



**Australian Government**

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

# **HLTAR0605B Provide specialised aromatic medicine treatment**

**Release: 1**

## HLTARO605B Provide specialised aromatic medicine treatment

### Modification History

Not Applicable

### Unit Descriptor

#### Descriptor

This unit of competency describes the skills and knowledge required to provide specialised aromatic medicine care for less common conditions/disease states in accordance with the age, gender and mental health needs of the client

This unit requires high level knowledge of aromatic oils and a wide range of health condition

### Application of the Unit

#### Application

The application of knowledge and skills described in this competency unit related to functions necessary for working within aromatic medicine

Work at this level may be undertaken independently

This competency unit requires an extensive level of knowledge of essential oils, including those suitable for ingestive purposes and a wide range of health conditions and must be undertaken within relevant legal and regulatory requirements, such as Therapeutic Goods Administration and state/territory drugs and poisons acts and regulations

### 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 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

### ELEMENT

1. Manage the *specialised aromatic medicine treatment*

### PERFORMANCE CRITERIA

- 1.1 Use a *knowledge of essential oils and aromatic extracts* to select the most appropriate treatment strategy
- 1.2 Take into account *factors which may interfere with the effectiveness of the treatment* for each essential oils and aromatic extracts 1 and prescription
- 1.3 Take into account possible treatment reactions for each essential oils and aromatic extracts and prescription
- 1.4 Take into account contra-indications for each essential oils and aromatic extracts and prescription
- 1.5 Ensure consent for treatment
- 1.6 Recognise and promptly *respond to reactions to treatment (adverse or otherwise)* if necessary
- 1.7 Fully document assessments and recommendations
- 1.8 Provide treatment according to the specialised aromatic medicine treatment plan
- 1.9 Fully explain treatment to the client and respond to all enquiries
- 1.10 Use counselling skills as appropriate
- 1.11 Review the treatment plan and negotiate continuing care with the client

**ELEMENT****PERFORMANCE CRITERIA**

- |   |   |
|---|---|
| 2. Provide specialised aromatic medicine treatment for children and adolescents | 2.1 Obtain <i>consent for treatment</i> from the parent/caregiver/guardian  |
|   | 2.2 Assess client health according to standard guidelines relating to age   |
|   | 2.3 Develop a specialised aromatic medicine treatment plan according to findings  |
|   | 2.4 Implement the treatment plan  |
| 3. Provide specialised aromatic medicine treatment for women                    | 3.1 Assess client health and welfare with special consideration given to conditions common to women   |
|   | 3.2 Conduct a physical examination with special regard to common conditions of women in various life stages and according to local and national regulations |
|   | 3.3 Develop a specialised aromatic medicine treatment plan according to findings  |
|   | 3.4 Implement the <i>treatment plan</i>   |
| 4. Provide specialised aromatic medicine treatment for men                      | 4.1 Assess client health and welfare with special consideration to conditions common to men   |
|   | 4.2 Conduct physical examination with special regard to common conditions of men relating to age and according to local and national regulations            |
|   | 4.3 Develop a specialised aromatic medicine treatment plan according to findings  |
|   | 4.4 Implement the treatment plan  |

**ELEMENT****PERFORMANCE CRITERIA**

- |   |   |
|---|---|
| 5. Provide specialised aromatic medicine geriatric care     | 5.1 Take a client history with special consideration to client memory, cognitive ability and care requirements                        |
|   | 5.2 Conduct a physical examination with special regard to common conditions of ageing and according to local and national regulations |
|   | 5.3 Develop a specialised aromatic medicine treatment plan according to findings  |
|   | 5.4 Implement the treatment plan  |
| 6. Provide specialised aromatic medicine mental health care | 6.1 Take a client history with special consideration to client mental health and care requirements                                    |
|   | 6.2 Develop a specialised aromatic medicine treatment plan according to findings  |
|   | 6.3 Implement the treatment plan  |

**Required Skills and Knowledge****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

These include knowledge of:

- Common disease states and functional problems of each bodily system, and the principles and practice of treating each system/condition
- Less common disease states and functional problems of particular groups in society with specific needs including, but not limited to infants, children, adolescents, elderly, peri- and post- menopausal, pregnant and lactating women
- Less common disease states and functional problems of the reproductive system of women and men
- Knowledge and understanding of an advanced number of aromatic oil as listed in the

