



Australian Government

Department of Education, Employment and Workplace Relations

HLTARO403B Provide aromatherapy treatment

Release: 1

HLTARO403B Provide aromatherapy treatment

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to administer aromatherapy treatment according to the philosophy and practices of an aromatherapy therapeutic framework

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

PERFORMANCE CRITERIA

1. Manage treatment

- 1.1 Explain the *factors which may interfere with the effectiveness of the treatment*
- 1.2 Explain how treatment is delivered and managed to the client
- 1.3 Request the client to monitor reactions and contact practitioner as required
- 1.4 Ensure *consent for treatment* is obtained
- 1.5 Provide aromatherapy treatment according to the treatment plan
- 1.6 Recognise reactions to treatment and promptly responded to if necessary
- 1.7 Clearly explain the time, location and content of future sessions to the client
- 1.8 Document recommendations

ELEMENT**PERFORMANCE CRITERIA**

- | | |
|--|--|
| 2. Apply therapeutic techniques | 2.1 Apply aromatherapy techniques |
| | 2.2 Position correctly to optimise their comfort and support while allowing optimum application of techniques |
| | 2.3 Maintain appropriate postures to ensure a controlled distribution of body weight throughout the treatment |
| | 2.4 Maintain focused attention throughout the treatment session |
| | 2.5 Determine treatment sequence, location and degree of pressure applied by assessment indications |
| 3. <i>Advise and resource the client</i> | 3.1 Educate client in relevant and <i>practical techniques for promotion and maintenance of optimum health</i> |
| | 3.2 Answer client queries with clarity, using appropriate language |
| | 3.3 Use honesty and integrity when explaining treatment plans and recommendations to the client |
| | 3.4 Use appropriate interpersonal skills when explaining treatment plans and recommendations to the client. |
| | 3.5 Promote client independence and responsibility in treatment wherever possible |
| 4. Review treatment | 4.1 Evaluate progress with the client |
| | 4.2 Identify and record effects of previous treatment |
| | 4.3 Review previous treatment plan |
| | 4.4 Evaluate need for ongoing and/or additional treatment |
| | 4.5 Negotiate changes to the plan with the client to ensure optimal outcomes |

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:

- Range of conditions/disease states
- The fundamental philosophies and beliefs of an aromatherapy framework
- History, philosophy and beliefs of the aromatherapy framework
- Physiology and anatomy
- Fundamental structure and function of anatomical systems
- Fundamental principles of biomechanics
- Practical and technical knowledge of treatment strategies
- Possible reactions and consequences of treatment
- Legal and regulatory implications of treatment

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 prominent bones/structure and major muscle groups
- Gather and interpret information through tactile senses
- Manage time throughout consultation and treatment
- Write referrals, appraisal letters for insurance companies and other documentation
- Use equipment and resources competently and safely
- Communicate effectively with clients

Evidence Guide

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 the required range of situations relevant to the workplace
- Assessment may contain both theoretical and practical components and examples covering a range of clinical situations
- Where, for reasons of safety, space, or access to equipment and resources, assessment takes place away from the workplace, the assessment environment should represent workplace conditions as closely as possible
- Demonstration of the application of commonly used treatment techniques listed under the range of variables
- Provision of treatment according to the individual, the condition and the presence of complicating factors. It must be the safest, most effective and cost effective for the client
- 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

EVIDENCE GUIDE

- 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

- Context of and specific resources for assessment:*
- Resources essential for assessment include:
 - an appropriately stocked and equipped clinic or simulated clinic environment
 - relevant texts or medical manuals
 - relevant paper-based/video assessment instruments
 - anatomical models
 - demonstration model client

EVIDENCE GUIDE

Method of assessment

- Observation in the work place
- Practical demonstration
- Explanations of techniques
- Written assignments/projects
- Case studies and scenario as a basis for discussion of issues and strategies to contribute to best practice
- Oral questioning and discussion
- Role play simulation
- 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 unit:

- BSBWOR203A Work effectively with others

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.

RANGE STATEMENT

Factors which interfere with the effectiveness of treatment may include:

- Other medical treatment being undertaken
- Client's physical and psychological readiness and/or wellness
- Cultural and/or religious factors
- Contraindications to treatment
- Post treatment activity
- Overeating
- Intoxication

Mode of administration may include:

- Requirements for feedback and interaction
- Various aromatherapy treatment techniques including:
 - vaporisation
 - floral mists
 - massage
 - bath
 - compress
 - douches
 - dermal applications
 - variations in application intensity
- Requirement of specified positioning of client

Reactions may include:

- Pain and/or discomfort
- Feedback - verbal, tactile, visual
- Muscular spasms
- Temperature discomfort
- Interactions with other treatments
- Skin reactions

RANGE STATEMENT

Responses to reactions may include:

- Adjusting treatment accordingly
- Seeking appropriate expertise
- Discussing reaction with the client
- Discussing reaction with other health professional if appropriate/relevant
- Adhering to clinic guidelines for response to accidents and emergencies
- Using first aid procedures as appropriate
- Accessing local emergency services

Consent for treatment refers to:

- Informed consent according to the local and national regulations and legal guidelines
- Attendance of appropriate adult for wards of State and minors as appropriate

Appropriate postures refers to:

- Balanced distribution of body weight
- Comfort and safety
- Relaxation of the body
- Size, mobility and flexibility

Aromatherapy techniques may 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
- Knowing how to perform a patch test for potential skin sensitivity
- Knowing how to prepare appropriate dosages and dosage ratios
- Massage techniques including full body, foot and health, head and scalp

RANGE STATEMENT

Advice and resource the client refers to:

- Providing relevant literature or information materials
- Referring client to other information sources
- Providing advice regarding self-care
- Stress management resources
- Environmental modifications
- Counselling within the parameters of training
- Advising client of suggested resources
- Providing of details which help to fully inform client of relevant information
- Providing of referrals to other health professionals
- Availability of products required or suggested for treatment

Practical techniques that promote and maintain optimal health may include:

- Postural improvement strategies
- Discussion of causes of condition and suggestion of prevention strategies
- Simple follow-up activities and/or strategies to work on between sessions
- Activities and/or tasks to avoid
- Dietary suggestions
- Environmental or lifestyle modifications
- Stress management strategies

Unit Sector(s)

Not Applicable