



Australian Government

Department of Education, Employment and Workplace Relations

HLTAYV607C Plan ayurvedic remedial massage treatment strategy

Release: 1

HLTAYV607C Plan ayurvedic remedial massage treatment strategy

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to prepare for treatment of a clients and to negotiate a treatment management plan with them according to ayurvedic treatment principles

Application of the Unit

Application

This unit may be applied 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. Select the therapeutic principles to determine treatment strategy

PERFORMANCE CRITERIA

- 1.1 Determine appropriate *therapeutic principles* of treatment according to assessment of client and within the skills of competence of the practitioner
- 1.2 Ascertain *contra-indications* to treatment and possible complicating factors and modify treatment strategy according to massage principles
- 1.3 Take into consideration treatment, information and advice provided by other health care professionals in determining the strategy to be used in treatment
- 1.4 Select treatment strategy appropriate to the client's condition and supported on the basis of established massage practice
- 1.5 Take into consideration possible client compliance issues in selecting specific treatment options
- 1.6 Select an appropriate package of *massage therapy techniques*
- 1.7 Consider *client constitution* in selecting treatment

ELEMENT**PERFORMANCE CRITERIA**

- | | |
|---|--|
| 2. Discuss the treatment strategy with the client | 2.1 Allocate sufficient time to conclude sessions at a pace appropriate to the client |
| | 2.2 Discuss the treatment strategy is according to the client's needs |
| | 2.3 Negotiate <i>client compliance</i> |
| | 2.4 Clarify <i>discrepancies</i> between the practitioner's and the client's perception of the condition |
| | 2.5 Explain any <i>perceived risks</i> of the client's condition and treatment |
| | 2.6 Discuss the <i>responsibilities of practitioner and client</i> within the treatment plan |
| | 2.7 Negotiate the management of selected treatment in relation to any other current therapies |
| | 2.8 Discuss <i>treatment evaluation strategies</i> with the client |

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:

- Awareness of critical information required for diagnosis and treatment according to ayurvedic framework
- Ayurvedic symptomology
- Ayurvedic physiology and anatomy
- Ayurvedic symptomology and pathology
- Community resources and support services
- Ethical and legal implications of enquiry and treatment
- Indications for massage
- Positioning the client
- Possible obstacles to treatment
- Possible reactions and contra-indications for massage
- Structure and function of anatomical systems
- Tailas (herbalised oils)
- Technical and practical knowledge of treatment
- The principles of human movement and biomechanics
- Tri-dosha theory

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 communication and negotiation skills
- Demonstrate communication skills to gain and convey required information

REQUIRED SKILLS AND KNOWLEDGE

- Identify prominent bones/structures and major muscle groups through palpation
- Identify treatment options and establish treatment regimes
- Manage time throughout consultation and treatment
- Prepare treatment plans
- Read medical reports
- Read medical reports and other data relevant to the case

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
- 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:

EVIDENCE GUIDE

- 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

- Context of and specific resources for assessment:*
- Assessment should replicate workplace conditions as far as possible
 - Simulations may be used to represent workplace conditions as closely as possible
 - Where, for reasons of safety, access to equipment and resources and space, assessment takes place away from the workplace, simulations should be used to represent workplace conditions as closely as possible
 - Resources essential for assessment include:
 - an appropriately stocked and equipped clinic or simulated clinic environment
 - relevant texts or medical manuals
 - anatomical models
 - relevant paper-based/video assessment instruments
 - appropriate assessment environment

EVIDENCE GUIDE

Method of assessment

- Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice.
- Explanations for plan preparations
- Observation in the work place
- Questioning
- Role play simulation
- Written assignments/projects

Related units:

This unit should be assessed in conjunction with the following related units:

- HLTCOM404C Communicate effectively with clients
- HLTAYV615C Apply ayurvedic diagnostic 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.

Therapeutic principles refers to:

- Principles and practices of the ayurvedic framework

RANGE STATEMENT

Contra-indications to treatment and possible complicating factors may include:

- Bleeding and bruising
- Changes in habits such as appetite elimination or sleep
- Fatigue
- Infection or infectious diseases
- Inflammation
- Lumps and tissue changes
- Mood alterations, eg. depression, anxiety
- Nausea, vomiting or diarrhoea
- Oedema
- Pain local sharp, dull, achy, deep, surface
- Rashes and changes in the skin
- Temperature - hot/cold

Stress management massage techniques may include:

- Ayurvedic stoking techniques
- Compressive techniques including marma point pressure
- Effleurage including cross over stroke, longitudinal stroking, gliding techniques
- Friction techniques
- Kneading
- Mobilising techniques
- Passive joint movement techniques
- Passive soft tissue movement
- Percussion techniques
- Shiobasti
- Shirodhara
- Shiropicchu
- Snehana
- Use of ayurvedic medicated / herbalised oils / tailla
- Use of essential oils

RANGE STATEMENT

Remedial techniques include:

- ayurvedic cupping
- ayurvedic marma point techniques
- Deep ayurvedic massage techniques
- Kati basti
- Passive joint movements
- Pinda
- Postural correction techniques
- Pre-event, post-event and maintenance massage to an athlete
- Stretching techniques
- Temperature therapy including fomentation (svedana)

Client constitution refers to:

- Age, fragili
- Dosha
- Fitness
- Level of ama
- Mental attitude
- Muscle tone
- Season
- Time of day
- Tolerance of pain
- Vikruti

Client compliance refers to:

- Ability to follow instructions or suggestions
- Willingness/motivation to follow instructions or suggestions

Discrepancies may include:

- Client is unaware of the immediate danger of their condition
- Client is over anxious about their condition
- Client is unaware of maintaining causes acting on their condition
- Practitioner is unaware of some implications of the client's condition
- Practitioner and client have a different idea of what the main problem is

RANGE STATEMENT

Discussion may include:

- Electronic communication
- Face to face discussion
- Telephone discussion

Perceived risks may include:

- Direct counselling using a variety of techniques

Practitioner responsibilities may include:

- Commitment to the treatment plan
- Discussing relevant contra-indications or potential complications to treatment
- Isolating the sick person
- Providing advice on public health matters
- Referring notifiable/communicable disease to a registered doctor
- Reviewing of treatment plan

Client responsibilities may include:

- Advising practitioner of any relevant contra-indications or potential complications to treatment
- Advising practitioner of compliance issues
- Commitment to the treatment plan
- Following instruction/advice during and post treatment

Treatment evaluation strategies may include:

- Discussion and review of response to treatment
- Monitoring timeframe for achieving treatment goals
- Reviewing achievement of treatment goals

Unit Sector(s)

Not Applicable