



Australian Government

Department of Education, Employment and Workplace Relations

HLTNUT607C Provide nutritional medicine treatment

Release: 1

HLTNUT607C Provide nutritional medicine treatment

Modification History

HLT07 Version 4	HLT07 Version 5	Comments
HLTNUT607B Provide nutritional medicine treatment	HLTNUT607C - Provide nutritional medicine treatment	Unit updated in V5. ISC upgrade changes to remove references to old OHS legislation and replace with references to new WHS legislation. No change to competency outcome.

Unit Descriptor

Descriptor

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

Application of the Unit

Application

This unit applies to work in a nutritional medicine context

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 the factors which may interfere with the effectiveness of the treatment
- 1.2 Explain to the client the mode of administration and management of the treatment
- 1.3 Request the client to monitor reactions and contact practitioner as required
- 1.4 Ensure appropriate consent for treatment
- 1.5 Recognise and promptly respond if necessary to reactions to treatment (adverse or otherwise)
- 1.6 Clearly explain time, location and content of future sessions
- 1.7 Document recommendations
- 1.8 Provide treatment according to the treatment plan

ELEMENT**PERFORMANCE CRITERIA**

- | | |
|---------------------------------------|--|
| 2. Apply therapeutic techniques | 2.1 Apply, recommend, dispense or prescribe <i>supplements or vitamins</i> |
| | 2.2 Provide <i>dietary modification recommendations and food therapy advice</i> |
| | 2.3 Deliver nutritional treatment according to regulations |
| | 2.4 Refer to or collaborate with other health care professionals as required |
|
3. Advise and resource the client |
3.1 Educate the client in relevant and practical dietary and nutritional information for promotion and maintenance of optimum health |
| | 3.2 Answer client queries with clarity and using appropriate language |
| | 3.3 Use appropriate interpersonal skills when explaining nutritional medicine treatment plans and recommendations to the client |
| | 3.4 Promote client independence and responsibility in treatment wherever possible |
| | 3.5 Provide counselling within a nutritional medicine 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 nutritional medicine 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**

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:

- Basic knowledge of nutrient-herb interactions
- Common disease states and functional problems of each bodily system and the principles and practice of treating each system/condition
- Contraindications of treatment
- Dosage principles
- Drug interactions
- Food-nutrient interactions
- How to correctly prepare and dispense nutritional supplements
- How to select best treatment/medicine within best current practice
- Medical reports and diagnostic procedures
- Methods of preparing treatment and management plans (knowledge and understanding)
- Nutrient-drug interactions
- Special diets and dietary modification procedures for the management of common disease states and functional problems relating to each body system
- Supplementary measures in the management of the conditions eg exercise and other healthy lifestyle practices
- Supplements and their excipients
- The active principles of the nutritional supplements used for each system/condition
- The correct preparations required for specific treatment
- The possible responses to treatments
- The potential of food as medicine in the management of health conditions
- The principles of formulation (including dosage and duration of treatment)
- The therapeutic value of detoxification and fasting procedures

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

REQUIRED SKILLS AND KNOWLEDGE

This includes the ability to:

- Access and interpret up-to- date information on health practices and medicines
- Access reference material on the effects of current conventional drug therapies and their withdrawal
- Advise and resource the client
- Apply methods of treating and managing disease process of each system using nutritional medicine
- Apply nutritional medicine therapeutic techniques
- Develop and implement treatment plans to achieve optimal health, rehabilitation, or to improve quality of life which involve:
 - appropriate preparation of client for treatment
 - complete documentation of all recommendations and client responses
 - demonstrated interpersonal skills
 - demonstration of the application of commonly used nutritional medicine treatment practices
 - incorporation of the philosophies and principles of the practice of nutritional medicine
 - provision of the safest, most efficacious and cost effective treatment method
 - provision of treatment in accordance with the individual, condition and presence of complicating factors.
 - provision of treatment in accordance with the treatment plan
 - review of treatment plan
 - treatment of a range of conditions/disease states
 - use of counselling within a nutritional medicine consultation as an aid to treatment
- Demonstrate communication skills including the ability to communicate with people from diverse cultural and linguistic backgrounds
- Demonstrate interpersonal and questioning skills
- Manage a nutritional medicine treatment
- Negotiate changes to the plan with the client
- Review the nutritional medicine treatment, evaluating the need for on-going treatment and the need for changes to the treatment plan
- 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
- 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:

- Resources essential for assessment include:
 - an appropriately stocked and equipped clinic or simulated clinic environment
 - an appropriately stocked nutritional medicine dispensary
 - relevant texts, journals or medical manuals
 - relevant nutritional medicine software and on line resources
 - relevant paper-based/video assessment instruments
 - skilled assessors

Method of assessment

- Observation in the work place
- Practical demonstration
- Explanation of technique
- 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. If successful, a second assessment is to be conducted during workplace application under direct supervision.
- Oral questioning
- Role play simulation
- Client treatment logbooks

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:

- HLTAP501C Analyse health information
- HLTCOM404C Communicate effectively with clients
- HLTIN504D Manage the control of infection
- HLTNUT603B Apply nutritional medicine diagnostic framework
- HLTNUT604C Manage work within a clinical nutrition framework
- HLTNUT605B Perform nutritional medicine health assessment
- HLTNUT606B Plan the nutritional treatment strategy

Range Statement

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:

- Other medical treatment being undertaken
- Client physical and psychological readiness and/or wellness
- Cultural factors
- Contraindications to treatment
- Post treatment activity
- Client capability of implementing treatment plan (e.g. dietary changes, dosage maintenance)

Mode of administration may be:

- Oral
- Topical
- Rectal

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 First Aid procedures according to St Johns, Australian Red Cross or other appropriate First Aid training
- Accessing local, emergency services

Appropriate consent for treatment refers to:

- Informed consent according to the local and national regulations and legal guidelines
- Treatment is given to minors/wards of state when only parent/guardian is present

RANGE STATEMENT

Supplements or vitamins may include:

- Water soluble vitamins
- Fat soluble vitamins
- Minerals and trace elements
- Amino acids
- Enzymes
- Fatty acids (e.g. omega 3, omega 6)
- Food supplements (e.g. protein, soy, fibre, spirulina)
- Other nutrient supplements (e.g. flavonoids, amino sugars, carotenoids)

Dietary modification recommendations and food therapy advice may include:

- Weight modification diets
- Dietary modification for specified health conditions, disease prevention and for health enhancement
- Food allergy&sensitivity dietary modification
- Detoxification and fasting diets
- Therapeutic use of foods for specified health conditions, disease prevention and for health enhancement

Regulations may include:

- Hygiene and infection control regulations
- WHS regulations
- Clinic or professional practice guidelines
- TGA regulations
- State or national legislation

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 details which help to fully inform client of relevant information
- Providing referrals to other health professionals
- Availability of products, foods required or suggested for treatment

Unit Sector(s)

Not Applicable