



Australian Government

Department of Education, Employment and Workplace Relations

HLTAYV611C Provide ayurvedic remedial massage treatment

Release: 1

HLTAYV611C Provide ayurvedic remedial massage treatment

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to administer client remedial massage treatment according to the philosophy and practices of an ayurvedic framework

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

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 massage according to the treatment plan
- 1.7 Recognise and promptly *respond* to reactions to treatment
- 1.8 Explain the time, location and content of future sessions to the client
- 1.9 Document recommendations

2. Apply therapeutic techniques

- 2.1 Apply preparation/*relaxation techniques*
- 2.2 Apply *remedial techniques* to achieve specific therapeutic outcomes

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

- 3.1 Educate the 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:

- Atheroma formation and oedema and their effects within the human body

REQUIRED SKILLS AND KNOWLEDGE

- Ayurvedic physiology and anatomy
- Ayurvedic symptomatology and pathology
- Best practice ayurvedic therapy principles
- Digestive, integumentary, nervous, urinary, endocrine and reproductive systems
- Disease causation acute and chronic inflammatory processes, wound healing and haemorrhage processes
- Environmental physiology and the effects of drugs on the individual
- Fundamental structure and function of anatomical systems
- History, philosophy and principles of the ayurvedic therapy framework
- Infectious and immunity process
- Main paths of the human respiratory and cardiovascular systems and their physiology
- Marmas
- Massage oils and powders
- Neoplasms and pathological skin conditions
- Normotensive and hypertensive characteristics
- Physiology and anatomy according to ayurvedic therapy
- Possible reactions and contra-indications to treatment
- Structure and function of anatomical systems
- Structure and function of cells, tissues, blood and organs
- Structure and function of skeletal, muscular cardiovascular and lymphatic systems
- Tailas (herbalised oils)
- Technical and practical knowledge of treatment
- The 14 major nadis
- The effects of hormones on the body
- The pathological process of thrombosis and embolism
- 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:

- Apply commonly used treatment techniques listed under the range of variables
- Apply knowledge of legal and regulatory implications of treatment
- Apply understanding of the fundamental principles of biomechanics
- Communicate effectively with client
- Complete documentation of all recommendations and client responses
- Ensure all treatment or care delivered is consistent with legislative and regulatory requirements

REQUIRED SKILLS AND KNOWLEDGE

- Gather and interpret information through the tactile senses
- Identify prominent bones/structure and major muscle groups through palpation
- Incorporate the philosophies and beliefs of an ayurvedic framework
- Manage time throughout consultation and treatment
- Prepare the client for treatment according to ayurvedic principles
- Refer to another health care professional
- Review treatment plan
- Treat a range of conditions/disease states
- Treat individual, condition and the presence of complicating factors in the safest, most efficacious method that is also cost effective to the client
- Use counselling as a treatment method, where competence exists
- Use equipment and resources competently and safely
- 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
- 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

EVIDENCE GUIDE

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:

- 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
 - relevant paper-based/video assessment instruments
 - appropriate assessment environment
 - demonstration model/client

Method of assessment

- Observation in the work place
- Written assignments/projects
- 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
- Practical demonstration
- Explanations of technique

Related units:

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

- HLTCOM404C Communicate effectively with clients
- HLTHIR301B Communicate and work effectively in health

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:

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

Mode of administration may include:

- Exposure of sections of body
- Massage technique
- Requirement for feedback and interaction
- Requirement of specified positioning of client
- Rotating of exposure around the body
- Use of oils and treatments
- Variations in application intensity

Reactions may include:

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

RANGE STATEMENT

Responses to reactions may include:

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

Consent for treatment refers to:

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

Relaxation techniques may include:

- Ayurvedic stroking techniques
- Compressive techniques
- Cross over stroke
- Effleurage
- Friction techniques
- Gliding techniques
- Kneading
- Longitudinal stroking
- Mobilising techniques
- Passive joint movement techniques
- Passive soft tissue movement
- Percussion techniques
- Snehana
- Use of essential oils
- Use of herbalised oils/tailla

RANGE STATEMENT

Remedial techniques may include:

- Abhyanga
- ayurvedic marma point techniques
- Bala-abhyanga
- Deep ayurvedic massage techniques
- Pada-abhyanga
- Passive joint movements
- Postural correction techniques
- Pre-event, post-event and maintenance massage to an athlete
- Pre-panchakarma massage
- Rejuvenation massage
- Snehana
- Stretching techniques
- Svedana
- Temperature therapy including fomentation (svedana)

Advise and resource the client refers to:

- Advising client of sources of suggested resources
- Availability of products required or suggested for treatment
- Providing advice regarding self-care
- Providing details which help to fully inform client of relevant information
- Providing referrals to other health professionals
- Providing relevant literature or information materials
- Referring client to other information sources

Practical techniques that promote and maintain optimal health may include:

- Activities and/or tasks to avoid
- Discussion of causes of poor posture
- Postural improvement strategies e.g. ideal posture for activities
- Self-massage techniques
- Simple follow-up activities and/or strategies to work on between sessions
- Yoga and meditation

Unit Sector(s)

Not Applicable