



**Australian Government**

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

# **HLTAYV602C Plan ayurvedic treatment strategy**

**Release: 1**

## **HLTAYV602C Plan ayurvedic treatment strategy**

### **Modification History**

Not Applicable

### **Unit Descriptor**

#### **Descriptor**

This unit of competency describes the skills and knowledge required to prepare for treatment of a client and negotiate a treatment management plan with them using 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. Determine treatment strategy | <p>1.1 Determine appropriate therapeutic principles of treatment according to diagnosis of client and within the skills of competence of the practitioner</p> <p>1.2 Ascertain <i>contra-indications to treatment</i> and possible complicating factors and modify the treatment strategy according to ayurvedic principles</p> <p>1.3 Take into consideration treatment and advice provided by other health care professionals in determining the strategy to be used in treatment</p> <p>1.4 Select the <i>treatment</i> strategy appropriate to the client's condition and supported on the basis of established ayurvedic practice</p> <p>1.5 Take into account possible client compliance issues in selecting specific treatment options</p> |
|---------------------------------|---|

**ELEMENT****PERFORMANCE CRITERIA**

- |   |  |
|---|--|
| 2. Discuss the treatment strategy with the client | 2.1 Discuss the proposed treatment strategy with the client  |
|   | 2.2 Allocate sufficient time to discuss the treatment strategy appropriate to the client's needs         |
|   | 2.3 Negotiate <i>client compliance</i>   |
|   | 2.4 Clarify <i>discrepancies</i> between the practitioner's and the client's perception of the condition |
|   | 2.5 Communicate relevant information from medical or diagnostic reports where appropriate                |
|   | 2.6 Explain any known or perceived risks of the client's condition and treatment                         |
|   | 2.7 Clarify the responsibilities <i>of practitioner and client</i> within the treatment plan             |
|   | 2.8 Negotiate the management of selected treatment in relation to any other current therapies            |
|   | 2.9 Discuss <i>treatment evaluation strategies</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:

- Allopathic drugs, their classifications, usage and side effects
- Ayurvedic pharmacodynamics and the theory of drug action - factors modifying drug effect and dosage; drug toxicity and toxicology
- Ayurvedic pharmacokinetics - drug administration, absorption, distribution, metabolism and excretion
- Ayurvedic pharmacology
- Common disease states and functional problems of each bodily system
- Community resources and support services
- Considerations of social issues on treatment availability and outcome (e.g. economic factors, access to disabled clients, language communication)
- Drug abuse - signs, consequences, treatment, community resources available
- Drug interactions
- Drugs used in pregnancy and breast feeding
- Drugs used to treat disorders of each system of the body
- Groups of formulations and how to distinguish between them
- Indications, contra-indications, precautions, negative effects of treatment
- Legal and ethical considerations in treating clients with remedies/treatments
- Lifestyle factors relevant to treatment of specific conditions and diseases
- Major formulations with respect to their use for general symptoms, psychological and physiological indications
- Medical reports and diagnostic procedures
- Medical terminology
- Methods of preparing treatment and management plans
- Minor formulations in respect to their most important indications
- Pathogenesis according to ayurveda
- Possible obstacles to cure

## REQUIRED SKILLS AND KNOWLEDGE

- Remedies/treatments and dosages used to treat particular conditions
- Supplementary measures in the management of the condition/system (dietary considerations, exercise)
- The active principles of the treatments used for each condition/system
- The ayurvedic materia medica including ganas herbs, ras shastra and bhyashjia kalpana of ayurvedic traditional formulations, or the equivalent herbs available in Australia
- The ayurvedic principles and practice of treating common conditions

*continued ...*

### *Essential knowledge (contd):*

- The clinical indications of remedies relevant to specific circumstances - infectious diseases, first aid and injuries
- The ingredients and procedures for formulation of ayurvedic preparations
- The interaction of treatments with foods, herbs, nutritional supplements and drugs
- The possible responses and contra-indications to treatments
- The principles of formulation (including dosage and duration of treatment)
- Tridosha theory

