



Australian Government

HLTAYV008 Provide Ayurvedic remedial therapies

Release: 2

HLTAYV008 Provide Ayurvedic remedial therapies

Modification History

Release	Comments
Release 2	This version was released in <i>HLT Health Training Package release 3.0</i> . Update to mapping and metadata. Equivalent competency outcome.
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. Supersedes HLTAYV611C. 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 requirements.

Application

This unit describes the skills and knowledge required to prepare for, provide and monitor therapeutic Ayurvedic remedial therapies. Treatments are based on the outcomes of an existing health assessment.

This unit applies to Ayurvedic practitioners.

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. Prepare client for treatment

1.1 Make preparations according to indicators and information from assessment

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

1.3 Explain clearly how the treatment will be provided

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

and managed

1.4 Inform the client of possible physical or emotional reactions during and following a session and the appropriate course of action to take

1.5 Follow established protocols and infection control procedures to physically prepare the client for treatment

1.6 Confirm client consent for treatment

2. Use Ayurvedic techniques and sequences

2.1 Determine treatment sequence and location according to Ayurvedic health assessment indications

2.2 Use the condition and response of the client as a continual feedback to the initial assessment

2.3 Position client to optimise their comfort and support while allowing for optimum application of techniques

2.4 Maintain therapist postures that ensure a controlled distribution of body weight

2.5 Maintain client-focused attention throughout the treatment session

2.6 Recognise reactions to treatment and make prompt appropriate response

3. Provide advice and resources to client

3.1 Educate client in relevant and practical techniques for promotion and maintenance of optimum health

3.2 Answer client queries with clarity, using appropriate language

3.3 Use honesty and integrity when explaining treatment plans, schedules and recommendations to the client

3.4 Promote client independence and responsibility in treatment when appropriate

4. Monitor treatment

4.1 Evaluate progress with the client against objectives of the treatment plan

4.2 Identify and record effects of previous treatment from

ELEMENT

Elements define the essential outcomes

PERFORMANCE CRITERIA

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

client and practitioner perspectives

4.3 Evaluate treatment plan and the need for ongoing or additional treatment based on client feedback and ongoing assessment

4.4 Negotiate and document changes to the plan with the client

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 HLTAYV008 Provide Ayurvedic remedial 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:

- performed the activities outlined in the performance criteria of this unit during a period of at least 400 hours of Ayurvedic client consultation work
- prepared for and managed at least 40 different remedial therapies sessions, including at least 20 massages. Clients must include males and females from different stages of life with varied presentations
- provided each of the following snehana therapies at least twice:
 - abhyanga
 - bala abhyanga
 - shiro abhyanga
 - nabhi - naval vijnanam and massage
 - karna purana (oil in ear)
 - nasya, pratimarsha (oil in nose)
 - sat karma - kunjala, neti, baghi, basti, bhastrika, nauli
 - shad upkarmas
 - langhana

- brimhana
- rukshana
- snehna
- svedana
- sthambana
- chavitti
- pregnancy massage (part of abyanga)
- massage after pregnancy (mother massage)
- udvartana (massage with pressure, dry and unctuous)
- udgharshana
- navarakizi
- yoga chikitsa
- provided Ayurvedic therapeutic dhara treatments, including each of the following at least twice:
 - shiro dhara
 - parisheka
 - pizichil
 - pinda sweda
 - lepas, basti
 - bhaspa sweda
 - cleanses
- provided Ayurvedic therapeutic basti treatments, including each of the following at least once:
 - hrud basti - snehan over the cardiac region (hridaya)
 - kati basti - snehan over the lumbrosacral region (kati)
- created and maintained complete and accurate client records
- interacted effectively with clients during treatments, 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 remedial therapies:
 - codes of conduct
 - duty of care
 - infection control
 - 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
- macrocosm and microcosm & primordial elements, panchamahabhutas
 - trigunas
 - doshas
 - five forms of vata
 - five forms of pitta
 - five forms of kapha
 - dhatus
 - malas
 - agni
 - prakruti
 - examination of the constitution of an individual, prakruti parikshan
 - healthy person, swastha purusha
 - ama
- Ayurvedic remedial therapies and how to apply them:
 - what each therapy does
 - what effects it might have
 - what the cautions and contraindications are
 - herbalised oils and powders used
- Ayurvedic massage oils and powders
- tailas (herbalised oils) lepas, pastes, bolusses and powdered herbs and how to prepare/dispense them
- science of marma:
 - classifications
 - marma points and their reflex points
 - additional marmas in the body
 - techniques of marma massage (107 important points)
- theory of panchakarma
- potential reactions during treatment and how to respond
- potential reactions following treatment and appropriate client advice
- methods of monitoring treatment progress
 - re-assessment
 - client feedback

- types of advice and resources that can be provided to clients for their use outside the clinical environment
- barriers to therapeutic progress and ways to respond within an Ayurvedic framework
- documentation requirements for recording treatment details
- types of symptoms within each body system that may be treated with Ayurvedic tactile therapies

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:
 - Ayurvedic clinic therapy room with relevant equipment
 - herbs, base, essential, herbal oils, waxes, ghees
- 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 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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