



Australian Government

Department of Education, Employment and Workplace Relations

HLTARO408B Provide aromatherapy massage treatment

Release: 1

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Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to provide an aromatherapy massage treatment according to the philosophy and practices of an Aromatherapy 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 *factors which may interfere with the effectiveness* of the treatment
- 1.2 Explain the *mode of administration* and management of the treatment to the client
- 1.3 Request the client to monitor *reactions* and contact practitioner as required
- 1.4 Ensure consent for treatment
- 1.5 Drape client to expose only the part of the body being worked on
- 1.6 Provide aromatherapy massage according to the treatment plan
- 1.7 Recognise reactions to treatment and respond promptly if necessary
- 1.8 Explain clearly time, location and content of future sessions to the client
- 1.9 Document recommendations

2. Apply therapeutic techniques

- 2.1 Apply preparation techniques
- 2.2 Apply *relaxation techniques* to achieve general relaxation and balancing

ELEMENT**PERFORMANCE CRITERIA****3. Advise and resource the 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 the 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:

- History, philosophy and beliefs of the Aromatherapy framework

REQUIRED SKILLS AND KNOWLEDGE

- Understanding of physiology and anatomy according to Aromatherapy
- Best practice Aromatherapy principles
- Massage oils and powders
- Fundamental structure and function of anatomical systems
- Understanding of the fundamental principles of biomechanics
- Technical and practical knowledge of treatment
- Possible reactions and contra-indications to 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:

- Demonstrate the application of commonly used treatment techniques listed under the range of variables
- 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 client
- Implement treatment plans to achieve optimal health, rehabilitation, or to improve quality of life
- Demonstrate the application of commonly used treatment techniques listed under the range of variables
- Refer to other health care professional
- Prepare client for treatment according to Aromatherapy principles
- Provide treatment
- Document recommendations and client responses
- Review treatment plan
- Deliver treatment or care which is consistent with legislative and regulatory requirements

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
- 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 texts and manuals
 - Skilled assessors
- Method of assessment*
- Observation in the work place
 - Explanations of technique
 - 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 which interfere with the effectiveness of treatment may include:

- Other medical treatment being undertaken
- Client physical and psychological readiness and/or wellness
- Cultural factors
- Contra-indications to treatment
- Post aromatherapy massage activity

Mode of administration may include:

- Exposure of sections of body
- Rotating of exposure around the body
- Use of oils and treatments
- Requirement for feedback and interaction
- Massage techniques may include:
 - effeurage
 - kneading
 - neuro-muscular
 - lymphatic drainage
 - acupressure
 - reflexology
 - polarity therapy techniques
- Variations in application intensity
- Requirement of specified positioning of client

RANGE STATEMENT

Reactions may include:

- Pain and/or discomfort
- Feedback - verbal, tactile, visual
- Muscular spasms
- Allergy to oils or treatments used
- Temperature discomfort

Responses to reactions may include:

- Adjusting treatment accordingly as needed
- Seeking appropriate expertise
- Discussing reaction with the client
- Adherence to clinic guidelines for response to accidents and emergencies
- Use of first aid procedures according to a St John, Australian Red Cross or other appropriate first aid training
- Accessing local emergency services

Consent for treatment refers to:

- Informed consent according to the local and national regulations and legal guidelines

Relaxation techniques may include:

- Effleurage
- Cross over stroke
- Longitudinal stroking
- Passive joint movement techniques
- Passive soft tissue movement
- Gliding techniques
- Kneading
- Friction techniques
- Compressive techniques
- Percussion techniques
- Mobilising techniques

RANGE STATEMENT

Advise and resource the client refers to:

- Providing relevant literature or information materials
- Referring client to other information sources
- Providing advice regarding self-care
- Advising client of sources of suggested resources
- Providing details which help to fully inform client of relevant information
- Providing 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 e.g. ideal posture for activities
- Discussion of causes of poor posture
- Simple follow-up activities and/or strategies to work on between sessions
- Activities and/or tasks to avoid
- Self-massage techniques

Unit Sector(s)

Not Applicable