



Australian Government

HLTAYV004 Provide Ayurvedic lifestyle advice

Release: 1

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Modification History

Release	Comments
Release 1	This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages. Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence. Minimum clinic hours added. Additional assessor requirement.

Application

This unit describes the skills and knowledge required to develop Ayurvedic lifestyle recommendations based on the outcomes of an existing Ayurvedic health assessment, and provide relevant advice, support and follow up to clients.

This unit applies to Ayurvedic practitioners working with clients in a lifestyle or preventative context.

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. Develop Ayurvedic lifestyle recommendations

- 1.1 Evaluate client assessment information and imbalances that may be addressed through lifestyle changes
- 1.2 Determine Ayurvedic dinacharya, ratricharya and ritucharya and vegadharana suited to prakruti and vikruti
- 1.3 Consider other lifestyle changes recommended within the Ayurvedic framework that may benefit the client
- 1.4 Integrate diet and nutritional considerations when developing recommendations

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

1.5 Identify presentations that fall outside scope of own practice and identify appropriate referrals

2. Provide advice to clients

2.1 Provide clear information about recommendations, their rationale and underpinning Ayurvedic philosophy

2.2 Use language and concepts the client understands

2.3 Provide client with resources to support the recommendations

2.4 Discuss and agree on evaluation strategies

2.5 Accurately document recommendations made

3. Follow up advice

3.1 Review progress with the client based on previous advice and client feedback

3.2 Identify and accurately record effects of previous advice

3.3 Evaluate the need for change in advice, ongoing and/or additional lifestyle adjustments

3.4 Negotiate changes to the plan with the client to ensure optimal 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 HLTAYV004 Provide Ayurvedic lifestyle advice

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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:

- performed the activities outlined in the performance criteria of this unit during a period of at least 200 hours of Ayurvedic lifestyle client consultation work
- prepared for and managed at least 25 different Ayurvedic lifestyle sessions. Clients must include males and females from different stages of life
- provided lifestyle advice appropriate to client needs according to the Ayurvedic framework
- interacted effectively with clients providing clear, accurate and supportive information and guidance

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 providing lifestyle advice:
 - 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
- key principles underpinning Ayurvedic lifestyle advice:
 - panchamahabhouta theory and how it interacts within and outside the body
 - dosha theory
 - gunas and their attributes
 - agni
 - malas
 - ama
 - ojas
 - prakriti
 - vikriti
 - Ayurvedic counselling, psychology and spirituality
- Ayurvedic daily lifestyle routines dinacharya, ratricharya, rtucharya and vegadharan,
- Ayurvedic seasonal routines:
 - six seasons in Ayurveda and correlation with geographical difference
 - effects of different seasons on the body
 - environment and human being
 - shath rasa, predominant rasa in each rtu, accumulation, aggravation and pacification of doshas in various seasons
 - eliminatory therapies and seasons
 - transitional period between two seasons
- role of other lifestyle practices, their relevance for different client types, key aspects of how they are practised and how clients may access relevant services, including:
 - yoga
 - meditation
 - necessity to take into consideration suggestions for the soul, mind, emotions and the body for every client
 - detrimental effects of excessive rajasic and tamasic diet and lifestyle
 - virudha ahara
 - necessity to reconcile, forgive, practice compassion and to make necessary changes in diet and lifestyle

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 – health and lifestyle record, assessment outcomes
 - private consultation area
- 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 3 years current clinical experience working as an Ayurvedic practitioner providing services to the general public
- hold practising membership of an Australian professional body that represents Ayurvedic practitioners
- 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>