## REQUIRED SKILLS AND KNOWLEDGE

range of variables

- Knowledge and understanding of the less common oils used for each system/condition, including their active principles
- Knowledge and understanding of essential oils and aromatic extracts that exhibit potential toxicity at low dosages, appropriate dosages and methods of applications, specific contraindications for use and specific essential oils and aromatic extracts to be avoided for use
- How to select best treatment/medicine within best current practice
- The principles of formulation (including dosage and duration of treatment)
- Knowledge and understanding of methods of preparing treatment and management plans
- The correct preparations required for specific treatment
- How to correctly prepare and dispense oils
- Supplementary measures in the management of the conditions e.g. dietary considerations and exercise
- The possible responses to treatments
- Contra-indications of treatment
- Essential oils and aromatic extracts-drug interactions
- Medical reports and diagnostic procedure
- Research priorities, issues and uses
- Relevant reference works and information sources
- Statistical analysis
- A range of alternative and complementary therapies

### *Essential skills:*

It is critical that the candidate demonstrate the ability 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

These include the ability to:

- Integrate knowledge of the historical, theoretical and philosophical aspects of aromatic medicine into clinical practice
- Analyse a complex clinical problem utilising aromatic medicine model of clinical reasoning, and utilising literature review techniques to understand the nature of the problem and its management
- Discuss and demonstrate identification and effective monitoring of 'high level of concern' clients
- Discuss and demonstrate ability to determine 'level of concern' in relation to risk of complications, severity of disease process, lifestyle factors and their impact on treatment strategies, timeframe of treatment, and other factors
- Extrapolate case study information to new cases
- Access and interpret up-to-date information

## REQUIRED SKILLS AND KNOWLEDGE

- Critically evaluate research
- Access and critically evaluate reference material on the effects of current conventional drug therapies and their withdrawal
- Use interpersonal and questioning skills
- Communicate information through written or verbal media
- Write referrals, appraisal letters for insurance companies and other documentation
- Work or model work which demonstrates an ability to apply the underpinning values and philosophies of aromatic medicine within clinical practice
- Provide treatment appropriate to age and specific needs of clients
- Correctly identify client information needs
- Provide client with required information
- Appropriately record details of client enquiries according to clinic guidelines
- Explain relevant services and case management program
- Demonstrate age appropriate communication skills in a one-to-one and group setting
- Communicate with people from diverse cultural and linguistic backgrounds

## Evidence Guide

### 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 competency unit:*

- The individual being assessed must provide evidence of specified essential knowledge as well as skills
- Observation of performance in the workplace or a simulated workplace (defined as a supervised clinic) is essential for assessment of this unit
- Consistency of performance should be demonstrated over a range of workplace situations
- Assessment may contain both theoretical and practical components and examples covering a range of clinical situations
- Evidence is required of both knowledge and skills application
- Where, for reasons of safety, access to equipment and resources and space, assessment takes place away

## EVIDENCE GUIDE

from the workplace, simulations should be used to represent workplace conditions as closely as possible

- Assessment must be undertaken by an assessor who has skills and knowledge to the standard required for recognition by an appropriate aromatherapy peak body
- Assessment of sole practitioners must include a range of clinical situations and different client groups covering at minimum, age, culture and gender
- Assessment of sole practitioners must consider their unique workplace context, including:
  - interaction with others in the broader professional community as part of the sole practitioner's workplace
  - scope of practice as detailed in the qualification and component competency units
  - holistic/integrated assessment including:
    - working within the practice framework
    - performing a health assessment
    - assessing the client
    - planning treatment
    - providing treatment

- Access and equity considerations:*
- All workers in the health industry should be aware of access and equity issues in relation to their own area of work
  - All workers should develop their ability to work in a culturally diverse environment
  - In recognition of particular health issues facing Aboriginal and Torres Strait Islander communities, workers should be aware of cultural, historical and current issues impacting on health of Aboriginal and Torres Strait Islander people
  - Assessors and trainers must take into account relevant access and equity issues, in particular relating to factors impacting on health of Aboriginal and/or Torres Strait Islander clients and communities



## EVIDENCE GUIDE

*Context of and specific resources for assessment:*

- Resources essential for assessment include:
  - An appropriately stocked and equipped clinic or simulated clinic environment
  - Relevant texts or medical manuals
  - Relevant paper-based/video assessment instruments
  - Appropriate assessment environment
  - Skilled and qualified assessors

