



Australian Government

Department of Education, Employment and Workplace Relations

WRHHS405A Apply the principles of nutrition

Revision Number: 1

WRHHS405A Apply the principles of nutrition

Modification History

Not applicable.

Unit Descriptor

Unit Descriptor This unit describes the skills and knowledge required to apply the principles of nutrition in trichological clinical practice.

Application of the Unit

Application of the Unit This unit requires operators to demonstrate an understanding of nutrition as it applies to healthy hair and scalp in the performance of their trichological clinical practice. Knowledge of relevant legislation and workplace policies and procedures, particularly in regard to safety and hygiene, are also required.

In the context of an assessment-only and/or a training delivery and assessment pathway, units of competency that relate to this unit are identified in the evidence guide of this unit.

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 describe the essential outcomes of a unit of competency.

Performance criteria describe the level of performance required to demonstrate achievement of the element. The variables for the ***bold italicised*** text are outlined in the range statement. Assessment of performance is to be consistent with the evidence guide.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

- | | | |
|---|--|---|
| 1 | Apply knowledge of the importance of nutrition in the performance of trichological treatments. | <p>1.1 The relevant principles of nutrition and the potential effects on the performance and outcomes of trichological treatments are identified and applied to <i>patient</i> service and advice, according to <i>relevant legislation</i> and <i>workplace policies and procedures</i>.</p> <p>1.2 <i>Nutritional needs and health problems across the patient's lifespan</i> are identified and applied to the performance of trichological treatments.</p> <p>1.3 The role of food, nutrients and other important food substances in relation to the body's function is identified.</p> |
| 2 | Apply knowledge of the body's systems to trichological treatments. | <p>2.1 The main functions of the <i>digestive system</i> are identified and applied to the performance of trichological treatments.</p> <p>2.2 The main functions of the major organs and the <i>excretory system</i> are identified and applied to the performance of trichological treatments.</p> <p>2.3 Knowledge of the body's systems as they relate to client health and treatment outcomes is applied and advice or referral to <i>appropriate professionals</i> is provided as required.</p> |
| 3 | Provide advice on dietary guidelines. | <p>3.1 Knowledge of nutritional needs is applied to the development of the client treatment plan and to the performance of trichological treatments.</p> <p>3.2 <i>Nutritional requirements and dietary health problems</i> are assessed in regard to client individual needs and referral to appropriate professionals is recommended as required.</p> |

ELEMENT**PERFORMANCE CRITERIA**

- 3.3 *Healthy nutritional options* are promoted and the importance of nutrition to the outcomes of trichological treatments is recognised and applied in the provision of client advice.

Required Skills and Knowledge**REQUIRED SKILLS AND KNOWLEDGE**

This describes the essential skills and knowledge and their level, required for this unit.

Skills may include:

- responding to client needs
- relating knowledge of nutrition to the practice of trichological assessment and/or treatments
- client consultation that takes into account the culture, background and physical abilities of the client while demonstrating knowledge of the following communication techniques:
 - listening and questioning techniques
 - verbal and non-verbal communication
 - negotiation techniques
 - written communication
- language, literacy and numeracy skills relevant to the role and workplace requirements.

REQUIRED SKILLS AND KNOWLEDGE

Knowledge may include:

- provisions of relevant health and hygiene legislation and regulations
- provisions of relevant skin penetration legislation and regulations
- provisions of relevant occupational health and safety legislation and regulations
- workplace policies and procedures in regard to the performance of trichological treatments
- knowledge of nutrition in regard to the performance of trichological treatments, including knowledge of:
 - relevant principles of nutrition
 - nutritional needs across the patient's lifespan
 - role of food, nutrients and other food substances
 - main functions of the digestive system
 - functions of the main organs and the excretory system
 - dietary health problems.

Evidence Guide

EVIDENCE GUIDE

The evidence guide describes the underpinning knowledge and skills that must be demonstrated to prove competence. It is essential for assessment and must be read in conjunction with the performance criteria, the range statement and the assessment guidelines of the relevant Training Package.

Overview of assessment

A person who demonstrates competency in this unit of competency must be able to identify and describe the role of food, nutrients and other food substances in the body's performance and their application to trichological treatments. Knowledge and understanding of nutrition as it relates to trichological treatments must also be demonstrated. Knowledge of the relationship between nutrition and the body's systems as it relates to trichological treatments is also required.

Specific evidence requirements

EVIDENCE GUIDE

Critical aspects for assessment and evidence required to demonstrate competency in this unit

- knowledge and consistent application of relevant workplace policies and procedures
- knowledge and consistent application of federal, state and local health and hygiene legislation and regulations
- knowledge and consistent application of safe work practices and the safe use of products and electrical equipment, including the use of protective measures, according to manufacturer safety manuals and occupational health and safety legislation and regulations
- knowledge and consistent application of the principles of nutrition as applied to trichological treatments
- evaluating client needs and requirements and advising on nutritional needs, home care and complementary products
- accurately and legibly recording relevant data.

