



Australian Government

Department of Education, Employment and Workplace Relations

HLTHER608C Provide specialised western herbal medicine treatment

Release: 1

HLTHER608C Provide specialised western herbal medicine treatment

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to provide specialised western herbal medicine care for less common conditions/disease states in accordance with the age, gender and mental health needs of the client

This unit requires high level knowledge of herbal medicine and a wide range of health conditions

Application of the Unit

Application

This unit applies to work in western herbal medicine

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 the specialised herbal medicine treatment

- 1.1 Use a *knowledge of herbal medicines* to select the most appropriate treatment strategy
- 1.2 Take into account factors which may interfere with the effectiveness of the treatment for each herb and prescription
- 1.3 Take into account possible treatment reactions for each herb and prescription
- 1.4 Take into account contra-indications for each herb and prescription
- 1.5 Ensure *consent for treatment*
- 1.6 Recognise and promptly respond to reactions to treatment (adverse or otherwise) if necessary
- 1.7 Fully document assessments and recommendations
- 1.8 Provide treatment according to the specialised herbal medicine treatment plan
- 1.9 Fully explain treatment to the client and respond to all enquiries, feedback and complaints
- 1.10 Use counselling skills as appropriate
- 1.11 Review the *treatment plan* and negotiate continuing care with the client

ELEMENT**PERFORMANCE CRITERIA**

2. Provide *specialised herbal medicine treatment* for children and adolescents

- 2.1 Obtain consent for treatment from the parent/caregiver/guardian
- 2.2 Assess client health according to standard guidelines relating to age
- 2.3 Develop a specialised herbal medicine treatment plan according to findings
- 2.4 Implement the treatment plan

3. Provide specialised herbal medicine treatment for women

- 3.1 Assess client health and welfare with special consideration given to conditions common to women
- 3.2 Conduct a physical 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 herbal medicine treatment plan according to findings
- 3.4 Implement the treatment plan

4. Provide specialised herbal medicine treatment for men

- 4.1 Assess client health and welfare with special consideration to conditions common to men
- 4.2 Conduct physical examination with special regard to common conditions of men relating to age and according to local and national regulations
- 4.3 Develop a specialised herbal medicine treatment plan according to findings
- 4.4 Implement the treatment plan

ELEMENT**PERFORMANCE CRITERIA****5. Provide specialised herbal medicine geriatric care**

- 5.1 Take a 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 herbal medicine treatment plan according to findings
- 5.4 Implement the treatment plan

6. Provide specialised herbal medicine mental health care

- 6.1 Take a client history with special consideration to client mental health and care requirements
- 6.2 Develop a specialised herbal medicine 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 130 major medicinal herbs as listed in the range statement
- A range of alternative and complementary therapies
- Common disease states and functional problems of each bodily system, and the principles and practice of treating each system/condition
- Contra-indications of treatment
- Herb-drug interactions
- How to correctly prepare and dispense herbal medicines

REQUIRED SKILLS AND KNOWLEDGE

- How to select best treatment/medicine within best current practice
- Knowledge and understanding of methods of preparing treatment and management plans
- Knowledge and understanding of the less common herbal medicines used for each system/condition, including their active principles
- Knowledge and understanding of the scheduled herbs, including reasons for scheduling
- Less common disease states and functional problems of particular groups in society with specific needs including, but not limited to infants, children, adolescents, elderly, peri- and post- menopausal, pregnant and lactating women
- Less common disease states and functional problems of the reproductive system of women and men
- Medical reports and diagnostic procedure
- Pathogenesis of herbal medicines administered
- Relevant reference works and information sources
- Research issues and their uses
- Research priorities
- Statistical analysis
- Supplementary measures in the management of the conditions eg dietary considerations and exercise
- The correct preparations required for specific treatment
- The possible responses to treatments
- The principles of formulation (including dosage and duration of treatment)

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 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 western herbal medicine 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
- Critically evaluate research
- Demonstrate age appropriate communication skills in a one-to-one and group setting
- Discuss and demonstrate ability to determine 'level of concern' in relation to risk of complications, severity of disease process, lifestyle factors and their impact on treatment

REQUIRED SKILLS AND KNOWLEDGE

strategies, timeframe of treatment, and other factors

- Discuss and demonstrate ability to identify and effectively monitor 'high level of concern' clients
- Explain relevant services and case management program
- Extrapolate case study information to new cases
- Integrate knowledge of the historical, theoretical and philosophical aspects of herbal medicine 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 herbal medicine 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
- 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

Context of and specific resources for assessment:

- Assessment should replicate workplace conditions as far 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

Method of assessment:

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

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

Related units:

