



Republic of Namibia
Annotated Statutes

REGULATIONS

REGULATIONS MADE IN TERMS OF

Allied Health Professions Act 7 of 2004
section 55

**Regulations relating to the Scope of Practice
of a Therapeutic Aromatherapist**

Government Notice 293 of 2013

(GG 5332)

came into force on date of publication: 5 November 2013

The Government Notice which publishes these regulations notes that they were made on the recommendation of the Allied Health Professions Council of Namibia.

ARRANGEMENT OF REGULATIONS

1. Definitions
 2. Scope of practice of therapeutic aromatherapist
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Definitions

1. In these regulations a word or an expression defined in Allied Health Professions Act, 2004 (Act No. 7 of 2004), has that meaning.

Scope of practice of therapeutic aromatherapist

2. (1) Therapeutic aromatherapy includes the use of pure therapeutic grade essential oils to facilitate the health of body, mind and spirit.

(2) The acts especially pertaining to therapeutic aromatherapist are -

REGULATIONS
Allied Health Professions Act 7 of 2004

Regulations relating to the Scope of Practice of a Therapeutic Aromatherapist

- (a) the verbal and physical assessment and evaluation of a patient's condition for the purpose of determining the state of health and the delivery of a therapeutic aromatherapy treatment regime to meet the needs of the patient, including -
- (i) the assessment of the health history;
 - (ii) the observing of the posture and movement;
 - (iii) the assessment and palpation of the integumentary and myofascial structures;
 - (iv) the determining and preparing of a suitable patient-specific treatment protocol; and
 - (v) the maintaining of comprehensive case records relating to the conditions and progress and of all actions performed,
- of, or in connection with, the patient;
- (b) the application of therapeutic aromatherapy treatment, including the use of pure therapeutic grade essential oils, by means of the hand or other associated aromatherapy equipment, to facilitate the health of body, mind and spirit, with reference to the treatment and prevention of conditions of illness in any patient by -
- (i) the application of specifically selected and blended pure essential oils and fixed oils via the holistic aromatherapeutic routines or methods of -
 - (aa) massage by means of the manual mobilisation of soft tissue structures;
 - (bb) acupressure;
 - (cc) vaporisation;
 - (dd) inhalation;
 - (ee) compresses;
 - (ff) bath; or
 - (gg) cream preparation;
 - (ii) relaxation techniques and methods;
 - (iii) homecare advice and aromatherapeutic treatments/remedies for home use by the patient;
 - (iv) listening skills;
 - (v) nutritional and lifestyle advice;
 - (vi) the recommendation of suitable preparations, other than scheduled substances;
 - (vii) the use of other modalities to enhance the aromatherapeutic treatment;

REGULATIONS
Allied Health Professions Act 7 of 2004

Regulations relating to the Scope of Practice of a Therapeutic Aromatherapist

- (viii) primary healthcare screening methods; and
- (ix) attending to patients outside of practice;
- (c) the promotion and maintaining of the health of the patient through -
 - (i) attention to hygiene, physical comfort and reassurance of and to the patient;
 - (ii) the promotion of lifestyle changes that may include exercise, rest and sleep to assist in the rehabilitation of the patient;
 - (iii) assisting in the treatment of disease in persons and the community through the use of appropriately selected and administered essential oils;
 - (iv) the education of a patient leading to the attainment of optimal health of a person and the community;
 - (v) the delivery of emergency first aid treatment, including cardiopulmonary resuscitation, if necessary; and
 - (vi) the consultation and liaison with registered persons or persons registered under the Medical and Dental Act, 2004 (Act No. 10 of 2004), the Pharmacy Act, 2004 (Act No. 9 of 2004), the Social Work and Psychology Act, 2004 (Act No. 6 of 2004) or the Nursing Act, 2004 (Act No. 8 of 2004), and the referral of patients.