

SFHCHS149 - SQA Code HC7F 04

Monitor and review individuals' progress in relation to maintaining optimum nutritional status



Overview

This standard covers monitoring and reviewing an individual's progress in relation to maintaining optimum nutritional status.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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Performance criteria

- You must be able to:*
- P1 confirm the individual's details at the start of the review session
 - P2 create an environment suitable for open, confidential discussion and taking measurements
 - P3 obtain the individual's valid consent to having measurements taken
 - P4 take and interpret specified measurements from the individual in accordance with your scope of practice
 - P5 review and analyse the individual's food diary, if available
 - P6 ask the individual to explain their experiences, successes and difficulties with the nutritional plan since the last session
 - P7 discuss the individual's experiences and review the effectiveness of the nutritional plan in meeting the agreed objectives
 - P8 suggest modifications, for example, cooking methods, substituting foods and drinks where necessary, consistent with the nutritional objectives
 - P9 reaffirm the benefits of adhering to the nutritional plan and other lifestyle changes and the effects this will have on their health
 - P10 set further review dates, if appropriate
 - P11 maintain clear, accurate and legible records in accordance with organisational policies

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Knowledge and understanding

You need to know and understand:

- K1 the current European and National legislation, national guidelines, organisational policies and protocols in accordance with Clinical/Corporate Governance which affect your work practice in relation to monitoring and reviewing individuals' progress in relation to maintaining optimum nutritional status
- K2 your responsibilities and accountability in relation to the current European and National legislation, national guidelines and local policies and protocols and Clinical/Corporate Governance
- K3 the duty to report any acts or omissions in care that could be detrimental to yourself, other individuals or your employer
- K4 the effects of different cultures and religions on medication, timing, eating
- K5 the principle of valid consent and how to obtain valid consent from individuals
- K6 the importance of monitoring and evaluating an individual's progress in relation to maintaining optimum nutritional status
- K7 the importance of encouraging individuals to ask questions, and how to do so
- K8 how to create a suitable environment for open and confidential discussion
- K9 the importance of involving individuals in discussions, and how to do so
- K10 the importance of obtaining full and accurate information about an individual's progress, and how to do so
- K11 the details of the local registered dietitian
- K12 the importance of providing constructive feedback and encouragement in relation to the individual's progress and the techniques for doing so effectively
- K13 the importance of obtaining full and accurate information about individuals, and how to do so
- K14 motivational interviewing techniques, and how to apply them
- K15 anatomy and physiology and their relevance to maintaining optimum nutritional status
- K16 the organs of the human body and their functions
- K17 how to calculate an individual's Body Mass Index and how to apply this information
- K18 the meaning of lipid levels (Triglycerides, LDL cholesterol)
- K19 how to measure individual's weight, waist circumference, height and mid-arm circumference
- K20 the importance of waist circumference and skin fold thickness in relation to dietary change
- K21 how to interpret measurements taken from the individual to inform the type of support you provide

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- K22 the 'balance of good health' model
- K23 the nutritional values attributed to different food groups
- K24 the content of an ideal nutritional plan
- K25 the ways in which nutritional plans can be adapted and tailored to meet individuals needs
- K26 any adaptations which are not within your scope of practice and the appropriate action to take in these situations
- K27 the alternative options within different food groups
- K28 different cooking methods
- K29 the effects and side effects of additives and preservatives
- K30 cultural diversity and how that may impact upon the nutritional plan
- K31 how ethnic diets differ
- K32 the considerations of financial/social circumstances on nutritional intake
- K33 the impact of additional medical conditions on nutritional intake
- K34 the types of nutritional plan
- K35 the relationship between exercise, diet and weight management
- K36 how to maintain a food diary and review it
- K37 record keeping practices and procedures in accordance with organisational policies and professional standards

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Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB6 Assessment and treatment planning

The candidate and assessor must only sign below when all Performance Criteria and Knowledge points have been met.

Unit assessed as being complete

Candidate's Name:	
Candidate's Signature:	
Date submitted to assessor as complete:	

Assessor's Name:	
Assessor's Signature:	
Date assessed as complete:	

Internal Verification —

to be completed in accordance with centre's IV strategy

Evidence for this Unit was sampled on the following date/s:	IV's Signature	IV's Name

This Unit has been subject to an admin check in keeping with the centre's IV strategy.

Date of admin check	IV's Signature	IV's Name

Unit completion confirmed

IV's Name:	
IV's Signature:	
Date complete:	