



Australian Government

Department of Education, Employment and Workplace Relations

HLT NAT609D Work within a naturopathic framework

Release: 1

HLTNAT609D Work within a naturopathic framework

Modification History

HLT07 Version 4	HLT07 Version 5	Comments
HLTNAT609C Work within a naturopathic framework	HLTNAT609 - Work within a naturopathic framework	Unit updated in V5. ISC upgrade changes to remove references to old OHS legislation and replace with references to new WHS legislation. No change to competency outcome.

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to work effectively within 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

PERFORMANCE CRITERIA

- | | |
|--|---|
| 1. Demonstrate commitment to the central philosophies of naturopathic practice | 1.1 <i>Define naturopathy</i> and the naturopathic system of medicine |
| | 1.2 Provide an over of the historical development of naturopathy |
| | 1.3 Identify and explain the <i>central philosophies</i> of naturopathy |
| | 1.4 Apply naturopathic philosophy to his/her own health practices |
| | 1.5 Draw on naturopathic philosophy to interpret health issues |
| 2. Identify and describe the principles and practices of naturopathy | 2.1 Identify and describe <i>major methods of treatment</i> used by naturopaths |
| | 2.2 Identify and describe other complementary therapies used by naturopaths |
| | 2.3 Identify and describe <i>traditionally used methods</i> of healing |
| | 2.4 Identify and describe naturopathic <i>assessment techniques</i> |

ELEMENT	PERFORMANCE CRITERIA
3. Develop knowledge of complementary therapies	<p>3.1 Identify and describe principles and practices of <i>other healing systems</i></p> <p>3.2 Provide <i>information on other complementary therapies</i></p> <p>3.3 Identify <i>relationship between therapies</i></p>
4. Represent naturopathic framework to the community	<p>4.1 Explain practices and principles of naturopathy in an easily understood way in a one-to-one and group setting</p> <p>4.2 Clarify <i>enquiries</i> and provide <i>appropriate information</i></p> <p>4.3 Make requests for client to bring relevant data to the consultation</p> <p>4.4 Discuss alternative sources of information/ with the client</p>
5. Work within clinic and regulation guidelines	<p>5.1 Access and follow <i>clinic guidelines</i></p> <p>5.2 Access and follow <i>legal and regulatory guidelines</i></p> <p>5.3 Undertake <i>relevant documentation</i></p>

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:

- A range of alternative and complementary therapies
- Ethical issues in natural medicine
- How naturopathy works with the conventional medical model
- WHS requirements in the workplace

- Philosophical tradition of science/western medicine
- Sociology of health and the health care system
- The current political context of health care
- The dynamic interchange between the physical, mental, social, environmental and spiritual landscape
- The naturopathic integration of these approaches to health
- The philosophies, principles and tools of naturopathic practice
- The philosophy, principles and practices of other alternative and complementary therapies including homeopathy, herbal medicine, nutrition and bodywork
- The principles of naturopathic practice: vis medicatrix naturae (the healing power of nature); tolle causam (identify and treat the cause); docere (doctor as teacher); treat the whole person; prevention
- The qualitative, quantitative, cultural and traditional lines of evidence used in naturopathy
- The rationalistic, analytical approach to an understanding of disease
- The vitalistic, empirical approach to health

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:

- Appropriately record details of client enquiries according to clinic guidelines
- Correctly identify client information needs
- Demonstrate communication skills in a one-to-one and group setting
- Explain relevant products and services
- Provide client with required information
- Work or model work which demonstrates an understanding of underpinning values and philosophies in the naturopathy 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.

EVIDENCE GUIDE

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 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 instruments
- Appropriate assessment environment
- Skilled assessors

EVIDENCE GUIDE

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

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

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 naturopathy is:

Naturopathy is a distinct method of healing, underpinned by a philosophical perspective which recognises that all living forms possess a self-regulatory, inherent ability for self-healing

This inherent ability, or vital force, operates in an intelligent, orderly fashion

Naturopathic approaches to health care are aimed at supporting and enhancing the body's own ability to heal itself

Central philosophies of naturopathy are:

- Vis medicatrix naturae (the healing power of nature)
- Tolle causam (identify and treat the cause)
- Docere (doctor as teacher)
- Treat the whole person
- Prevention

Major methods of treatment include:

- Nutrition therapies including the use of specific micronutrient supplements and food therapy
- Herbal medicine
- Homeopathy
- Bodywork eg massage, reflexology, shiatsu,
- Counselling

Other complementary therapies may include:

- Aromatherapy
- Flower essence therapy
- Therapies in which the practitioner is trained

Traditionally used methods of healing include:

- Fresh air
- Pure water
- Fresh, whole foods
- Diet therapy
- Detoxification
- Herbs
- Sunlight
- Rest and relaxation
- Exercise
- Massage
- Hydrotherapy

Appropriate assessment techniques may include:

- Observation
- Discussion
- Taking temperature
- Taking pulse and blood pressure
- Palpation and auscultation
- Percussion
- External physical examination
- Iridology techniques
- Urine tests
- Assessment of growth (height, weight, head circumference) and development
- Overview of system - enquiring about the presence of previously diagnosed organic diseases and functional disorders
- Any other method in which the practitioner has been trained to a competent standard
- Procedure which is conducted according to legislative and regulatory requirements

Other healing systems may include:

- Traditional Chinese Medicine (TCM)
- Ayurveda

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

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's 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:

- WHS 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