### *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 and understand reference material on the effects of current conventional drug therapies and their withdrawal
- Adequately record findings and treatment plan
- Apply consideration of the impact of client vitality on selected treatments
- Apply methods of treating and managing disease process of each system using ayurvedic formulations/treatments
- Identify treatment options and establish treatment regimes
- Prepare treatment plans
- Prescribe treatments according to the timeframe appropriate to the client condition and the treatments selected, and to the dosage recommended for the client age group
- Provide advice
- Select dietary regimes for specific conditions
- Understand and discuss medical reports and other data relevant to the case
- Use communication and negotiation skills

## REQUIRED SKILLS AND KNOWLEDGE

- Use interpersonal and questioning skills

## 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

## EVIDENCE GUIDE

- 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

- 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
    - documented process to enable the access and interpretation of up-to-date information
    - relevant assessment instruments
    - appropriate assessment environment
    - skilled assessors



## EVIDENCE GUIDE

### *Method of assessment*

- Practical demonstration
- Simulations
- Explanations for plan preparations
- Oral questioning and discussion
- Practical assignments
- Written, multiple choice or short answer tests
- Case studies and scenarios
- Observation in a practical setting
- Research work

### *Related units:*

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

- HLTAYV608C Manage work within an ayurvedic framework
- HLTCOM404C Communicate effectively with clients
- HLTAYV615C Apply ayurvedic diagnostic framework

## 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

*Contra-indications to treatment and possible complicating factors may include:*

- Acute surgical and medical conditions such as cardiac arrest, acute hypoglycaemic shock, paralytic ileus and loss of consciousness
- Traumatic injuries or conditions requiring immediate medical attention
- Life threatening situations
- Personal or life circumstances
- Ability or willingness to comply with treatment
- Allergies/sensitivities
- Past treatment history
- Current conditions/disease state
- Current medications/treatments
- Contra-indications for use of certain excipients and bases
- Lack of client consent

*Treatments may include:*

- Aharatatva (treatment according to ayurvedic dietary and nutrition principles based on rasa and guna siddhanta)
- Dravyaguna (treatment by means of ayurvedic preparations based on herbs, minerals and metals.)
- Shodhana chikitsa (purification or detoxification treatment)
- Shamana chikitsa (pacification or rejuvenation)
- Abhyanga (massage or oleation treatment)
- Pancha karma (five-fold ayurvedic cleansing process)
- Langhana chikitsa (fasting or restricted diet or food intake)
- Rasayana chikitsa (rejuvenation treatment)
- Yoga therapy
- Lifestyle modifications
- Dinacharya advice (ayurvedic daily routine)
- Ritucharya advice (ayurvedic seasonal routine)
- Restoration of gyan, vighnan, dhairya, shriti

*Client compliance refers to:*

- Ability to follow instructions or suggestions
- Willingness to follow instructions or suggestions

## RANGE STATEMENT

### *Discrepancies may include:*

- Client is unaware of the immediate danger of their condition
- Client is over-anxious about their condition
- Client is unaware of maintaining causes acting on their condition
- Practitioner is unaware of some implications of the client's condition
- Practitioner and client have different views about what the main problem is
- Contrary information may have been believed/adopted

### *Practitioner responsibilities may include:*

- Isolating the sick person
- Notifying doctor about their condition
- Appropriate hygienic behaviour
- Appropriate ethical behaviour
- Notifying state health authorities of notifiable/communicable disease
- Commitment to the treatment plan
- Discussing relevant contra-indications or potential complications to treatment
- Review of treatment plan
- Discussion with other practitioners involved in client's case

### *Client responsibilities may include:*

- Following instruction/advice during and post treatment
- Advising practitioner of any relevant contra-indications or potential complications to treatment
- Advising practitioner of other types of treatment being used
- Advising practitioner of compliance issues
- Commitment to the treatment plan

### *Treatment evaluation strategies may include:*

- Discussion and review of response to treatment
- Reviewing achievement of treatment goals
- Monitoring timeframe for achieving treatment goals

## **Unit Sector(s)**

Not Applicable