

## SFHCHS148 - SQA Code HC7K 04

Provide information and advice to individuals on eating to maintain optimum nutritional status



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### Overview

This standard covers providing support to individuals to maintain optimum nutritional status by offering advice and information.

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 create an environment suitable for open, confidential discussion and for taking measurements
  - P2 obtain the individual's background information
  - P3 obtain the individual's valid consent to you taking measurements
  - P4 take and interpret specified measurements from the individual in accordance with your scope of practice
  - P5 explain the links between different foods (e.g. meats, vegetables, fruits, convenience foods, drinks) and nutrient composition
  - P6 help the individual to assess their eating habits and set their own nutritional
  - P7 provide leaflets, brochures and other materials to expand on the information you have given as directed by the practitioner and within your scope of practice
  - P8 provide the individual with opportunities to ask questions and raise their understanding and awareness of their nutritional plan
  - P9 seek advice or assistance from a qualified practitioner if any queries raised are outside your scope of practice
  - P10 advise the individual how to maintain a food diary where necessary
  - P11 set dates for the review of the nutritional plan, if appropriate
  - P12 provide contact details of the registered dietitian
  - P13 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 providing information and advice to individuals on eating to maintain 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 principle of valid consent and how to obtain valid consent from individuals
- K5 how to present information and advice in ways which are appropriate for different people
- K6 the effects of different cultures and religions on nutrition, timing of meals, eating patterns
- 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 details of the local registered dietitian
- K11 the range of services locally and nationally for people who need information and support in making and maintaining changes in their behaviour, and how to access them
- K12 the importance of obtaining full and accurate information about individuals, and how to do so
- K13 motivational interviewing techniques, and how to apply them
- K14 anatomy and physiology and their relevance to maintaining optimum nutritional status
- K15 the organs of the human body and their functions
- K16 how to calculate an individual's Body Mass Index and how to apply this information
- K17 the meaning of lipid levels (Triglycerides, LDL cholesterol)
- K18 how to measure individual's weight, waist circumference, height and mid-arm circumference
- K19 the importance of waist circumference and skin fold thickness in relation to dietary change
- K20 how to interpret measurements taken from the individual to inform the type of support you provide

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- K21 the nutritional values attributed to different food groups
- K22 the content of an ideal nutritional plan for specific circumstances of the individual
- K23 the healthier options within different food groups
- K24 different cooking methods
- K25 how ethnic diets differ
- K26 the effects and side effects of additives and preservatives
- K27 cultural diversity and how that may impact upon the nutritional plan
- K28 the considerations of financial/social circumstances on nutritional intake
- K29 the impact of additional medical conditions on nutritional intake
- K30 the relationship between exercise and weight management
- K31 how to maintain a food diary and review it
- K32 record keeping practices and procedures in accordance with organisational policies and professional standards
- K33 provide leaflets, brochures and other materials to expand on the information you have given as directed by the practitioner and within your scope of practice
- K34 provide the individual with opportunities to ask questions and raise their understanding and awareness of their nutritional plan
- K35 seek advice or assistance from a qualified practitioner if any queries raised are outside your scope of practice
- K36 advise the individual how to maintain a food diary where necessary
- K37 set dates for the review of the nutritional plan, if appropriate
- K38 provide contact details of the registered dietitian
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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: HWB1 Promotion of health and wellbeing

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

**Unit assessed as being complete**

<b>Candidate's Name:</b>	
<b>Candidate's Signature:</b>	
<b>Date submitted to assessor as complete:</b>	

<b>Assessor's Name:</b>	
<b>Assessor's Signature:</b>	
<b>Date assessed as complete:</b>	

**Internal Verification —**

to be completed in accordance with centre's IV strategy

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

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

<b>Date of admin check</b>	<b>IV's Signature</b>	<b>IV's Name</b>

**Unit completion confirmed**

<b>IV's Name:</b>	
<b>IV's Signature:</b>	
<b>Date complete:</b>	