



Australian Government

Department of Education, Employment and Workplace Relations

HLTAYV404C Provide ayurvedic advice on nutrition

Release: 1

HLTAYV404C Provide ayurvedic advice on nutrition

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to provide advice on dietary modification and nutritional supplements according to an ayurvedic framework

Application of the Unit

Application

This unit may be applied in a range of health settings

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 advice

PERFORMANCE CRITERIA

1.1 Identify and explain *factors which may interfere with the effectiveness of advice*

1.2 Explain use of *dietary modification* and management of treatment to the client

1.3 Request client to monitor reactions and contact practitioner as required

1.4 Ensure *consent for treatment* is obtained and *contraindications to treatment* are identified

1.5 Recognise reactions to treatment (adverse or otherwise) and respond promptly if necessary

1.6 Clearly explain time, location and purpose of future sessions to the client

1.7 Document recommendations

1.8 Provide treatment according to the treatment plan

ELEMENT**PERFORMANCE CRITERIA**

2. Provide advice

- 2.1 Determine the appropriateness of dietary modification and/or *ayurvedic nutritional supplementation*
- 2.2 Take care to evaluate any food allergies/food sensitivities
- 2.3 Evaluate the influence of *environmental and other factors* on nutritional status
- 2.4 Evaluate cultural barriers to dietary modification and/or supplement prescription
- 2.5 Provide advice in accordance with *regulations*
- 2.6 Refer to or collaborate with other health care professionals as required
- 2.7 Provide *dietary advice* within an ayurvedic nutritional framework when appropriate

3. Resource the client

- 3.1 Educate the client in relevant and practical techniques for promotion and maintenance of optimum health, which include dietary/lifestyle modification
- 3.2 Answer client queries with clarity, using appropriate language
- 3.3 Use appropriate interpersonal skills when explaining treatment plans and recommendations to the client
- 3.4 Promote client independence and responsibility in treatment wherever possible

4. Review advice

- 4.1 Review progress with the client
- 4.2 Identify and record effects of previous advice
- 4.3 Review previous advice
- 4.4 Evaluate the need for ongoing and/or additional treatment
- 4.5 Negotiate changes to the plan with the client to ensure optimal outcomes

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

This includes knowledge of:

- Adverse effects associated with ayurvedic nutritional supplementation
- Ama, its causes, signs and symptoms
- Amino acids (essential and non-essential)
- Appropriate dosage levels of nutritional
- Ayurvedic cooking and food preparation
- Ayurvedic food classifications, categories and composition including grains, legumes, pulses, meat, fish, eggs and protein alternatives, dairy foods, fruit and vegetables, nuts and seeds
- Ayurvedic nutrition principles and nutritional status assessment
- Ayurvedic philosophy
- Basic biochemistry as it relates to diet and nutrition
- Basic knowledge of foods containing carbohydrates, fats, proteins, vitamins, minerals and phytonutrients
- Basic knowledge of foods containing macronutrients and micronutrients, vitamins and minerals, carbohydrates, fats and proteins
- Contra-indications of treatment
- Culinary herbs and spices in an ayurvedic framework
- Cultural restrictions on diet and nutritional supplementation (e.g. gelatin in capsules)
- Drug-nutrient and nutrient-nutrient interactions
- Eating patterns, foods affecting the mind and moods, food labelling, food additives, preservatives and colouring
- Familiarity with supplementary measures in the management of the conditions (lifestyle considerations, other modalities of treatment)
- Fibrous and plant proteins
- Guidelines for the ayurvedic diet
- How to correctly prepare and dispense nutritional supplements
- Medical reports and diagnostic procedures
- Nutrient types
- Rasa, virya and vipaka

REQUIRED SKILLS AND KNOWLEDGE

- The agnis and their role in transformation of nutrients
- The components of common diets
- The function of fibre in the body

continued ...

