



Australian Government

Department of Education, Employment and Workplace Relations

HLT NAT603C Provide naturopathic nutritional treatment

Release: 1

HLTNAT603C Provide naturopathic nutritional treatment

Modification History

Not Applicable

Unit Descriptor

Descriptor

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

Application of the Unit

Application

This unit applies to work undertaken within a naturopathic framework

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 treatment

PERFORMANCE CRITERIA

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

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

1.3 Request client to monitor reactions and contact practitioner as required

1.4 Ensure *consent for treatment* and identify *contra-indications* for treatment

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

1.6 Explain time, location and purpose of future sessions clearly to the client

1.7 Document recommendations

1.8 Provide treatment according to the treatment plan

ELEMENT**PERFORMANCE CRITERIA**

2. Apply therapeutic techniques
 - 2.1 Determine the appropriateness of dietary modification and/or *nutritional supplementation*
 - 2.2 Identify and manage the treatment of food allergies/food sensitivities
 - 2.3 Evaluate the influence of *environmental and other factors* on nutritional status
 - 2.4 Take care to evaluate *cultural barriers* to dietary modification and/or supplement prescription
 - 2.5 Deliver treatment according to *regulations*
 - 2.6 Refer to or collaborate with other health care professionals as required

3. Advise and resource the client
 - 3.1 Educate 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
 - 3.5 Provide dietary advice within a nutritional framework is appropriate

4. Review treatment
 - 4.1 Review progress with the client
 - 4.2 Identify and record effects of previous treatment
 - 4.3 Review previous treatment plan
 - 4.4 Evaluate 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 nutritional supplementation
- Amino acids (essential and non-essential)
- Appropriate dosage levels of nutritional supplements including the difference between dietary replacement levels and pharmacologic dosage ranges
- Basic biochemistry as it relates to diet and nutrition
- Bioavailability of nutritional supplements
- Common disease states and the functional problems of each bodily system, and the principles and practice of treating each system/condition
- Contra-indications of treatment
- Cultural restrictions on diet and nutritional supplementation eg gelatin in capsules
- Current national health and medical research council recommendations for 'healthy diets'
- Diet construction with regard to preventative approaches to health
- Drug-nutrient and nutrient-nutrient interactions
- Eating patterns, foods affecting the mind and moods, food labelling, food additives, preservatives and colouring
- Fibrous and plant proteins
- Food classifications, categories and composition including grains, legumes, pulses, meat, fish, eggs and protein alternatives, dairy foods, fruit and vegetables, nuts and seeds
- Foods containing carbohydrates, fats, proteins, vitamins, minerals and phytonutrients
- Foods containing macronutrients and micronutrients, vitamins and minerals, carbohydrates, fats and proteins
- How to correctly prepare and dispense nutritional supplements
- How to select the best treatment/medicine within best current practice
- Medical reports and diagnostic procedures
- Methods of preparing treatment and management plans (knowledge and understanding)
- Naturopathic nutritional status assessment methods
- Nutrient types
- Supplementary measures in the management of conditions (lifestyle considerations, other modalities of treatment)

REQUIRED SKILLS AND KNOWLEDGE

continued ...

Essential knowledge (contd):

- Standards nutritional requirements for a range of life cycle stages and human conditions e.g. pregnancy, health and fitness
- Supplementary measures in the management of conditions (lifestyle considerations, other modalities of treatment)
- The components of common diets
- The correct preparations required for specific treatment
- The function of fibre in the body
- The main 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 principles of formulation (including dosage, dosage form, bioavailability and duration of treatment)
- The process, anatomical structure and physiology of digestion
- The requirements of the individual within a diet program
- Types of diets (omnivore, vegetarian, lacto-vegetarian, vegan, fruitarian, zen macrobiotic), milk categories and processed foods
- Types of tests available to nutritionists

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 nutritional supplements and determine the most appropriate supplementation
- Apply methods of treating and managing the disease process of each system using nutrition
- Assess the components of food found in common diets
- Demonstrate interpersonal and questioning skills
- Demonstrate interpersonal skills
- Design and implement dietary modifications in a manner acceptable to the client
- Identify foods containing various nutrients
- Identify foods deficient in nutrients

REQUIRED SKILLS AND KNOWLEDGE

- Implement treatment plans to achieve optimal health, rehabilitation, or to improve quality of life, which involve:
 - appropriate preparation of the client for treatment
 - complete documentation of all recommendations and client responses
 - demonstrated ability to assess nutritional needs according to naturopathic principles
 - demonstration of the application of commonly used treatment practices
 - incorporation of the philosophies and beliefs of the practice of naturopathy
 - provision of the safest, most efficacious and cost effective treatment method
 - provision of treatment in accordance with the individual, the condition and the presence of complicating factors
 - provision of treatment in accordance with the treatment plan
 - review of treatment plan
 - the use of counselling within the nutritional consultation as an aid to treatment
 - treatment of a range of conditions/disease states
- 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)
- Consistency of performance should be demonstrated over the required range of situations relevant to the workplace
- Where, for reasons of safety, space, or access to equipment and resources, assessment takes place away from the workplace, the assessment environment should represent workplace conditions as closely as possible
- Assessment may contain both theoretical and

EVIDENCE GUIDE

practical components and examples covering a range of clinical situations

- 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

Context of and specific resources for assessment:

- An appropriately stocked and equipped clinic or simulated clinic environment
- Relevant texts or medical manuals
- Relevant paper-based/video assessment tools
- Appropriate assessment environment
- Skilled assessors

Method of assessment

- Observation in the work place
- Written assignments/projects or questioning should be used to assess knowledge
- Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice.
- Clinical skills involving direct client care are to be assessed initially in a simulated clinical setting. If successful, a second assessment is to be conducted during workplace application under direct supervision.
- Explanations of technique
- Oral questioning and discussion

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

Related units:

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

- HLTCOM404C Communicate effectively with clients
- HLTNAT601C Provide naturopathic 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.

RANGE STATEMENT

Factors which interfere with the effectiveness of treatment may include:

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

Dietary modification 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
- Inclusion of nutritional supplements

Consent for treatment refers to:

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

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
- Adhering to clinic guidelines for response to accidents and emergencies
- Using First Aid procedures according to St John, Australian Red Cross or other appropriate First Aid training
- Accessing local emergency services

RANGE STATEMENT

Nutritional supplementation may include:

- Vitamins
- Minerals
- Amino acids
- Omega oils
- Celloids
- Tissue salts
- Other nutritional extracts or substances

Environmental factors may include:

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

Other factors may include:

- Pharmaceutical drugs
- Self-prescribed medication
- Cultural
- Dental problems
- Food cravings
- Food aversions
- Food preparation techniques
- Age
- Special dietary needs eg acquired and genetic conditions

Cultural barriers may include:

- Religious restrictions
- Dietary choices eg vegetarian, vegan

Regulations may include:

- Hygiene and infection control regulations
- OHS regulations
- Clinic or professional practice guidelines
- Complying with state or national legislation in the practice of naturopathy

RANGE STATEMENT

Advise and 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
- Stress management techniques

Lifestyle modification may involve:

- Use of alcohol consumption
- Use of tobacco consumption
- Use of social/recreational drugs use
- Living arrangements
- Working conditions

Unit Sector(s)

Not Applicable