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

- HLTCOM404C Communicate effectively with clients
- HLTHER606C Prepare and dispense western herbal medicine
- HLTHER609C Provide western herbal medicine treatment

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

Knowledge of herbal medicines means at least 130 herbs which must include but are not limited to:

- Achillea millefolium
- Allium sativum
- Althaea officinalis
- Angelica archangelica
- Apium graveolens
- Arnica montana
- Avena sativa
- Calendula officinalis
- Capsella bursa-pastoris
- Crataegus oxycantha/monogyna
- Filipendula ulmaria
- Foeniculum vulgare
- Galium aparine
- Hypericum perforatum
- Inula helenium
- Lavandula angustifolia
- Matricaria recutita
- Mentha x piperita
- Plantago spp
- Rosmarinus officinalis
- Rubus idaeus
- Rumex crispus
- Salvia officinalis
- Sambucus nigra
- Silybum marianum
- Stellaria media
- Taraxacum officinale
- Thymus vulgaris
- Urtica dioica
- Verbascum thapsus
- Agropyron repens
- Angelica sinensis

130 herbs which must include but are not limited to
Cont:

RANGE STATEMENT

130 herbs which must include but are not limited to Cont

- *Arctium lappa*
- *Arctostaphylos uva-ursi*
- *Astragalus membranaceus*
- *Berberis vulgaris*
- *Capsicum minimum*
- *Caulophyllum thalictorides*
- *Chamaelirium luteum*
- *Cimicifuga racemosa*
- *Dioscorea villosa*
- *Echinacea spp*
- *Eleutherococcus senticosus*
- *Equisetum arvense*
- *Euphrasia officinalis*
- *Fucus vesiculosus*
- *Gentiana lutea*
- *Ginkgo biloba*
- *Glycyrrhiza glabra*
- *Hamamelis virginiana*
- *Harpagophytum procumbens*
- *Humulus lupulus*
- *Hydrastis canadensis*
- *Juniper communis*
- *Leonurus cardiaca*
- *Marrubium vulgare*
- *Melissa officinalis*
- *Paeonia lactiflora*
- *Panax ginseng*
- *Passiflora incarnata*
- *Phytolacca decandra/americana*
- *Rhamnus purshiana*
- *Scutellaria lateriflora*
- *Serenoa repens*
- *Smilax spp*
- *Solidago virgaurea*
- *Symphytum officinale*
- *Tanacetum parthenium*
- *Thuja occidentalis*
- *Tilia spp*

130 herbs which must include but are not limited to Cont:

RANGE STATEMENT

- 130 herbs which must include but are not limited to (continued):*
- Trifolium pratense
 - Trigonella foenum-graecum
 - Ulmus fulva
 - Valeriana officinalis
 - Viburnum opulus
 - Vitex agnus castus
 - Withania somnifera
 - Zanthoxylum clava-herculis
 - Zingiber officinale

RANGE STATEMENT

Knowledge of herbal medicines must include a minimum of 3 herbs from each specific action category::

- Alterative
- Anodyne
- Adaptogen
- Alterative
- Analgesic
- Anodyne
- Antiemetic
- Anti-infective
- Anti-inflammatory
- Antiseptic
- Antispasmodic
- Antitussive
- Antiviral
- Aperient
- Aphrodisiac
- Astringent
- Bitter
- Cardioactive
- Carminative
- Cholagogue
- Circulatory stimulant
- Demulcent
- Diaphoretic
- Diuretic
- Eliminative
- Emetic
- Emmenagogue
- Expectorant

Knowledge of herbal medicines must include a minimum of 3 herbs from each specific action category Cont:

RANGE STATEMENT

Knowledge of herbal medicines must include a minimum of 3 herbs from each specific action category Cont:

- Febrifuge
- Galactagogue
- Hepatic
- Laxative
- Nervine
- Relaxant
- Rubefacient
- Sedative
- Stimulant
- Stomachic
- Tonic
- Vasodilator
- Vermifuge
- Vulnerary

Specialised herbal medicine treatment includes:

- Using a high level of herbal medicine 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 the herbal medicine treatment of conditions/disease states of particular groups in society with specific needs
- Knowledge and understanding of the scheduling of herbal medicines in the standard for the uniform scheduling of drugs and poisons
- Applying recommending, dispensing or prescribing herbal medicines, extemporaneous preparations, herbal plasters, poultices, ointments or other topical herbal 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

RANGE STATEMENT

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

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 Johns, 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

Response to enquiries may include:

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

The treatment plan may include:

- Prescription of herbal medicines
- Dispensing of extemporaneous preparations

RANGE STATEMENT

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 refers 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