*Method of assessment:*

- Observation in the work place and practical demonstration
- Written assignments/projects
- Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice.
- Questioning
- Role play simulation
- Explanations of technique
- Clinical skills involving direct client care are to be assessed initially in a simulated clinical setting (supervised student clinics). If successful, a second assessment is to be conducted during workplace application under direct supervision

*Related units:*

This unit should be assessed after or in conjunction with the following related units:

- HLTARO604B Provide the aromatic medicine treatment
- HLTARO606B Prepare and dispense aromatic medicines

## **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.

## RANGE STATEMENT

*Knowledge of aromatic oils which can be used for ingestive purposes must include but are not limited to:*

- Basil (*Ocimum basilicum*)
- Bergamot (*Citrus aurantium* var *bergamia*)
- Cardamon (*Elletaria cardomomum*)
- Carrot Seed (*Daucus carota*)
- Atlas Cedarwood (*Cedrus atlantica*)
- German Chamomile (*Matricaria recutita* CT bisabolol)
- Steam distilled (CO2 extract optional)
- Roman Chamomile (*Anthemis nobilis*)
- Cinnamon Bark (*Cinnamomum cassia* or *zeylanicum*)
- Clary Sage (*Salvia sclarea*)
- Clove Bud (*Syzygium aromaticum*)
- Cypress (*Cupressus sempervirens*)
- Eucalyptus Australiana (*Eucalyptus radiata* ssp. *radiata*) OR
- Eucalyptus Blue Gum (*Eucalyptus globulus*) **or**
- Eucalyptus Blue Mallee (*Eucalyptus polybractea*)
- Sweet Fennel (*Foeniculum vulgare* var *dulce*)
- Frankincense (*Boswellia carterii*)
- Steam distilled (CO2 extract optional)
- Geranium (*Pelargonium graveolens*)
- Ginger (*Zingiber officinale*)
- Steam distilled (CO2 extract optional)
- Juniper Berry (*Juniperus communis* ssp *communis*)
- Lavender species, including:
  - Lavandins (*Lavandula intermedia* various clones)
  - Spike Lavender (*Lavandula latifolia*)
  - True Lavender (*Lavandula angustifolia*)
- Lemon (*Citrus limon*)
- Lemongrass (*Cympobogon flexuosus* or *citrates*)

*continued...*

**RANGE STATEMENT**

*Knowledge of aromatic oils which can be used for ingestive purposes must include but are not limited to:  
(continued)*

- Mandarin (*Citrus reticulata*)
- Sweet Marjoram (*Origanum majorana*)
- Melissa (*Melissa officinalis*)
- Myrrh (*Commiphora molmol*)
- Neroli (*Citrus aurantium ssp amara*)
- True Niaouli (*Melaleuca quinquenervia CTI cineole*)  
OR
- Cajeput (*Melaleuca cajeputi*)
- Nutme.g. (*Myristica fragrans*)
- Bitter Orange (*Citrus aurantium ssp aurantium*) OR
- Sweet Orange (*Citrus sinensis*)
- Oregano (*Oreganum compactum or vulgare*)
- Palmarosa (*Cymbopogon martini var motia*)
- Patchouli (*Pogostemon cablin*)
- Black Pepper (*Piper nigrum*)
- Peppermint (*Mentha x piperita*)
- Scotch Pine (*Pinus sylvestris*)
- Damask Rose (*Rosa damascene*)
- Rosewood (*Aniba rosaeodora*) OR
- Sweet Thyme (*Thymus vulgaris CT linalool*) OR
- Ho Leaf (*Cinnamomum camphora HO-SHO*) OR
- Coriander (*Coriandrum sativum*)
- Rosemary (*Rosmarinus officinalis CT 1 camphor CT 2 cineole&CT 3 verbenone*)
- Wild Sage (*Salvia officinalis*)
- Sandalwood (*Santalum album*) OR
- Australian Sandalwood (*Santalum spicatum*)
- Spearmint (*Mentha spicata*)
- Spruce (*Picea mariana*) OR
- Fir (*balsamica or siberica*)
- Tea Tree (*Melaleuca alternifolia*)
- Thyme Red (*Thymus vulgaris CT thymol*)
- Vetiver (*Vetiveria zizanioides*)
- Ylang Ylang (*Cananga odorata forma genuine*)

