



Australian Government

Department of Education, Employment and Workplace Relations

HLTAYV414C Work within an ayurvedic framework for lifestyle consultants

Release: 1

HLTAYV414C Work within an ayurvedic framework for lifestyle consultants

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to work effectively as a lifestyle consultant within 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. Demonstrate commitment to the central philosophies of ayurvedic practice | 1.1 Provide a <i>definition</i> of Ayurveda and the ayurvedic system of medicine
1.2 Outline the historical development of Ayurveda
1.3 Identify and explain the <i>central philosophies</i> of Ayurveda
1.4 Apply ayurvedic philosophy to own health practices
1.5 Draw on ayurvedic philosophy to interpret health issues |
| 2. Identify and describe the principles and practices of Ayurveda | 2.1 Identify and describe ayurvedic <i>assessment techniques</i>
2.2 Identify and describe major <i>areas of advice</i> used by ayurvedic lifestyle consultants |
| 3. Develop knowledge of <i>complementary therapies</i> | 3.1 Identify and describe the principles and practices of <i>other healing systems</i>
3.2 Provide <i>information on other complementary therapies</i>
3.3 Identify the <i>relationship between therapies</i> |

ELEMENT**PERFORMANCE CRITERIA**

4. Represent ayurvedic framework to the community

4.1 Explain the practices and principles of Ayurveda in an easily understood way in a one-to-one and group setting

4.2 Clarify *enquiries* and provide *appropriate information*

4.3 Requests for clients to bring relevant data to the consultation are made

4.4 Discuss alternative sources of information/advice with the client

ELEMENT	PERFORMANCE CRITERIA
5. Work within clinic and regulation guidelines	5.1 Access and follow <i>clinic guidelines</i>
	5.2 Access and follow <i>legal and regulatory guidelines</i>
	5.3 Ensure <i>relevant documentation</i> is taken

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:

- Ayurvedic disease process
- Ayurvedic lifestyle
- Basic knowledge about the philosophy, principles and practices of other alternative and complementary therapies such as homeopathy, herbal medicine, nutrition and bodywork
- Basic knowledge of other recently discovered scientific theories
- Basic knowledge of the Ashtanga Hridaya Samhitta
- Basic knowledge of the Charaka Samhita
- Basic knowledge of the Sushruta Samhita
- Ethical issues in natural medicine
- OHS requirements in the workplace
- Philosophical tradition of ayurvedic health care
- Prakruti - individual constitution
- Sociology of health and the health care system
- The dynamic interchange between the physical, mental, social, environmental and spiritual landscape
- The Five Elements (Pancha Mahabhutas)
- The history of ayurvedic health care and its development from ancient times
- The Primordial Energy: (Prana)
- The Tanmatras
- Tridosha, the ayurvedic concept of the three controlling principles found throughout nature (Vata Pitta and Kapha)

REQUIRED SKILLS AND KNOWLEDGE

- Triguna, the three prime qualities of nature

REQUIRED SKILLS AND KNOWLEDGE

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:

- Apply knowledge of a range of alternative and complementary therapies
- Apply knowledge of the philosophies, principles and tools of ayurvedic lifestyle consultancy
- Appropriately record details of client enquiries according to clinic guidelines
- Correctly identify client information needs
- Explain relevant products and services
- Provide client with required information
- Use communication skills in one-to-one and group settings
- Work or model work which demonstrates an understanding of underpinning values and philosophies in the ayurvedic framework

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 and discussion
- Role play simulation
- Short tests and essays

Related units:

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

- HLTHIR301B Communicate and work effectively in health

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.

Definition of Ayurveda:

- Ayurveda is translated as the 'Science of Life', and is a comprehensive approach to physical, mental and spiritual well-being, that regards the individual as paramount and is concerned with self understanding and self responsibility

Central philosophies of Ayurveda are:

- Concepts of natural harmony and constitutional balance
- The 5 elements-space, air, fire, water, earth (pancha mahabhutani) , constitutional types (Tri-Dosha theory) - Vata, Pitta&Kapha
- The 3 prime qualities or Gunas: Sattva - wholeness, integration, full consciousness, lightness, 'being'; Rajas - activity, energy, passion, partial consciousness, 'doing'; and Tamas - inertia, heaviness, dullness inconstancy, 'sleep'
- The 'digestive fire' (Agni); the health and integrity of the digestive system; the integrity of the tissues (Dhatus); and the flow of 'life forces' through subtle energy channels (Nadis)
- The recognition of ourselves as spiritual beings (Atma), with an innate connection to, and oneness with, universal intelligence/spirit/consciousness (Purusha/Brahman)

RANGE STATEMENT

Appropriate assessment techniques may include:

- Trividha Pariksha (Threefold examination method)
 - Darshana (observation)
 - Prashna (questioning)
 - Sparshana (touch)
- Any other method in which the lifestyle consultant has been trained to a competent standard
- Procedure which is conducted according to legislative and regulatory requirements

Major areas of advice include:

- Advice on lifestyle
- Recommendation of basic meditation practices
- Recommendation of basic yoga practices
- Advice on self application of oil (abhyanga)
- Dietary advice
- Advice on ayurvedic cooking
- Counselling within and ayurvedic framework

Other complementary therapies may include:

- Therapies in which the practitioner is trained

Other healing systems may include:

- Traditional Chinese Medicine (TCM)
- Naturopathy
- Shiatsu
- Yoga therapy

Information on other complementary therapies may include:

- Historical development
- Current availability
- Tools and techniques
- Interactions between different therapies
- When therapies may be used
- Underpinning philosophy

RANGE STATEMENT

Relationship between therapies may include:

- Contra-indications to treatment
- Effects of one treatment over or with another
- Treatment according to stage of condition

Enquiries may require explanation of:

- Duration of treatment
- Expected treatment outcomes
- Possible approaches to treatment
- Estimated cost of treatment
- Availability of health fund rebates
- Work cover eligibility
- Professional status of practitioner
- Availability of home visits
- After hours service
- Provision for hospital visits

Appropriate information may include:

- Confirmation of appointment date and time
- Clinic location and directions
- Cost of initial consultation
- Payment options

Clinic guidelines may include:

- Procedures and guidelines
- Purpose or mission statement
- Code of ethics or practice
- Level of competency and degree of supervision
- Partnership/group decisions, agreed practice

Legal and regulatory guidelines may include:

- OHS guidelines
- Anti-discrimination legislation
- Privacy Act
- Infection control

Relevant documentation may include:

- Nature of enquiry
- Client contact details
- Recording of incidents
- Appointment details

Unit Sector(s)

Not Applicable