



Australian Government

Department of Education, Employment and Workplace Relations

HLTNAT601C Provide naturopathic treatment

Release: 1

HLTNAT601C Provide naturopathic treatment

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to administer client treatment according to a naturopathic framework

Application of the Unit

Application

This unit applies to work undertaken within a naturopathic framework

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 *mode of administration* and management of the treatment to the client
- 1.3 Request 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 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 treatment/remedies
- 2.2 Deliver treatment according to *regulations*
- 2.3 Refer to or collaborate with 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 a naturopathic 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 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:

- Common disease states and functional problems of each bodily system and the principles

REQUIRED SKILLS AND KNOWLEDGE

and practice of treating each system/condition

- Contra-indications of treatment
- Drug interactions
- How to correctly prepare and dispense naturopathic remedies/treatments
- How to select best remedies/treatments within best current practice
- Medical reports and diagnostic procedures
- Methods of preparing treatment and management plans (knowledge and understanding)
- Supplementary measures in the management of conditions (dietary considerations, exercise)
- The active principles of the main naturopathic remedies/treatments used for each system/condition
- The appropriate dietary treatment of common illnesses and diseases
- The components of food and food/dietary supplements (knowledge and understanding)
- The correct preparations required for specific treatment
- The pathogenesis of the remedies/treatments administered
- The possible responses to treatments
- The principles of formulation (including dosage and duration of treatment)
- 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
- 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 the disease process of each system using naturopathic remedies/treatments
- Complete documentation of all recommendations and client responses
- Demonstrate interpersonal and questioning skills
- Demonstrate interpersonal skills
- Demonstrate the application of commonly used treatment practices
- Incorporate the philosophies and beliefs of the practice of naturopathy
- Provide the safest, most efficacious and cost effective treatment method
- Provide treatment in accordance with the individual, the condition and the presence of

REQUIRED SKILLS AND KNOWLEDGE

complicating factors

- Provide treatment in accordance with the treatment plan
- Review treatment plan
- Treat a range of conditions/disease states
- Undertake appropriate preparation of the client for treatment
- Use counselling within naturopathic consultation as an aid to treatment
- 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)
- Consistency of performance should be demonstrated over the required range of situations relevant to the workplace
- Where, for reasons of safety, space, or access to equipment and resources, assessment takes place away from the workplace, the assessment environment should represent workplace conditions as closely as possible
- Assessment may contain both theoretical and practical components and examples covering a range of clinical situations
- 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

EVIDENCE GUIDE

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

- 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
- Written assignments/projects or questioning should be used to assess knowledge
- Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice
- Explanations of technique
- Oral questioning and discussion
- 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

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 units:

- HLTCOM404C Communicate effectively with clients
- HLTHER606C Prepare and dispense western herbal medicine
- HLTNAT604C Provide acute homoeopathic treatment in a naturopathic 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.

RANGE STATEMENT

Factors which interfere with the effectiveness of treatment may include:

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

Mode of administration may be:

- Oral
- Topical
- Inhaled

Responses to reactions may include:

- Adjusting treatment accordingly
- Seeking appropriate expertise
- Discussing reaction with the client
- Adherence to clinic guidelines for response to accidents and emergencies
- Using 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

Regulations may include:

- Hygiene and infection control regulations
- OHS regulations
- Clinic or professional practice guidelines
- Complying with state or national legislation in the practice of naturopathy

RANGE STATEMENT

Advise and resource the client refers to:

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

Practical techniques that promote and maintain optimal health may include:

- Nutritional advice
- Advice on lifestyle modification
- Exercise suggestions
- Stress management techniques

Unit Sector(s)

Not Applicable