## RANGE STATEMENT

*Knowledge of hazardous oils including:*

- Boldo *Peumus boldo* (1)
- Buchu *Agothosma betulina* (1)
- Calamus *Acorus calamus* (2)
- Camphor *Cinnamomum camphora* (1)
- Cinnamon leaf *Cinnamomum zeylanicum* (4)
- Clove Bud *Syzygium aromaticum* (4)
- Costus *Saussurea costus* (3)
- Elecampane *Inula helenium* (3)
- Mugwort *Artemisia vulgaris* (1)
- Mustard *Brassica nigra* (1)
- Oregano *Oreganum vulgare* (4)
- Parsley seed *Petroselinum sativum*
- Pennyroyal *Mentha pulegium*
- Red Thyme *Thymus vulgaris or zygis* (4)
- Rue *Ruta graveolens* (1)
- Savin *Juniperus sabina* (1)
- Tansy *Tanacetum vulgare* (1)
- Thuja *Thuja occidentalis* (1)
- Wild Thyme *Thymus serpyllum* (4)
- Wintergreen *Gaultheria procumbens* (1)
- Wormseed *Chenopodium ambrosioides* (1)
- Wormwood *Artemisia absinthium* (1)

## RANGE STATEMENT

*Specialised aromatic medicine treatment includes:*

- Using a high level of aromatic medicine knowledge to enable extrapolation of case study information to new cases
- Using research including literature reviews and critical assessment of research, as a tool in providing treatment
- Knowledge and understanding of the aromatic medicine treatment of conditions/disease states of particular groups in society with specific needs
- Knowledge and understanding of the scheduling of essential oils and aromatic extracts in the standard for the uniform scheduling of drugs and poisons and how this relates to the use of such essential oils and aromatic extracts in practice (see #1)
- Applying ingestive recommending, dispensing or prescribing essential oils and aromatic extracts , extemporaneous preparations, poultices, ointments or other topical applications
- All treatment or care delivered meets the requirements of relevant legislation and regulations
- Collaborating with or referring to other health care professionals as required
- Knowledge of essential oils and aromatic extracts that can be toxic at low dosages (< 1 gram per kilogram of body weight), including knowledge of specific toxicity. (see list on previous page with #1 written next to them)
- Knowledge of essential oils and aromatic extracts that have been demonstrated to have significant carcinogenic effects in laboratory animal studies (see list #2)
- Knowledge of essential oils and aromatic extracts that have been demonstrated to have significant allergenic effects when applied to the skin (see #3)
- Knowledge of essential oils and aromatic extracts that have been demonstrated to have significant irritant effects when applied to the skin and/or mucous membranes at specific concentrations (see #4)

**RANGE STATEMENT**

*Factors which interfere with the effectiveness of treatment may include:*

- Other medical treatment being undertaken
- Client physical and psychological readiness and/or wellness
- Cultural factors
- Contra-indications to treatment
- Post treatment activity

*Responses to reactions may include:*

- Adjusting treatment accordingly
- Seeking appropriate expertise
- Discussing reaction with the client
- Adhering to clinic guidelines for response to accidents and emergencies
- Using of First Aid procedures according to St Johns, Australian Red Cross or other appropriate First Aid training
- Accessing local emergency services

*Consent for treatment refers to:*

- Informed consent according to the local and national regulations and legal guidelines

*Response to enquiries may include:*

- Providing (or directing to) information material
- Answering questions
- Following up with further information
- Providing of referrals

*The treatment plan may include:*

- Prescription of essential oils and aromatic extracts
- Dispensing of extemporaneous preparations

## RANGE STATEMENT

*Assessment of the case may include:*

- Antenatal, birth and post natal period information, APGAR score, birth weight and feeding method and frequency
- Family history, maternal and paternal
- Growth and growth patterns
- Height, weight and head circumference measurements
- Changes in the pattern of growth over a series of measurements
- Recognise major milestones in development
- Relate the major milestones in personal and social skills fine motor skills, general motor skills and language development to a simplified standard milestone chart

*Life stages refers to:*

- Neonate (birth to 28 days)
- Children
- Adolescence (puberty to adulthood)
- Adulthood
- Old Age
- Pregnancy and post natal period for women
- Peri-menopausal and post menopausal state for women

## Unit Sector(s)

Not Applicable