



Australian Government

Department of Education, Employment and Workplace Relations

HLTARO507B Analyse and compare different complementary health modalities

Release: 1

HLTARO507B Analyse and compare different complementary health modalities

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to collect, compare and analyse information on different complementary health modalities

Application of the Unit

Application

This unit may apply to work 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. Identify different complementary health modalities

- 1.1 Gather information on *common complementary and alternative health modalities* in a format that suits interpretation and analysis
- 1.2 Define the *characteristics of these complementary health modalities* and identify their historical development
- 1.3 Define *emerging and future characteristics* of the complementary and alternative health care practice
- 1.4 Compare the similarities and differences between aromatherapy and other complementary health modalities

2. Analyse the philosophy of different complementary health modalities

- 2.1 Examine the philosophical base for the common complementary health modalities
- 2.2 Examine how new forms of complementary health care practice are developed
- 2.3 Analyse the impact on practice created by the different philosophical bases

ELEMENT**PERFORMANCE CRITERIA**

3. Evaluate different complementary health modalities

- 3.1 Use information gathered to evaluate the impact of different complementary health modalities
- 3.2 Identify how other complementary health modalities may compliment own aromatherapy practice and may be appropriate for referral
- 3.3 Improve work practices using information gathered through evaluation and referral practices

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:

- The contribution of the different schools of thought and historical theories of a range of common complementary and alternative health care modalities
- A range of common complementary and alternative health care modalities the effects on the person
- Basic complementary and alternative health care terminology and pronunciation
- Sociology of health and the health care system
- Ethical issues in natural medicine
- The current political context of health care
- The dynamic interchange between the physical, mental, social, environmental and spiritual landscape
- The rationalistic, analytical approach to an understanding of disease
- The vitalistic, empirical approach to health
- The qualitative, quantitative, cultural and traditional lines of evidence used in a range of common complementary and alternative health care modalities
- How a range of common complementary and alternative health care modalities works with the conventional medical model

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:

- Use literacy and numeracy skills to read and understand a variety of texts and research articles
- Apply planning skills to organise information, plan and review practice skills
- Use problem solving skills to deal with ambiguous information

REQUIRED SKILLS AND KNOWLEDGE

- Use oral and written communication skills to provide and elicit information effectively

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

EVIDENCE GUIDE

- 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:
 - access to a variety of texts and resource material regarding aromatherapy practice

- Method of assessment*
- Observation in the work place
 - Demonstration
 - Written assignments/projects
 - Case study and scenario as a basis for discussion of diagnostic technique and strategies to contribute to best practice
 - Oral questioning
 - Role play simulation
 - Written assignment with practical demonstration
 - Diagnosis from assessment notes or simulated assessments
 - Short answer tests
 - 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

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.

Common complementary and alternative health modalities include:

- Massage, remedial massage, shiatsu
- Acupuncture
- Traditional Chinese Medicine
- Western herbal medicine
- Naturopathy
- Nutritional medicine
- Homoeopathy
- Kinesiology
- Ayurvedic
- Yoga

RANGE STATEMENT

Characteristics of these complementary health modalities may include:

Fundamental aromatherapy practices, in the form of applying essential oil preparations topically, in bath treatments and via inhalation, can be utilised:

- In the practice of remedial and other massage techniques, essential oils can be utilised:
 - in combination with massage oils for use during massage treatments
 - in the creation of topical preparations for use during treatment or for home use between visits
- In Traditional Chinese Medicine, acupuncture, shiatsu and kinesiology, essential oils can be used:
 - in the creation of a variety of topical preparations, bath preparations, etc., for use during treatment or for home use between visits
 - By the application of essential oil preparations to acupressure/acupuncture points and/or meridians
- In naturopathic medicine, western herbal medicine, homeopathic medicine, nutritional medicine and ayurvedic medicine, essential oils and other aromatic extracts can be utilised as part of a treatment plan:
 - in the creation of topical preparations, bath preparations, etc., for use during treatment or for home use between visits, where appropriate
- In yoga practice, essential oils and other aromatic extracts can be utilised as part of yoga practices:
 - by diffusing essential oils into the room environment during yoga practice to enhance relaxation and breathing

Emerging and future characteristics may include:

- The use of fundamental aromatherapy applications in new complementary health modalities, as for example, in Reiki practice
- The use of advanced essential oil applications (ingestive, vaginal, etc.), in conjunction with any complementary health modality where appropriate

Unit Sector(s)

Not Applicable