



Australian Government

Department of Education, Employment and Workplace Relations

HLTARO402B Plan aromatherapy treatment

Release: 1

HLTARO402B Plan aromatherapy treatment

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to prepare a client for an aromatherapy treatment and negotiate a treatment management plan with them over the course of treatment required

Application of the Unit

Application

This unit may apply to work in aromatherapy in a range of health settings

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. Select the therapeutic techniques to determine treatment

PERFORMANCE CRITERIA

- 1.1 Determine *therapeutic principles* of treatment according to assessment of client and within the skills of competence of the practitioner
- 1.2 Ascertain *contraindications to treatment and possible complicating factors* and treatment used is modified according to aromatherapy principles
- 1.3 Take into consideration treatment, information and advice provided by other health care professionals in determining the strategy to be used in treatment
- 1.4 Select treatment which is appropriate to client condition and supported by established aromatherapy practice
- 1.5 Take into consideration specific treatment options given possible *client compliance* issues
- 1.6 Select appropriate *aromatherapy techniques*
- 1.7 Consider *client constitution* in selecting treatment

ELEMENT**PERFORMANCE CRITERIA**

2. Discuss the treatment with the client

- 2.1 Allocate sufficient time to conclude sessions at a pace appropriate to the client
- 2.2 Discuss treatment strategy according to the client's needs
- 2.3 Negotiate client compliance
- 2.4 Clarify discrepancies between the practitioner's and the client's perception of the condition
- 2.5 Explain any perceived risks of the client's condition and treatment
- 2.6 Discuss responsibilities of practitioner and client within the treatment plan
- 2.7 Negotiate management of selected treatment in relation to any other current therapies
- 2.8 Discuss *treatment evaluation strategies*

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

This includes knowledge of:

- A minimum of 20 essential and carrier oils, and may include the essential oils below:
 - 1. Basil (Methyl carvicol) Ocimum basilicum
 - 2. Bergamot Citrus aurantium ssp. bergamia
 - 3. Black Pepper Piper nigrum
 - 4. Cedarwood Atlas Cedrus atlantica
 - 5. Chamomile Blue Matricaria recutita
 - 6. Chamomile Roman Chamaemelum nobile

REQUIRED SKILLS AND KNOWLEDGE

7. Clary Sage	Salvia sclera
8. Cypress	Cupressus sempervirens
9. Eucalyptus	Eucalyptus radiata
10. Eucalyptus Blue Gum	Eucalyptus globulus
11. Eucalyptus Lemon Scented	Eucalyptus citriodora
12. Fennel Sweet	Foeniculum vulgare var. dulce
13. Frankincense	Boswellia carteri
14. Geranium	Pelargonium graveolens
15. Ginger	Zingiber officinale
16. Grapefruit	Citrus paradisi
17. Jasmine	Jasminum officinale
18. Juniper	Juniperus communis
19. Lavender true alpine	Lavendula angustifolia
20. Lavender Spike	Lavendula latifolia
21. Lemon	Citrus limon
22. Lemongrass	Cymbopogon citratus or flexuosus
23. Mandarin	Citrus reticulata
24. Marjoram Sweet	Origanum majorana
25. Melissa	Melissa officinalis
26. Myrrh	Commiphora myrrha
27. Neroli	Citrus aurantium var. amara
28. Patchouli	Pogostemon cablin
29. Peppermint	Mentha piperita
30. Petitgrain	Citrus aurantium var. amara
31. Pine Scotch	Pinus sylvestris
32. Rose Damask	Rosa damascena
33. Rosemary Damask	Rosa damascena
34. Rosemary Cineole	Rosmarinus officinalis
35. Sandalwood Australian	Santalum spicatum
36. Tea Tree	Melaleuca alternifolia
37. Thyme Red	Thymus vulgaris
38. Ylang Ylang	Cananga odorata var. genuina

Essential knowledge continued

Essential knowledge continued

- and may include the following carrier and macerated oils
 - Apricot kernel Prunus armeniaca
 - Arnica Arnica montana

REQUIRED SKILLS AND KNOWLEDGE

- Avocado *Persea Americana*
- Calendula *Calendula officinalis*
- Calophyllum *Calophyllum inophyllum*
- Canola *Brassica napus*
- Carrot *Daucus carota*
- Evening Primrose *Oenothera biennis*
- Hemp *Cannabis sativa*
- Hypericum *Hypericum perforatum*
- Jojoba *Simmondsia chinensis*
- Linseed *Linum usitatissimum*
- Macadamia *Macadamia integrifolia*
- Olive *Olea europea*
- Rosehip *Rosa rubiginosa*
- Safflower *Carthamus tinctorius*
- Sesame Seed *Sesamum indicum*
- Sunflower *Helianthus annuus*
- Sweet Almond *Prunus amygdalus*
- Wheatgerm *Triticum durum*
- Knowledge of hazardous oils, essential oil safety and contraindications of hazardous essential oils
- Chemistry, functional groups and properties of the oils listed above
- How to source essential and carrier oils including a knowledge of botanical names
- The interaction and synergy of oils
- Awareness of critical information required for diagnosis and treatment according to aromatherapy therapy framework
- The importance of breathing, exercise
- Nutrition, hygiene and personal health care strategies
- Physiology and anatomy
- Symptomology and pathology
- Structure and function of anatomical systems
- The principles of human movement and biomechanics
- Possible reactions and contraindications to treatment
- Ethical and legal implications of enquiry and treatment
- Possible obstacles to treatment
- Community resources and support services
- How to access information from a number of different sources e.g. libraries, internet, journals

