



Australian Government

Department of Education, Employment and Workplace Relations

HLTHER607C Provide dietary advice

Release: 1

HLTHER607C Provide dietary advice

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to provide advice on dietary modification according to established herbal medicine principles and practice

Application of the Unit

Application

This unit applies to work in western herbal medicine

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. Identify appropriate *dietary modifications*

- 1.1 Identify *nutrient deficiencies*
- 1.2 Identify food allergies and/or food sensitivities
- 1.3 Determine the influence of *environmental factors* on nutritional status
- 1.4 Design dietary modifications appropriate for the client
- 1.5 Address appropriate *cultural factors*
- 1.6 Address appropriate lifestyle factors
- 1.7 Justify proposed dietary modifications

2. Negotiate dietary change with client

- 2.1 Communicate proposed dietary changes to client
- 2.2 Explain reasons for dietary modification
- 2.3 Obtain feedback from client regarding proposed dietary changes
- 2.4 Implement dietary changes in a manner acceptable to the client
- 2.5 Respond appropriately to client feedback and complaints

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 biomedical sciences ie. anatomy and physiology, pathology, biochemistry, pharmacology
- Contra-indications for treatment
- Cultural diets and restrictions
- Herbal medicine philosophy
- Nutrition principles
- Nutritional status testing methods
- The nutritional components of food in common diets

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:

- Analyse data from physical examinations and/or laboratory investigations
- Analyse the dietary intake of clients
- Assess nutritional needs and determine the most appropriate modifications to the client's diet
- Assess the need for laboratory investigations
- Assess the nutritional value of food components in common diets
- Conduct a physical examination
- Conduct appropriate tests and examinations and determine the outcomes
- Construct diets to prevent the onset of disease
- Demonstrate critical reasoning skills

REQUIRED SKILLS AND KNOWLEDGE

- Demonstrate problem solving skills
- Determine the nutritional and dietary needs of clients with specific conditions and diseases
- Determine the nutritional requirements of clients for a range of human conditions including pregnancy and lactation, infancy, childhood, adolescence, adulthood (male/female), old age, health and fitness
- Determine the potential impact of diet on the condition or disease state
- Discuss dietary changes with the client
- Ensure that all treatment care delivered is appropriate to relevant legislature and regulatory requirements
- Establish the stage of development of a condition or disease state
- Identify the signs and symptoms of the onset of a condition or disease
- Modify diet with consideration to cultural and lifestyle factors
- Reflect in the design and implementation of any treatment plan, the overriding principle of herbal medicine philosophy, which is treatment of the individual

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

EVIDENCE GUIDE

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

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 and practical demonstration in the work place
- 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
- Explanation of technique

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

Related units:

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

- HLTHER609C Provide western herbal medicine treatment

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.

Nutrient deficiencies must include:

- Macronutrients (protein, carbohydrate, lipid)
- Vitamins
- Minerals

Environmental factors may include:

- Food additives
- Intentional
- Non-intentional
- Food contamination (microbiological)
- Pollution

Dietary modifications may include:

- Exclusion of some foods or food groupings
- Inclusion of some foods or food groupings
- Increased consumption of some foods or food groupings
- Decreased consumption of some foods or food groupings

Cultural factors must include:

- Religious restrictions
- Dietary choices eg vegetarians, vegan

Unit Sector(s)

Not Applicable