



**Australian Government**

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

# **HLTNUT608B Provide specialised nutritional medicine treatment**

**Release: 1**

## **HLTNUT608B Provide specialised nutritional medicine treatment**

### **Modification History**

Not Applicable

### **Unit Descriptor**

#### **Descriptor**

This unit of competency describes the skills and knowledge required to provide specialised nutritional medicine care for less common conditions/disease in accordance with the age, gender and mental health needs of the client

This unit requires high level knowledge of nutritional medicine and a wide range of health conditions

### **Application of the Unit**

#### **Application**

This unit applies to work in a nutritional medicine context

### **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 the *specialised nutritional medicine treatment*

### PERFORMANCE CRITERIA

- 1.1 Select the most appropriate treatment strategy using a knowledge of *nutritional medicine philosophy, principles and practices*
- 1.2 Take into account *factors which may interfere with the effectiveness of the treatment*
- 1.3 Take into account possible treatment reactions including contraindications
- 1.4 Consent for treatment is ensured
- 1.5 Recognise and promptly *respond to reactions* to treatment (adverse or otherwise) if necessary
- 1.6 Document assessments and recommendations
- 1.7 Provide treatment according to the specialised nutritional medicine treatment plan
- 1.8 Fully explain treatment to the client and respond to all enquiries
- 1.9 Use counselling skills as appropriate
- 1.10 Review the treatment plan and negotiate continuing care with the client

**ELEMENT****PERFORMANCE CRITERIA**

2. Provide specialised nutritional medicine treatment for children and adolescents

- 2.1 Obtain consent for treatment from the parent/caregiver/guardian
- 2.2 *Assess client health* according to standard guidelines relating to age
- 2.3 Develop a specialised nutritional medicine treatment plan according to findings
- 2.4 Implement the treatment plan

3. Provide specialised nutritional medicine treatment for women

- 3.1 Assess client health and welfare with special consideration given to conditions common to women
- 3.2 Conduct a physical examination with special regard to common conditions of women in various *life stages* and according to local and national regulations
- 3.3 Develop a specialised nutritional medicine treatment plan according to findings
- 3.4 Implement the treatment plan

4. Provide specialised nutritional medicine treatment for men

- 4.1 Assess client health and welfare with special consideration to conditions common to men
- 4.2 Conduct physical examination with special regard to common conditions of men relating to age and according to local and national regulations
- 4.3 Develop a specialised nutritional medicine treatment plan according to findings
- 4.4 Implement the treatment plan

**ELEMENT****PERFORMANCE CRITERIA**

- |  |  |
|--|--|
| 5. Provide specialised nutritional medicine geriatric care               | <p>5.1 Take client history with special consideration to client memory, cognitive ability and care requirements</p> <p>5.2 Conduct a physical examination with special regard to common conditions of ageing and according to local and national regulations</p> <p>5.3 Develop a specialised nutritional medicine treatment plan is developed according to findings</p> <p>5.4 Implement the treatment plan</p> |
| 6. Provide specialised nutritional medicine mental health care           | <p>6.1 Take client history with special consideration to client mental health and care requirements</p> <p>6.2 Develop a specialised nutritional medicine treatment plan according to findings</p> <p>6.3 Implement the treatment plan</p>   |
| 7. Provide specialised nutritional medicine in a palliative care setting | <p>7.1 Take client history with special consideration to client health and care requirements</p> <p>7.2 Develop a specialised nutritional medicine treatment plan according to findings</p> <p>7.3 Implement the treatment plan</p>  |

**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

## REQUIRED SKILLS AND KNOWLEDGE

This includes knowledge of:

- A range of alternative and complementary therapies
- Basic knowledge of potential herb-nutrient interactions
- Common disease states and functional problems of each bodily system, and the principles and practice of treating each system/condition
- Contraindications of treatment
- Dietary modification strategies and food therapy
- How to select best treatment/medicine within best current practice
- Less common disease states and functional problems of particular groups in society with specific needs including, but not limited to infants, children, adolescents, elderly, peri- and post- menopausal, pregnant and lactating women
- Less common disease states and functional problems of the reproductive system of women and men
- Less common disease states and functional problems relating to mental health
- Lifestyle considerations and exercise
- Medical reports and diagnostic procedure
- Methods of preparing treatment and management plans (knowledge and understanding)
- Nutritional medicine philosophy, principles and practice
- Nutritional supplementation
- Potential drug-nutrient, drug-food interactions
- Relevant reference works and information sources
- Research issues and their uses
- Research priorities
- Statistical analysis
- The correct preparations required for specific treatment
- The possible responses to treatments
- The principles of formulation (including dosage and duration of treatment)

### *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 critically evaluate reference material on the effects of current conventional drug therapies and their withdrawal
- Access and interpret up-to-date information
- Advise and resource the client
- Analyse a complex clinical problem utilising nutritional medicine model of clinical reasoning, and utilising literature review techniques to understand the nature of the

