



Australian Government

Department of Education, Employment and Workplace Relations

HLTARO509B Plan a specialised aromatherapy treatment

Release: 1

HLTARO509B Plan a specialised aromatherapy treatment

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to plan specialised aromatherapy treatments for less common conditions/disease states in accordance with the age, gender and mental health needs of the client

This includes negotiating a treatment management plan over the course of treatment required

Application of the Unit

Application

This unit requires medium level knowledge of essential oils and a wide range of health conditions

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. Manage the *specialised aromatherapy treatment*

PERFORMANCE CRITERIA

- 1.1 Use knowledge of aromatherapy oils to select the most appropriate treatment strategy
- 1.2 Take into account *factors which may interfere with the effectiveness of the treatment*
- 1.3 Take into account possible treatment reactions
- 1.4 Take into account contra-indications
- 1.5 Ensure consent for treatment
- 1.6 Recognise and promptly respond to reactions to treatment (adverse or otherwise)
- 1.7 *Document assessments and recommendations*
- 1.8 Provide treatment according to the specialised aromatherapy treatment plan
- 1.9 Explain fully, treatment to the client and *respond to all enquiries*
- 1.10 Use counselling skills as appropriate
- 1.11 Review the *treatment plan* and negotiate continuing care with the client

ELEMENT**PERFORMANCE CRITERIA**

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| 2. Plan specialised aromatherapy treatment for children and adolescents | 2.1 Obtain <i>consent for treatment</i> from the parent/caregiver/guardian |
| | 2.2 Assess <i>client health</i> according to standard guidelines relating to age |
| | 2.3 Develop a specialised aromatherapy treatment plan according to findings |
| | 2.4 Implement the treatment plan |
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| 3. Provide specialised aromatherapy treatment for women | 3.1 Assess client health and welfare with special consideration given to conditions common to women |
| | 3.2 Conduct an examination with special regard to common conditions of women in various life stages and according to local and national regulations |
| | 3.3 Develop a specialised aromatherapy treatment plan according to findings |
| | 3.4 Implement the treatment plan |
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| 4. Provide specialised aromatherapy treatment for men | 4.1 Assess client health and welfare with special consideration to conditions common to men |
| | 4.2 Conduct an examination with special regard to common conditions of men relating to age and according to local and national regulations |
| | 4.3 Develop a specialised aromatherapy treatment plan according to findings |
| | 4.4 Implement the treatment plan |

ELEMENT**PERFORMANCE CRITERIA**

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|--|---|
| 5. Provide specialised aromatherapy geriatric care | 5.1 Take client history with special consideration to client memory, cognitive ability and care requirements |
| | 5.2 Conduct a physical examination with special regard to common conditions of ageing and according to local and national regulations |
| | 5.3 Develop a specialised aromatherapy treatment plan according to findings |
| | 5.4 Implement the treatment plan |
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| 6. Provide specialised aromatherapy mental health care | 6.1 Take client history with special consideration to client mental health and care requirements |
| | 6.2 Develop a specialised aromatherapy treatment plan according to findings |
| | 6.3 Implement the treatment plan |

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 40 essential and carrier oils and may include the following essential oils:

• Aniseed	Pimpinella anisum
• Bay Laurel	Laurus nobilis
• Benzoin	Styrax benzoe
• CaJeput	Melaleuca cajeputi
• Carrot Seed	Daucus carota

REQUIRED SKILLS AND KNOWLEDGE

• Cedarwood Virginian	Juniperus virginiana
• Celery Seed	Apium graveolens
• Chamomile Maroc	Ormenis multicaulis
• Cinnamon	Cinnamomum zeylanicum
• Citronella	Cymbogon nardus
• Clove	Eugenia caryophyllata
• Dill	Anethum graveolens
• Eucalyptus	Eucalyptus radiata
• Eucalyptus Peppermint	Eucalyptus dives
• Everlasting	Helichrysum angustifolium
• Hyssop	Hyssopus officinalis
• Lavandin	Lavendula x intermedia
• Lavender Spike	Lavandula latifolia
• Lemon Verbena	Lippia citridora
• Lime Cold Pressed	Citrus medica
• May Chang	Litsea cubeba
• Myrtle	Myrtus communis
• Niaouli	Melaleuca viridiflora
• Nutmeg	Myristica fragrans
• Orange Sweet	Citrus sinensis
• Oregano	Thymus mastichina
• Palmarosa	Cymbopogon martini
• Rosemary Camphor	Rosmarinus officinalis
• Rosemary Verbenone	Rosmarinus officinalis
• Rosewood	Aniba rosaeodora
• Sage Common	Salvia officinalis
• Sandalwood Australian	Santalum spicatum
• Sandalwood Indian	Santalum album
• Spearmint	Mentha spicata
• Spikenard	Nardostachys jatamansi
• Tagetes	Tagetes minuta
• Tangerine	Citrus reticulata blanco

continued ...

