotional issues, including shame
 - Psychological issues
 - Physical issues
 - Practical needs:
 - travel and time away from family
 - financial
 - accommodation

Higher risk of psychosocial distress may include:

Psychological issues requiring special treatment:

- Anxiety
- Depression
- Traumatic symptoms
- Difficulties in relationships

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Unit Sector(s)

Not applicable.

Custom Content Section

Not applicable.