## REQUIRED SKILLS AND KNOWLEDGE

problem and its management

- Apply specialised nutritional medicine therapeutic techniques to groups in the community with specific needs (e.g. infants, children, women, men, aged)
- Appropriately record details of client enquiries according to clinic guidelines
- Communicate information through written or verbal media
- Correctly identify client information needs
- Critically evaluate research
- Demonstrate age appropriate communication skills in a one-to-one and group setting
- Demonstrate communication skills including the ability to communicate with people from a diverse range of cultural and linguistic backgrounds
- Demonstrate interpersonal and questioning skills
- Discuss and determine 'level of concern' in relation to risk of complications, severity of disease process, lifestyle factors and their impact on treatment strategies, timeframe of treatment, and other factors
- Discuss, identify and effectively monitor 'high level of concern' clients
- Explain relevant services and case management program
- Extrapolate case study information to new cases
- Implement appropriate specialised nutritional medicine treatments for the prevention of health conditions associated with clients with special needs
- Implement appropriate specialised nutritional medicine treatments for the management of health conditions associated with clients with special needs
- Integrate knowledge of the historical, theoretical and philosophical aspects of nutritional medicine into clinical practice
- Manage a specialised nutritional medicine treatment
- Negotiate changes to the plan with the client
- Provide client with required information

*continued ...*

*Essential skills (contd):*

- Provide treatment appropriate to age and specific needs of clients (e.g. mental health issues, palliation of signs and symptoms)
- Review the specialised nutritional medicine treatment, evaluating the need for on-going treatment and the need for changes to the treatment plan
- Write referrals, appraisal letters for insurance companies and other documentation

## Evidence Guide

### 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
- Assessment may contain both theoretical and practical components and examples covering a range of clinical situations
- 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 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



## EVIDENCE GUIDE

- Context of and specific resources for assessment:*
- Resources essential for assessment include:
    - an appropriately stocked and equipped clinic or simulated clinic environment
    - an appropriated stocked nutritional medicine dispensary
    - relevant texts journals or medical manuals
    - relevant paper-based/video assessment instruments
    - appropriate nutritional software and on line resources
    - skilled assessors
- Method of assessment*
- Observation in the work place
  - Practical demonstration
  - 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.
  - Oral questioning, discussion and explanation of technique
  - Role play simulation
  - Client treatment logbooks

## 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
- HLTNUT607B Provide the nutritional 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.

## RANGE STATEMENT

*Knowledge of nutritional medicines means:*

- Nutritional medicine philosophy
  - first do no harm
  - identify and treat the causes
  - treat the whole person as an individual
  - prevention is better than cure
  - educate the client
  - the healing power of nature
- Nutritional medicine principles
  - empiric - respect for nutritional and natural medicine philosophy, tradition and empirical observation
  - natural - natural is always preferable
  - individuality - individuals have a unique interaction with their nutritional environment
- Nutritional medicine practice
  - diet as therapy (health maintenance, therapeutic diets, dietary modification)
  - therapeutic application of special and functional foods (food as medicine)
  - cultural dietary perspectives
  - therapeutic&preventive aspects of fasting/detoxification
  - nutrient supplementation
  - individual unique dietary needs
- Behavioural and lifestyle strategies

## RANGE STATEMENT

*Specialised nutritional medicine treatment includes:*

- Using a high level of nutritional medicine knowledge to enable extrapolation of case study information to new cases
- Using research based evidence including literature reviews and critical assessment of research, as a tool in providing treatment
- Knowledge and understanding of nutritional medicine treatment of potential conditions/disease states of particular groups in society with specific needs
- Applying recommending, dispensing or prescribing diets, foods as medicine, supplements and vitamins
- All treatment or care delivered meets the requirements of relevant legislation and regulations
- Collaborating with or referring to other health care professionals as required

*Factors which interfere with the effectiveness of treatment may include:*

- Other medical treatment being undertaken
- Client physical and psychological readiness and/or wellness
- Cultural factors
- Contraindications to treatment
- Post treatment activity
- Client capability of implementing treatment plan (e.g. dietary changes, dosage maintenance)

*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 of First Aid procedures according to St Johns, Australian Red Cross or other appropriate First Aid training
- Accessing local emergency services

## RANGE STATEMENT

- Consent for treatment refers to:*
- Informed consent according to the local and national regulations and legal guidelines
  - Treatment is given to minors/wards of state when only parent/guardian is present
- Response to enquiries may include:*
- Providing (or directing to) information material
  - Answering questions
  - Following up with further information
  - Providing of referrals
- The treatment plan may include:*
- Prescription of nutritional supplements and vitamins
  - Dispensing of extemporaneous preparations
- Assessment of client health may include:*
- Antenatal, birth and post natal period information, apgar score, birth weight and feeding method and frequency
  - Family history, maternal and paternal
  - Growth and growth patterns
  - Height, weight and head circumference measurements
  - Changes in the pattern of growth over a series of measurements
  - Recognise major milestones in development
  - Relate the major milestones in personal and social skills fine motor skills, general motor skills and language development to a simplified standard milestone chart
- Life stages refers to:*
- Neonate (birth to 28 days)
  - Children
  - Adolescence (puberty to adulthood)
  - Adulthood
  - Old Age
  - Pregnancy and post natal period for women
  - Peri-menopausal and post menopausal state for women

## **Unit Sector(s)**

Not Applicable