Essential knowledge (contd):

Essential oils may include (contd):

- Thyme Lemon Thymus citriodora
- Thyme Spanish Thymus zygis
- Thyme Wild Thymus serpyllum
- Valerian Valeriana officinalis

- Access and critically evaluate reference material on the effects of current conventional drug therapies and their withdrawal
- Access and interpret up-to-date information
- Analyse a complex clinical problem utilising an aromatherapy model of clinical reasoning, and utilising literature review techniques to understand the nature of the problem and its management
- Appropriately record details of client enquiries according to clinic guidelines
- Communicate information through written or verbal media
- Correctly identify client information needs

REQUIRED SKILLS AND KNOWLEDGE

- Critically evaluate research
- Demonstrate age appropriate communication skills in a one-to-one and group setting
- Determine 'level of concern' in relation to risk of complications, severity of disease process, lifestyle factors and their impact on treatment strategies, timeframe of treatment, and other factors
- Explain relevant services and case management program
- Extrapolate case study information to new cases
- Identify and effectively monitor 'high level of concern client's
- Integrate knowledge of the historical, theoretical and philosophical aspects of aromatherapy into clinical practice
- Provide client with required information
- Provide treatment appropriate to age and specific needs of clients
- Use interpersonal and questioning skills
- Work or model work which demonstrates an ability to apply the underpinning values and philosophies of aromatherapy within clinical practice
- Write referrals, appraisal letters for insurance companies and other documentation

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, access to equipment and

EVIDENCE GUIDE

resources and space, assessment takes place away from the workplace, simulations should be used to 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
 - relevant paper-based/video assessment instruments
 - Appropriate assessment environment

Method of assessment may include:

- Observation in the work place
- 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:

- HLTARO511B Provide specific aromatherapy assessment and care
- HLTARO510B Monitor and evaluate aromatherapy treatments

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.

Specialised aromatherapy treatment includes:

- Using a high level of aromatherapy knowledge to enable extrapolation of case study information to new cases
- Using research including literature reviews and critical assessment of research, as a tool in providing treatment
- Knowledge and understanding of aromatherapy medicine treatment of conditions/disease states of particular groups in society with specific needs
- Knowledge and understanding of hazardous essential oils
- Applying recommending, dispensing or prescribing essential oils, extemporaneous preparations, poultices, ointments or other topical applications
- All treatment or care delivered meets the requirements of relevant legislation and regulations
- Collaborating with or referring to other health care professionals as required

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 treatment activity

RANGE STATEMENT

Responses to reactions may include:

- Adjusting treatment accordingly
- Seeking appropriate expertise
- Discussing reaction with the client
- Adhering to clinic guidelines for response to accidents and emergencies
- Using of First Aid procedures according to 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

Documentation of assessment and recommendations may include:

- Client contact details
- Nature of presenting symptoms - acute and chronic
- Health history
- Medications and supplements, both prescribed or otherwise
- Health reports and referrals
- Contra-indications
- Client feedback
- Adverse reactions
- Home care advice
- Treatment application and proposed program

Response to enquiries may include:

- Providing (or directing to) information material
- Answering questions
- Following up with further information
- Providing of referrals

RANGE STATEMENT

The treatment plan may include:

- Use and dispensing of essential oils
- Methods of administration including:
 - vaporisation
 - floral mists
 - massage
 - baths
 - compresses
 - douches
 - dermal applications

Assessment of the case may include:

- Antenatal, birth and post natal period information, APGAR score, birth weight and feeding method and frequency
- Family history, maternal and paternal
- Growth and growth patterns
- Height, weight and head circumference measurements
- Changes in the pattern of growth over a series of measurements
- Recognise major milestones in development
- Relate the major milestones in personal and social skills fine motor skills, general motor skills and language development to a simplified standard milestone chart

Life stages refer to:

- Neonate (birth to 28 days)
- Children
- Adolescence (puberty to adulthood)
- Adulthood
- Old Age
- Pregnancy and post natal period for women
- Peri-menopausal and post menopausal state for women

Unit Sector(s)

Not Applicable