

SFHCHS146 - SQA Code HD0X 04

Monitor individuals' progress in relation to managing their body weight and nutrition



Overview

This standard is about providing specialist monitoring services to help people evaluate their progress and re-establish goals and targets to manage their body weight and improve nutritional health and well-being. In the context of this competence the term individual refers only to adults and older children.

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 obtain the individual's valid consent for the monitoring activity
- P2 take the individual's measurements in an environment that protects the dignity and privacy of the individual and is suitable for open, confidential review and discussion
- P3 discuss and agree current progress, difficulties and goals with the individual to include:
 - P3.1 the individual's reflection on their weight management experiences and successes
 - P3.2 difficulties experienced by the individual since the last session
 - P3.3 any changes in circumstances that may have or will affect the achievement of future goals
- P4 congratulate the individual on their successes and progress in relation to weight management and review the plan with the individual to identify factors which adversely influence their progress
- P5 evaluate the effectiveness of current interventions in meeting the agreed goals and make any necessary modifications consistent with your scope of practice, initial agreements and the individual's nutritional needs
- P6 refer the individual to the appropriate practitioner where any modifications required to the agreed goals are not within your scope of practice
- P7 encourage the individual to maintain and enhance their progress in relation to weight management, reinforcing the benefits of adhering to the weight management plan
- P8 set further review dates or agree next action and goals
- P9 keep accurate, complete and legible records in accordance with local policies and procedures

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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 individuals' progress in relation to managing their body weight and nutrition
- 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 principle of valid consent, and how to obtain valid consent from individuals
- K5 the effects of different cultures, social circumstances and religions on health related behaviour
- K6 how to present information and advice in ways which are appropriate to the needs of individuals
- K7 the importance of involving individuals in discussions about their nutritional health and how to do so
- K8 behaviour modification techniques, and how to apply them to management of nutritional health and well-being
- K9 the importance of encouraging individuals to ask questions and seek clarification and how to do so
- K10 how to create a suitable environment for frank and confidential discussion
- K11 the importance of obtaining full and accurate information about individuals, and how to do so
- K12 the models used in developing weight and nutritional management plans for individual
- K13 the importance of providing constructive feedback and encouragement in relation to the individual's progress and the techniques for doing so effectively
- K14 the types of information you need to obtain from the individual in order to assess the effectiveness of their weight and nutritional management plan in meeting the agreed goals and their nutritional needs
- K15 the ways in which weight management plans can be adapted and tailored to meet individuals' agreed goals and nutritional needs
- K16 how to measure individuals' weight, waist circumference, height, skinfold and the importance of these measurements in relation to weight and nutrition management
- K17 how to interpret measurements taken from an individual to inform the

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- type of support you provide
- K18 basic anatomy and physiology relevant to management of weight and nutrition
- K19 the nutritional values attributed to different food groups, the role of alcohol in diet and the effect of different cooking methods on nutritional values
- K20 the effects and side effects of food additives and preservatives
- K21 what information should be included within a weight management plan and procedures for creating one
- K22 the need to consider social, financial and psychological factors and their influence on the suitability and effectiveness of a nutritional plan
- K23 the impact of additional medical conditions on nutritional intake
- K24 the relationship between exercise, diet and weight management
- K25 how to maintain a food diary and review it
- K26 the theory of energy balance, metabolism and how to create a calorie deficit to lose weight
- K27 the short and long term effects of being underweight or overweight
- K28 the importance of realistic weight goals and how to set them
- K29 record keeping practices and procedures in relation to providing support to individuals to manage body weight and nutrition

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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:	