Essential knowledge (contd):

- The main ayurvedic nutritional supplements used for each system/condition
- The possible responses to treatments
- The potential impact of supplementation on the condition or disease state, including preventative action
- The principles of formulation (including dosage, dosage form, and duration of treatment)
- The process of digestion according to ayurvedic principles
- The six tastes (raas)
- Tridosha theory
- Triguna theory and its relationship to food
- Types of diets (omnivore, vegetarian, lacto-vegetarian, vegan, fruitarian, zen macrobiotic), milk categories and processed foods

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

This includes the ability to:

- Access and interpret up-to-date information
- Access reference material on the effects of current conventional drug therapies and their withdrawal
- Advise on ayurvedic nutritional supplements and determine the most appropriate supplementation, dosage and administration
- Assess the components of food found in common diets from an ayurvedic perspective
- Implement treatment plans to achieve optimal health, rehabilitation, or to improve quality of life which involve:
 - demonstration of ability to assess nutritional needs according to ayurvedic principles
 - appropriate preparation of the client for treatment
 - treatment of a range of conditions
 - incorporation of the philosophies and principles of the practice of Ayurveda
 - demonstration of the application of commonly used treatment practices
 - provision of treatment in accordance with the individual, condition and presence of

REQUIRED SKILLS AND KNOWLEDGE

- complicating factors
 - provision of the safest, most efficacious and cost effective treatment method
 - use of counselling within the nutritional consultation as an aid to treatment
 - provision of treatment in accordance with the treatment plan
 - complete documentation of all recommendations and client responses
 - review of treatment plan
- Demonstrate basic ability to identify foods containing various nutrients
- Demonstrate interpersonal and questioning skills
- Demonstrate interpersonal skills
- Design and implement dietary modifications in a manner acceptable to the client
- Determine the ayurvedic dietary requirements of clients for a range of human conditions including dosha imbalances, ama, deficiency or excess in the dhatus (tissues), pregnancy and lactation, infancy; childhood, adolescence, adulthood (male/female), old age, health and fitness
- Identify foods deficient in nutrients
- Write referrals, appraisal letters for insurance companies and other documentation

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

EVIDENCE GUIDE

- 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:

- Assessment should replicate workplace conditions as far as possible
- Simulations may be used to represent workplace conditions as closely as possible
- Where, for reasons of safety, access to equipment and resources and space, assessment takes place away from the workplace, simulations should be used to represent workplace conditions as closely as possible
- 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 assessors

Method of assessment

- Observation in the work place (if possible)
- 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

Related units:

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

- HLTCOM404C Communicate effectively with clients
- HLTHIR301B Communicate and work effectively in health
- HLTAYV412C Provide ayurvedic lifestyle consultation

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.

Factors which interfere with the effectiveness of advice may include:

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

Dietary modification may include:

- Exclusion of some foods or food groupings according to ayurvedic principles
- Inclusion of some foods or food groupings according to ayurvedic principles
- Increased consumption of some foods or food groupings according to ayurvedic principles
- Decreased consumption of some foods or food groupings according to ayurvedic principles
- Inclusion of nutritional supplements according to ayurvedic principles

Consent for treatment refers to:

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

RANGE STATEMENT

Contra-indications to treatment may include:

- Pregnancy and breastfeeding
- Drug-nutrient and nutrient-nutrient interactions
- Known allergies
- Specific illnesses and conditions
- Other medical treatment being undertaken

Responses to reactions may include:

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

ayurvedic nutritional supplementation may include:

- Culinary herbs or spices
- ayurvedic herbal teas
- Churnas
- Herbal ghees
- Arkas (herbalised waters)

Environmental factors may include:

- Food additives
 - intentional
 - non-intentional
- Food contamination (microbiological)
- Pollution

RANGE STATEMENT

Other factors may include:

- Pharmaceutical drugs
- Self-prescribed medication
- Cultural
- Dental problems
- Food cravings
- Food aversions
- Food preparation techniques
- Dosha imbalance
- Guna balance

Dietary advice may include:

- Advice on ayurvedic cooking techniques
- Teaching of ayurvedic cooking
- Advice on appropriate foods according to ayurvedic principles
- Advice on appropriate drinks and beverages according to ayurvedic principles
- Advice on use of ayurvedic nutritional supplements

Regulations may include:

- Hygiene and infection control regulations
- OHS regulations
- Clinic or professional practice guidelines

Resource the client refers to:

- Providing relevant literature or information materials
- Referring client to other information sources
- Providing advice regarding self-care
- Advising client of suggested resources
- Providing details which help to fully inform client of relevant information
- Providing referrals to other health professionals
- Availability of products required or suggested for treatment

Relevant and practical techniques that promote and maintain optimal health may include:

- Exercise suggestions
- Ayurvedic stress management techniques
- Yoga
- Meditation

RANGE STATEMENT

Lifestyle modification may include:

- Alcohol consumption
- Tobacco consumption
- Social/recreational drugs use
- Living arrangements
- Working conditions
- Daily practices such as yoga and meditation
- Seasonal and daily ayurvedic routines
- Ayurvedic dietary improvements

Unit Sector(s)

Not Applicable