



Australian Government

Department of Education, Employment and Workplace Relations

HLTAYV412C Provide ayurvedic lifestyle consultation

Release: 1

HLTAYV412C Provide ayurvedic lifestyle consultation

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to provide lifestyle and dietary advice 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

PERFORMANCE CRITERIA

- | | |
|--|--|
| 1. Perform an ayurvedic health assessment | 1.1 Determine the scope of the assessment and the client's needs
1.2 Obtain and record an accurate <i>history of the client</i>
1.3 <i>Manage the health assessment</i>
1.4 Make a comprehensive ayurvedic assessment of the client |
| 2. Apply an ayurvedic assessment framework | 2.1 Analyse and interpret information received
2.2 Critically evaluate the assessment
2.3 Inform the client |
| 3. Plan the ayurvedic advice | 3.1 Determine <i>advice</i>
3.2 Discuss the <i>advice</i> with the client |

ELEMENT	PERFORMANCE CRITERIA
4. Provide the ayurvedic advice	4.1 Manage advice
	4.2 Deliver advice
	4.3 <i>Resource the client</i>
	4.4 <i>Review advice</i>

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:

- Basic knowledge of Jatharagni, immune essence: (Ojas), twenty attributes (Gunas)
- Basic knowledge of:
 - five forms of Vata (Air) - Prana, Udana, Samana, Vyana, Apana
 - five forms of Pitta (Fire) -Sadhaka, Bhrajaka, Pachaka, Alochaka, Ranjaka
 - five forms of Kapha (Water) - Tarpaka, Avalambaka, Kledaka, Bodhaka, Sleshaka
- Basic knowledge and understanding of components of food and food/dietary supplements
- Basic knowledge of ayurvedic counselling, ayurvedic psychology and spirituality
- Basic knowledge of the process of digestion, absorption and metabolism
- Abhyanga
- Appropriate dietary treatment of common disorders according to ayurvedic principles
- Ayurvedic assessment techniques
- Diet according to prakruti
- Diet according to vikruti
- Dietary impact on health and symptoms
- Ethical and legal implications of enquiry
- Philosophy of ayurvedic assessments

REQUIRED SKILLS AND KNOWLEDGE

- Reduction and tonification therapies.
- Supplementary measures in the management of common conditions (dietary considerations, exercise, meditation)
- The legal and ethical requirements for confidentiality
- The principles of basic meditation and the means of teaching it
- The role of nutrition in health
- The six tastes (Raas)
- The use of basic yoga postures, breathing techniques and relaxation techniques
- The use of churnas
- Time management requirements during consultation
- Tridosha theory
- Types of diets (omnivore, vegetarian, lacto-vegetarian, vegan, fruitarian, zen macrobiotic)

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
- Answer client queries with clarity, using appropriate language
- Communicate effectively to gain required information
- Determine the nutritional and dietary needs of a client
- Educate the client in relevant and practical techniques for promotion and maintenance of optimum health
- Perform observation (darshana)
- Perform palpation (sparshana)
- Perform questioning (prashna)
- Promote client independence and responsibility in compliance with advice where possible
- Provide appropriate advice according to regulations
- Provide counselling within an ayurvedic framework when appropriate
- Read medical reports
- Refer to or collaborate with other health care professionals as required
- Use appropriate interpersonal skills when explaining treatment plans and recommendations to the client
- Use equipment and technology competently and safely
- Use interpersonal and questioning skills
- 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
- 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

EVIDENCE GUIDE

- 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
- 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

EVIDENCE GUIDE

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.
- Oral questioning and discussion
- Role play simulation
- Practical demonstration
- Explanations of technique

Related units:

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

- HLTCOM404C Communicate effectively with clients
- HLTCOM406C Make referrals to other health professionals when appropriate

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

- History of the client may include:*
- Date of presentation
 - Identifying personal details
 - Source of referral (if applicable)
 - Main presenting complaint or reason for consultation
 - Presenting symptom picture
 - General state of health:
 - physical
 - emotional
 - allergies
 - dietary picture
 - sleep pattern
 - exercise
 - leisure activities
 - Childhood and adulthood illness
 - Accidents, injuries, operations
 - Hospitalisations
 - Occupational history and environment
 - Other current medical treatment
 - Medication, supplements and natural remedies - current and previous
 - Social lifestyle including social drug usage
 - Family history

- Health assessment may include:*
- Trividha Pariksha (threefold examination method):*
- Darshana (observation)
 - Prashna (questioning)
 - Sparshana (touch), including basic Nadi Vignan (pulse assessment)

RANGE STATEMENT

Manage means that:

- Factors which may interfere with the effectiveness of the treatment are explained
- Mode of administration and management of the treatment are explained to the client
- Consent for treatment is ensured
- Reactions (adverse or otherwise) to treatment are recognised and promptly responded to if necessary
- Time, location and content of future sessions are clearly explained to the client
- Recommendations are fully documented

Advice may include:

- Advice on lifestyle
- Advice on living environment (Vasta Shastra)
- Recommendation of basic meditation practices
- Recommendation of basic yoga practices such as : asanas, pranayama, relaxation, dhyana
- Dietary advice
- Cooking advice
- Advice on awareness of the three Gunas in daily life
- Counselling within an ayurvedic framework
- Advice on self administration of oils (Abhyanga)

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/services required or suggested for treatment

RANGE STATEMENT*Review advice:*

- Progress is reviewed with the client
- Effects of previous advice are identified and recorded
- Need for ongoing and/or additional advice is evaluated
- Changes to the advice are negotiated with the client to ensure optimal outcomes

Unit Sector(s)

Not Applicable