Context of assessment

For valid and reliable assessment of this unit, competency should be consistently demonstrated over a period of time and observed by the assessor and/or the technical expert working in partnership with the assessor. The technical expert may include the trichologist and/or a nutrition specialist and may be in a simulated environment.

Competency should be demonstrated in a simulated workplace environment in a range of situations that may include client interruptions and involvement in other related activities normally expected in the workplace. For further guidance on the use of an appropriate simulated environment, refer to the Assessment Guidelines in this Training Package.

Specific resources for assessment

Competency for this unit should be assessed through access to:

- relevant documentation, such as workplace policy and procedures manuals
- relevant learning materials
- a qualified workplace assessor or assessment team.

EVIDENCE GUIDE

Relationship to other units

This unit is a co-requisite for a range of trichology units. It requires an assessment outcome that includes evidence of the application of knowledge of nutrition to the performance of one or more trichological consultations.

Prerequisite units:

- none.

Co-requisite units:

- WRHHS404A Perform trichological assessments
- WRHHS406A Develop and apply scalp treatment therapies.

Method of assessment

The following assessment methods are suggested.

- Observation of the learner performing a range of tasks in a simulated work environment, over sufficient time to demonstrate his/her handling of a range of contingencies. Tasks may include:
 - identifying client characteristics and developing a nutritional treatment plan according to client needs
 - providing advice according to client needs.
- Written and/or oral questioning to assess knowledge and understanding of nutrition in relation to the performance of trichological treatments, including after-care advice and relevant legislation.
- Completing workplace documentation relevant to the provision of trichological treatments.
- Third-party reports from experienced trichology professionals in the workplace.
- Completion of self-paced learning materials, including personal reflection and feedback from trainer, coach or supervisor.

EVIDENCE GUIDE

Evidence required for demonstration of consistent performance

For valid and reliable assessment of this unit, evidence should be gathered through a range of methods to indicate consistent performance.

It can be gathered from assessment of the unit of competency alone, through an integrated assessment activity or through a combination of both.

Evidence should be gathered as part of the learning process.

Assessing employability skills

Employability skills are integral to effective performance in the workplace and are broadly consistent across industry sectors. How these skills are applied varies between occupations and qualifications due to the different work functions and contexts.

Employability skills embedded in this unit should be assessed holistically in the context of the job role and with other relevant units that make up the skill set or qualification.

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 will affect performance.

The following variables 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. ***Bold italicised*** text from the performance criteria is detailed here.

Patients may include:

- women
- men
- children
- new or regular patients with routine or special needs
- patients from a range of social, cultural or ethnic backgrounds and with a range of physical and mental abilities.

RANGE STATEMENT

Relevant legislation may include:

- federal, state and local health and hygiene
- occupational health and safety.

Workplace policies and procedures may include:

- health and hygiene
- comfort and privacy
- timeframes for the completion of the service
- quality assurance.

Nutritional needs and health problems across the patient's lifespan may include:

- stage of life:
 - prenatal
 - infancy
 - childhood
 - adolescence
 - adulthood
 - menopause
 - late adulthood
- nutritional needs of different population groups
- energy requirements of different population groups
- common diet-related health problems
- role of nutrients in managing ideal weight.

RANGE STATEMENT

Digestive system includes:

- organs of the gastrointestinal tract:
 - mouth
 - oesophagus
 - stomach
 - small intestine
 - large intestine
 - rectum
 - anus
 - salivatory glands
 - pancreas
 - gall bladder
 - liver
- functions of the digestive system, including mechanical and chemical digestive processes
- common disorders of the digestive system.
- nutrients:
 - proteins
 - carbohydrates
 - fats (lipids)
 - vitamins
 - minerals
 - water
 - dietary fibre
 - cholesterol.

Excretory system includes:

- organs of the excretory system:
 - kidneys
 - liver
 - lungs
 - skin
- common disorders of the urinary system:
 - cystitis
 - kidney stones
- kidney failure.

RANGE STATEMENT

Appropriate professionals may include:

- medical practitioner
- complementary therapist
- nutritionist
- dietician.

Nutritional requirements and dietary health problems may include:

- guidelines for specific nutrients e.g. foods containing protein
- recommended dietary intake
- healthy eating pyramid
- obesity and heart disease
- weight management
- eating disorders
- malabsorption.

Healthy nutritional options may include:

- general or specific advice to client
- macro-nutrients
 - proteins
 - carbohydrates
 - fats
 - dietary fibre
 - water.

Unit Sector(s)

Not applicable.

Competency field

Competency Field Hairdressing