REQUIRED SKILLS AND KNOWLEDGE

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:

- Identify hazardous oils and their contraindications
- Apply technical and practical knowledge of treatment
- Manage time throughout consultation and treatment
- Demonstrate communication skills and negotiation skills to gain and convey required information
- Identify treatment options and establish treatment regimes
- Prepare treatment plans
- Read health reports, referrals and other data relevant to the case

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
- Consistency of performance should be demonstrated over a range of workplace situations
- Assessment may contain both theoretical and practical components and examples covering a range of clinical situations
- Evidence is required of both knowledge and skills application
- Where, for reasons of safety, space, or access to equipment and resources, assessment takes place away from the workplace, the assessment

EVIDENCE GUIDE

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

- 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

EVIDENCE GUIDE

Context of and specific resources for assessment:

- Resources essential for assessment include:
 - a fully stocked and equipped clinic or simulated clinic environment
 - relevant texts or medical manuals
 - anatomical model
 - relevant paper-based/video assessment instruments
 - appropriate assessment environment
 - qualified assessor

Method of assessment

- Observation in the workplace
- Practical demonstration
- Written assignments/projects and research
- Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice
- Oral questioning and discussion
- Role play/simulation
- Explanation for plan preparations
- Journals and portfolios
- 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

Related units:

This unit should be assessed in conjunction with the following related competency units:

- HLTHIR301B Communicate and work effectively in health
- HLTCOM404C Communicate effectively with clients

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.

Therapeutic principles refers to: Principles and practices of the aromatherapy treatment

Contraindications to treatment and possible complicating factors may include but are not limited to:

- Infection or infectious diseases
- Pain local sharp, dull, achy, deep, surface
- Fatigue
- Inflammation
- Lumps and tissue changes
- Rashes and changes in the skin
- Oedema
- Mood alterations, e.g. depression, anxiety
- Changes in habits such as appetite elimination or sleep
- Bleeding and bruising
- Nausea, vomiting or diarrhoea
- Temperature hot/cold
- Intoxication
- Pregnancy
- Illnesses and/or chronic disease
- Disabilities
- Surgeries and accidents

RANGE STATEMENT

Aromatherapy techniques must include:

- Baths including full bath, foot and hand and sitz bath
- Vapourisation both direct e.g. inhalation and indirect e.g. burner and snozelene room (aged care and special needs)
- Compress, hot and cold
- Floral mists
- Poultices
- Dermal applications including ointments, creams and lotions
- How to perform a patch test for potential client skin sensitivity
- How to prepare appropriate dosages and dosage ratios

and may include:

- Massage techniques including full body, foot and health, head and scalp

Other applications which may be discussed but not applied at this level include:

- Douches
- Lozenges
- Ear nose and throat applications
- External parasite treatments

Client constitution refers to:

- Genetic foundation
- Body type
- Fitness
- Mental attitude
- Age
- Gender
- Cultural differences

Client compliance refers to:

- Ability to understand and follow instructions or suggestions
- Willingness to follow instructions or suggestions

RANGE STATEMENT

Discrepancies may include:

- Client is unaware of the immediate danger of their condition
- Client is over anxious about their condition
- Client is unaware of maintaining causes acting on their condition
- Practitioner is unaware of some implications of the client's condition
- Practitioner and client each have a different view of what the main problem is

Practitioner responsibilities may include:

- Isolating the person
- Providing advice on public health matters
- Appropriate hygienic or sexual behaviour
- Referring notifiable/communicable disease to a registered doctor
- Commitment to the treatment plan
- Discussing relevant contraindications or potential complications to treatment
- Reviewing of treatment plan
- Ensuring a therapeutic partnership relationship

Client responsibilities may include:

- Following instruction/advice during and post treatment
- Advising practitioner of any relevant contraindications or potential complications to treatment
- Advising practitioner of compliance issues
- Commitment to the treatment plan
- Providing feedback on treatment

Treatment evaluation strategies may include:

- Discussing and reviewing of response to treatment
- Reviewing achievement of treatment goals
- Monitoring time frame for achieving treatment goals

Unit Sector(s)

Not Applicable