



Australian Government

Department of Education, Employment and Workplace Relations

HLTARO406B Perform aromatherapy health assessment

Release: 1

HLTARO406B Perform aromatherapy health assessment

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to observe the condition of the client and gather information relevant to the case using an aromatherapy assessment techniques

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. Determine the scope of the assessment and the client's needs

PERFORMANCE CRITERIA

- 1.1 Establish client's purpose for consultation and identify symptoms
- 1.2 Determine client's eligibility for service using clinic/personal policies
- 1.3 Explain clearly services provided and limits of available services
- 1.4 Explore and clarify client's expectations of the service/clinic
- 1.5 Identify *factors likely to have a negative impact on assessment* in consultation with the client and implement strategies to minimise the effects of these factors wherever possible
- 1.6 Define personal abilities, level of professional competence and parameters of role to the client and determine practice at all times
- 1.7 Refer client to *other health care providers* where their needs are identified as beyond the scope of the services able to be provided, or if in the opinion of the practitioner their needs are best met by doing so
- 1.8 Identify and promote legal rights of the client

ELEMENT**PERFORMANCE CRITERIA****2. Obtain and record an accurate
history of the client**

- 2.1 Seek information required from the client for the client's history in a respectful way with all enquiries asked in a purposeful, systematic and diplomatic manner
- 2.2 Collect accurate, relevant and well organised information and record in a form which can be interpreted readily by other professionals
- 2.3 Manage information in a confidential and secure way

3. Manage the health assessment

- 3.1 Obtain informed client consent prior to conducting tests, in accordance with relevant legislation and regulations
- 3.2 Allow adequate time during consultation to gather critical information
- 3.3 Identify and minimise factors that may interfere with the information gathering process
- 3.4 Identify, establish and routinely observe essential requirements for the maintenance of clinical and practitioner hygiene
- 3.5 Anticipate *potential sensitivities* of the client and adapt approach accordingly to take these into account
- 3.6 Ensure the client's dignity is maintained at all times
- 3.7 Investigate abnormal in a deliberate, logical and appropriate manner
- 3.8 Assess the reliability of data and establish appropriate clinical correlation with the client's complaints
- 3.9 Base any decision to carry out laboratory tests on the integration of previously obtained clinical data and history
- 3.10 Adhere to the protocol required by the agency in ordering tests
- 3.11 Record all information in a systematic manner in accordance with clinic guidelines

ELEMENT**PERFORMANCE CRITERIA****4. Prepare the client for assessment**

- 4.1 Respect client boundaries at all times
- 4.2 Seek client feedback on comfort levels
- 4.3 Prepare a suitable environment to maximise client comfort

5. Make an assessment of the client

- 5.1 Identify signs of condition according to aromatherapy framework
- 5.2 Assess client through palpation, observation and sensory information gathering techniques
- 5.3 Use *other appropriate assessment techniques*
- 5.4 Identify *contraindications to treatment*
- 5.5 Conduct assessment according to relevant regulation and legislative requirements

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:

- Understanding signs and symptoms of condition
- Correct terminology and usage of terminology
- Awareness of critical information required for assessment and treatment according to principles of aromatherapy
- Relationships between body types and symptoms
- Basis of health and disease
- Influence of lifestyle, diet, personal history and values and attitudes on health
- Influence of constitution and medical history on personal health
- Influence of rest and activity on health status
- Relationship between physical and social environment and health
- Relevant testing and assessment options and procedures
- Philosophical approach to diagnosis and treatment
- Disease processes and affecting factors for a range of common diseases
- Physiology and anatomy
- Symptomatology and pathology
- Disease causation, acute and chronic inflammatory processes, wound healing and haemorrhage processes
- Pathological process of thrombosis and embolism
- Atheroma formation and oedema and their effects within the human body
- Normotensive and hypertensive characteristics
- Infectious and immunity process
- Neoplasms and pathological skin conditions
- Structure and function of cells, tissues, blood and organs
- Main paths of the human respiratory and cardiovascular systems and their physiology
- Musculo-skeletal, digestive, integumentary, nervous, urinary, endocrine and reproductive systems

REQUIRED SKILLS AND KNOWLEDGE

- Structure and function of anatomical systems
- Structure and function of skeletal, muscular; cardiovascular and lymphatic systems
- Effects of hormones on the body
- Principles of human movement and biomechanics
- Ethical and legal implications of enquiry
- Legislative and regulatory requirements

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:

- Demonstrate assessment skills
- Demonstrate record keeping skills
- Assess client using a range of aromatherapy assessment techniques
- Demonstrate communication skills
- Identify contraindications
- Identify prominent bones/structures and major muscle groups through palpation
- Read medical reports
- Manage time management requirements during consultation
- Communicate effectively to gain required information
- Use equipment and technology competently and safely
- Select and use appropriate assessment techniques

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

- The individual being assessed must provide evidence of specified essential knowledge as well as skills
- Observation of performance in the workplace or a

EVIDENCE GUIDE

unit:

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
- 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
- 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

EVIDENCE GUIDE

- 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 assessment instruments
 - Skilled assessors
- Method of assessment:*
- Observation in the workplace
 - Examples of assessment notes
 - Written assignments/projects
 - Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice
 - Questioning
 - 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 after or in conjunction with related unit:
- HLTARO401B Work within an aromatherapy framework

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.

Factors likely to have a negative impact on assessment may include:

- Language difficulties
- Disabilities
- Emotional trauma
- Lack of privacy or focus due to presence of additional parties
- Cultural or gender factors

Other health care professionals may include but are not limited to:

- Medical practitioners
- Psychologists
- Social workers
- Counsellors
- Other alternative/complementary health practitioners

RANGE STATEMENT

Client history may include:

- Date of presentation
- Identifying personal details
- Source of referral (if applicable)
- Main presenting complaint or reason for massage
- Presenting symptom picture
- General state of health
- Biological
- Emotional
- Psychological
- Social
- Spiritual
- Allergies
- Appetite and eating habits
- Bowel and urinary habits
- Menstrual cycle
- Sleep patterns
- Exercise
- Relaxation/leisure activities
- Childhood and adult illness
- Accidents, injuries, operations
- Hospitalisations
- Occupational history and environment
- Other current medical treatment
- Medication, supplements and natural prescriptions - current and previous
- Social lifestyle including social drug usage
- Family history

Potential sensitivities may include:

- Gender
- Ethnicity
- Language
- Religious beliefs
- Cultural heritage
- Sexuality
- Ability
- Presenting disease state and personal history

RANGE STATEMENT

Other appropriate assessment techniques may include

- Taking a history
- Palpation
- Observation
- Listening and smelling
- Special tests including
- patch tests
- ROM
- VAT
- Taking of blood pressure, temperature, radial pulse rate and quality
- Health reports and referrals
- Discussion/questioning
- Or any other method in which the practitioner has been trained to a competent standard
- Procedure which is conducted according to legislative and regulatory requirements

Contraindications to treatment may include:

- 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, e.g. appetite elimination or sleep
- Bleeding and bruising
- Nausea, vomiting or diarrhoea
- Temperature - hot/cold
- Varicose veins
- Recent severe sprains, bruises or whiplash injuries
- Migraines

RANGE STATEMENT

Recording of information may include:

- Client contact details
- Nature of presenting symptoms
- Health History
- Other health care details, past and present
- Medications/supplementation - prescribed or otherwise
- Health reports and referrals
- Contraindications including intoxication and infection (bacterial, viral, fungal)
- Client feedback
- Adverse reactions including dermal, muscular, pain or discomfort
- Home care advice
- Treatment application and proposed program

Unit Sector(s)

Not Applicable