



Australian Government

Department of Education, Employment and Workplace Relations

HLTNUT602C Provide specialised nutritional care

Release: 1

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Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to provide specialised nutritional supplements and/or foods for the therapeutic and prophylactic management of specific health outcomes

This unit requires high level knowledge of nutrition and its effect on a wide range of complex health conditions

Application of the Unit

Application

The application of knowledge and skills described in this competency unit relates to functions necessary for working within a clinic as a kinesiology practitioner

Work at this level may be undertaken independently

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. Identify nutritional needs for specific health outcomes | 1.1 Determine existing nutritional intake
1.2 Analyse <i>nutritional needs</i>
1.3 Identify <i>specific health outcome</i> |
| 2. Plan the specialised treatment | 2.1 Consider impact of changes to nutritional supplementation and / or changes to food intake
2.2 Select nutritional approach to meet the specific health outcome |
| 3. Provide the specialised nutritional treatment | 3.1 Implement specialised treatment plan according to the <i>various life stage, specific clinical condition</i> , and / or personal health/fitness goals
3.2 Ensure <i>consent for treatment</i>
3.3 Explain the strategy to the client and respond to all enquiries |

ELEMENT**PERFORMANCE CRITERIA**

4. Manage the specialised nutritional treatment

- 4.1 Take into account *factors which may interfere with the effectiveness of the strategy* for each dietary regime and nutritional recommendation
- 4.2 Take into account possible treatment reactions for each dietary regime and nutritional recommendation
- 4.3 Take into account *contra-indications* for each dietary regime and nutritional recommendation
- 4.4 Recognise reactions to treatment (adverse or otherwise) and promptly respond if necessary
- 4.5 Document assessments and recommendations
- 4.6 Review the treatment plan and negotiate continuing care 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:

- Advanced biochemistry of food and nutrients
- Appropriate choice of supplements required to achieve specific outcomes
- Blood analysis and biochemical tests to assess vitamin and mineral levels
- Chelation therapy
- Contra-indications to treatment
- Dietary requirements for different cultural and religious groups
- How to select best treatment/medicine within best current practice
- Issues such as IV (parenteral) administration of vitamins and minerals
- 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 nutritional supplements used for each system/condition, including their

REQUIRED SKILLS AND KNOWLEDGE

active principles and biochemical mechanism of action

- Metabolic pathway imbalances
- Nutrient toxicity
- Nutrient-drug, food-drug interactions
- Nutritional approaches to disease management with regard to therapeutic diets
- Pharmacological uses and dosages of nutritional supplements
- Scheduled nutritional supplements, including reasons for scheduling
- Specialised nutritional needs of particular groups in society (e.g. Infants, children, adolescents, elderly, peri- and post- menopausal, pregnant and lactating women, recreational and elite athlete/sportspersons)
- Supplementary measures in the management of optimal health (eg counselling, lifestyle, exercise)
- 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
- Appropriately record details of information findings
- Correctly identify information needs
- Demonstrate interpersonal and questioning skills
- Determine the nutritional needs of clients with specific human conditions/diseases or health/fitness goals
- Identify and access a range of primary, secondary, new and established information sources
- Identify high risk clients in relation to risk of complications, severity of disease process, lifestyle factors and their impact on treatment strategies, time-frame of treatment, and other factors
- Work or model work which demonstrates an ability to apply the underpinning values and principles of clinical nutrition within clinical practice

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
- Assessment may contain both theoretical and practical components and examples covering a range of clinical situations
- 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 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

Context of and specific resources for assessment:

- An appropriately stocked and equipped clinic or simulated clinic environment
- Relevant journals
- Relevant texts or medical manuals
- Relevant paper-based/video assessment instruments
- Access to internet or on-line research information
- Appropriate assessment environment
- Skilled assessors

Method of assessment may include:

- Practical demonstration and observation in the work place (if possible)
- 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
- Clinical skills involving direct client care are to be assessed initially in a simulated clinical setting (laboratory). If successful, a second assessment is to be conducted during workplace application under direct supervision
- Simulations
- Explanations of technique
- Oral questioning and discussion

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

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.

Nutritional needs refers to:

- Needs arising from a specific condition/disease
- Requirements to meet specific health outcomes
- Prevention/prophylactic care
- Needs arising from analysis of Anthropometric and biochemical data

Specific health outcome may include:

- Weight loss
- Palliation/prevention/prophylaxis and/or management of specific conditions/diseases
- Relief from specific symptoms

Specialised nutritional treatment:

- Pharmacological dosage of nutritional supplements
- Supplementation through foods
- Modifications to eating and/or lifestyle patterns
- Detoxification or elimination regimes

Various life stage may include:

- Childhood
- Adolescence
- Male and female adulthood
- Geriatric

RANGE STATEMENT

Consent for treatment includes:

- Informed consent according to local and national regulations and guidelines
- Consent from appropriate adult in the case of a minor or ward of the State

Factors which interfere with the effectiveness of treatment may include:

- Other medical treatment being undertaken
- Other western medicinal dietary intervention
- Client's physical and psychological readiness and/or wellness
- Cultural factors
- Contraindications to nutritional supplementation or certain dietary changes (ie modified protein intake)
- Post treatment activity

Unit Sector(s)

Not Applicable