



Australian Government

HLTARO009 Select and advise on aromatic therapies

Release: 1

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Modification History

Release	Comments
Release 1	This version was released in <i>CHC Community Services Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages. Merged HLTARO604B/HLTARO605B. Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence. Additional assessor requirements.

Application

This unit describes the skills and knowledge required to determine an aromatic treatment strategy based on an existing health assessment, provide relevant advice to the client and complete treatment documentation. This unit refers to the use of essential oils for internal preparations. Note that the clinical aromatherapist provides the preparation and relevant accompanying advice but does not administer these aromatic preparations.

This unit applies to experienced clinical aromatherapists using specialised aromatic formulations and therapies.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Determine treatment strategy

1.1 Determine the treatment strategy, prognosis and therapeutic expectations according to the health condition, client needs and stage of life

1.2 Evaluate the impact of disease phase or stage on treatment selection

1.3 Consider treatment and advice provided by other health care professionals

1.4 Identify and respond to the need for further research

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

in developing the treatment strategy

1.5 Select aromatic preparations and administration method based on individual case presentation

1.6 Take into account factors which may interfere with the effectiveness of the treatment for each essential oil and aromatic extract

1.7 Take into account possible treatment reactions for each essential oil and aromatic extracts and prescription

1.8 Take into account contra-indications for essential oils, aromatic extracts and prescription

2. Provide advice and resources to the client

2.1 Clearly explain treatment rationale and expectations

2.2 Provide clear instructions for taking aromatic preparations, and negotiate according to client needs

2.3 Explain factors which may interfere with the effectiveness of the treatment

2.4 Negotiate the management of selected aromatic preparations in relation to any other current medicines

2.5 Obtain client consent for treatment

2.6 Request client to monitor responses to the aromatic preparations and to contact practitioner as required

2.7 Clarify and agree responsibilities of practitioner and client within the treatment plan

2.8 Explain and agree treatment evaluation strategies

3. Complete treatment documentation

3.1 Document accurate details of aromatic preparations to be provided

3.2 Record details of treatment recommendations in client file

3.3 Record arrangements for treatment review according to clinic guidelines

4. Monitor and evaluate treatment

4.1 Evaluate client progress against agreed evaluation strategies

ELEMENT

Elements define the essential outcomes

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

4.2 Adjust treatment based on evaluation of client progress in consultation with client

4.3 Identify areas for further research to support client outcomes

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>

Assessment Requirements for HLTARO009 Select and advise on aromatic therapies

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Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- undertaken a structured process of critical analysis, research and reflection to determine, document and evaluate aromatic therapy treatment strategies that include preparations for internal administration for at least 15 different clients, all of whom must have been seen at least 3 times. Clients must include males and females from different stages of life with varied presentations
- interacted effectively with clients through the provision of clear information on the treatment strategy

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- legal and ethical considerations (national and state/territory) for working with aromatic therapies that include formulations for internal use:
 - children in the workplace
 - codes of conduct
 - duty of care
 - informed consent
 - mandatory reporting

- practitioner/client boundaries
- privacy, confidentiality and disclosure
- records management
- work role boundaries
 - working within scope of practice
 - presenting symptoms that require referral to a medical practitioner
- work health and safety
- groups of aromatic preparations, how to distinguish between them, according to actions, active constituents, body systems and plant families
- interrelationships and incompatibilities (chemical and physical) between aromatic formulation groups
- types and features of internal preparations:
 - water-based preparations using dispersing agents
 - capsules
 - absorbent tablets
 - sub-lingual preparations
 - eye, ear, nose and throat preparations
 - inhalations
 - mixture with herbal tinctures
 - suppositories
 - pessaries
- at least 30 aromatic oils that can be used for internal applications, preparations or purposes including:
 - origin
 - characteristics
 - therapeutic applications
 - modes of administration
 - interactions with other drugs
 - contraindications to use
- essential oils and aromatic extracts:
 - that exhibit potential toxicity at low dosages
 - appropriate dosages and methods of applications
 - specific contraindications for use
 - specific essential oils and aromatic extracts to be avoided for use
- pharmacodynamics of aromatic preparations and pharmaceutical drugs:
 - drug administration
 - absorption
 - distribution
 - metabolism
 - excretion

- pharmacodynamics of aromatic preparations and pharmaceutical drugs:
 - theory of drug action
 - factors modifying drug effect and dosage
 - drug toxicity and toxicology
- pharmacology of aromatic preparations and pharmaceutical drugs, their classifications, usage and side effects
- pharmacology of aromatic preparations and their interactions with over the counter (OTC) vitamin, mineral and herbal preparations – usage and side effects

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated clinical environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including:
 - client information – case history, treatment plan
 - private consultation area
 - aromatic medicines
- modelling of industry operating conditions, including provision of services to the general public
- clinic supervision by a person who meets the assessor requirements outlined below

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

In addition, assessors must:

- have at least 5 years current experience working as a clinical aromatherapist providing services to the general public
- hold practising membership of an Australian professional body that represents clinical aromatherapists and aromatic medicine
- fulfil the continuing professional development requirements of the professional body to which they belong

Links

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<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>