



Australian Government

Department of Education, Employment and Workplace Relations

HLTAYV613C Provide ayurvedic treatment

Release: 1

HLTAYV613C Provide ayurvedic treatment

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to administer client treatment according to 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 Recognise reactions to treatment (adverse or otherwise) and *respond* promptly if necessary
- 1.6 Explain clearly the time, location and content of future sessions to the client
- 1.7 Document recommendations
- 1.8 Provide treatment according to the treatment plan

2. Apply therapeutic techniques

- 2.1 Apply, recommend, dispense or prescribe *treatments/remedies*
- 2.2 Deliver treatment according to *regulations*
- 2.3 Refer to other health care professionals as required

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 appropriate language
- 3.3 Use appropriate interpersonal skills when explaining treatment plans and recommendations to the client
- 3.4 Promote client independence and responsibility in treatment wherever possible
- 3.5 Provide counselling within an ayurvedic framework when appropriate

4. Review treatment

- 4.1 Review progress with the client
- 4.2 Identify and record effects of previous treatment
- 4.3 Review the previous treatment plan
- 4.4 Evaluate the 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:

- Appropriate dietary treatment of common illnesses and diseases

REQUIRED SKILLS AND KNOWLEDGE

- Assessing the outcomes of panchakarma
- Ayurvedic diagnosis and treatment of specific diseases such as chronic fatigue syndrome, postnatal depression, cancer, aids, alzheimer's, psoriasis, eczema, gout, rheumatism etc
- Basic knowledge of ingestive medicine- ayurvedic/western herbal/mineral remedies; nutritional therapy; T.G.A. and poisons regulations
- Drug interactions
- Five forms of kapha (water) - tarpaka, avalambaka, kledaka, bodhaka, sleshaka
- Five forms of pitta (fire) -sadhaka, bhrajaka, pachaka, alochaka, ranjaka
- Five forms of vata (air) -prana, udana, samana, Vyana, apana
- Gastro-intestinal disorders spleen/pancreatic disorders, congestive disorders (eg. Colds, flu, fluid retention etc.), endocrinological disorders, blood circulatory conditions, lymphatic conditions, dermatological conditions, ENT Disorders, urinary system, male reproductive system, female gynaecological system, knowledge of category c disorders, locomotor disorders, cardio-vascular disorders, gerontological disorders, neurological disorders (inc. Brain), psychological disorders, skeletal disorders, muscular disorders.
- Gross channels (srotas) - 3 nutrient channels (breath, food, water), 7 tissue channels (plasma, blood, muscle, fat, bone, marrow, reproductive), 3 excretory channels (sweat, faeces, urine), 2 female channels (menstrual flow, lactation), 1 mind channel
- How to correctly prepare and dispense remedies/treatments
- How to select best remedies/treatments within best current practice
- Jatharagni, bhutaagni, dhatuagni, Immune essence (ojas), twenty attributes (gunas)
- Knowledge and understanding of components of food and food/dietary supplements
- Knowledge and understanding of methods of preparing treatment and management plans
- Medical reports and diagnostic procedures
- Panchakarma programmes, ayurvedic nutrition, ayurvedic massage, ayurvedic counselling, ayurvedic psychology and spirituality
- Pathogenesis of the remedies/treatments administered
- Supplementary measures in the management of the conditions (dietary considerations, exercise)

continued...

Essential knowledge (contd):

- The active principles of the main treatments used for each system/condition
- The correct preparations required for specific treatment
- The principles of formulation (including dosage and duration of treatment)
- The principles of meditation and the means of accessing a teacher
- The process of digestion, absorption and metabolism
- The role of nutrition in health and ability to determine the nutritional and dietary needs of a client

REQUIRED SKILLS AND KNOWLEDGE

- The therapeutic use of yoga postures, breathing techniques and relaxation therapies
- Tridoshas
- Types of diets (omnivore, vegetarian, lacto-vegetarian, vegan, fruitarian, zen macrobiotic)

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:

- Access and interpret up-to-date information
- Access reference material on the effects of current conventional drug therapies and their withdrawal
- Apply methods of treating and managing disease processes of each system using treatments
- Appropriately prepare the client for treatment
- Complete documentation of all recommendations and client responses
- Demonstrate application of commonly used treatment practices
- Incorporate the philosophies and beliefs of the practice of ayurveda
- Prepare as a practitioner including physical hygiene and mental state
- Prepare client including appropriate physical positioning of client's body, suitable draping techniques, procedural explanation and preparation of equipment
- Provide the safest, most efficacious and cost effective treatment method
- Provide treatment in accordance with the individual, condition and presence of complicating factors.
- Provide treatment in accordance with the treatment plan
- Review treatment plans
- Treat a range of conditions/disease states
- Use counselling within ayurvedic consultation as an aid to treatment
- Use interpersonal and questioning skills
- Write referrals, appraisal letters for insurance companies and other documentation

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 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:
 - 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:*
- 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
 - skilled assessors

EVIDENCE GUIDE

Method of assessment

- Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice.
- Explanations of technique
- Observation in the work place
- Practical demonstration
- Questioning and discussion
- 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
- HLTHIR301B Communicate and work effectively in health
- HLTIN301C Comply with infection control policies and procedures

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.

RANGE STATEMENT

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 treatment activity

Mode of administration may be:

- Inhalation
- Oral
- Topical

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 a 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

RANGE STATEMENT

Treatments/remedies may include:

- Advice on lifestyle
- Recommendation of yoga practices
- Ayurvedic massage
- Purvkarma procedures - including:
 - snehana
 - swedana (nadi swedana - localized herbalised steam application and bashpa swedana- full body herbalised steam application).
 - shirodhara - slow and disciplined pouring of specialised herbalised on marma points on the client's forehead in a specified sequence
 - preparation of various herbalised oils
 - kati basti - localized heated oil application
- Panchkarma (basic)- including:
 - vamana - therapeutic emesis
 - nasya - therapeutic cleansing of the head region
 - virechana
 - pishinchhali
 - pinda swedana
- Panchakarma (advanced):
 - basti - therapeutic purification and rejuvenation of colon
 - nirooha basti - cleansing basti
 - anuvasan basti - nourishing basti
- Pashatkarma procedures - including:
 - samsarajana karma
 - dincharaya and graduated life style
 - rasayana
 - oil application (shirodhara, abhyanga)
 - marmapressure
 - provision of ingestive formulas
 - panchkarma
 - olfaction and sweating (snehana&swedhana)
 - dietary advice
- Yoga therapy

RANGE STATEMENT

Regulations may include:

- Clinic or professional practice guidelines
- Hygiene and infection control regulations
- OHS regulations

Advise and resource the client refers to:

- Advising client of suggested resources
- Availability of products required or suggested for treatment
- Providing advice regarding self-care
- Providing details which help to fully inform client/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:

- Advice on lifestyle modifications
- Ayurvedic nutritional advice
- Counselling on behavioural change
- Exercise suggestions
- Stress management/relaxation techniques

Unit Sector(s)

Not Applicable