

FP0W 04 (CHS146) Monitor individuals' progress in relation to managing their body weight and nutrition

About this Unit

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.

Your **knowledge and understanding** will be specifically related to legal requirements and codes of practice and conduct applicable to your job, and the NHS Knowledge and Skills Framework. This will relate to your work activities; the job you are doing, and the setting, eg in hospital and community, domiciliary, residential care, and the individuals you are working with.

Values — the values underpinning this Unit are embedded within the 2009 NHS Code of Conduct for Health Care Support Workers. These are stated in full within the Assessment Strategy and Guidance document for the awards.

Key Words and Concepts — a glossary of definitions, key words and concepts used in this Unit is contained in the Assessment Strategy and Guidance document.

In occupational standards it is quite common to find words or phrases used which you will be familiar with, but which, in the detail of the standards, may be used in a very particular way. **You should read the Assessment Strategy and Guidance document before you begin working with the standards and refer to it if you are unsure about anything in the Unit.**

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Specific Evidence Requirements for the Unit

It is essential that you adhere to the Evidence Requirements for this Unit

SPECIFIC EVIDENCE REQUIREMENTS FOR THIS UNIT
Simulation:
<ul style="list-style-type: none"> ◆ Simulation is NOT permitted for any part of this Unit.
<ul style="list-style-type: none"> ◆ The following forms of evidence ARE mandatory:
<ul style="list-style-type: none"> ◆ Direct Observation: Your assessor or expert witness must observe you in real work activities. Their confirmation of your practice will provide evidence for a significant amount of the performance criteria in this Unit. For example, how you discuss with the individual the benefits of adhering to weight management plan and encourage them to follow it ◆ Professional discussion: Describes your actions in a particular situation and reflect on the reason(s) why you practice that way. For example, discuss with assessor/expert witness the models used in developing a weight and nutritional plans for individuals.
Competence of performance and knowledge could also be demonstrated using a variety of evidence from the following:
<ul style="list-style-type: none"> ◆ Reflective Account: These are written pieces of work which allow you to reflect on the course of action you took in a specific situation to identify any learning from the piece of work and to describe what you might do differently in the light of your new knowledge. ◆ Questioning/professional discussion: May be used to provide evidence of knowledge, legislation, policies and procedures which cannot be fully evidenced through direct observation or reflective accounts. In addition your assessor/mentor or expert witness may also ask questions to clarify aspects of your practice. ◆ Expert Witness: A designated expert witness, eg a senior member of staff, may provide a direct observation of your practice, or record a professional discussion they have held with you on a specific piece of practice. ◆ Witness Testimony: Can be a confirmation or authentication of the activities described in your evidence which your assessor or mentor has not seen. ◆ Products: These can be any record that you would normally use within your normal role, eg you should not put confidential records in your portfolio; they can remain where they are normally stored and be checked by your assessor and internal verifier. ◆ Prior Learning: You may be able to use recorded prior learning from a course of training you have attended within the last two years. Discussion on the relevance of this should form part of your assessment plan for each Unit. ◆ Simulation: There may be times when you have to demonstrate you are competent in a situation that does not arise naturally through your work role, eg dealing with violent or abusive behaviour. The Evidence Requirements in each Unit provide specific guidance regarding the use of simulation.
GENERAL GUIDANCE
<ul style="list-style-type: none"> ◆ Prior to commencing this Unit you should agree and complete an assessment plan with your assessor which details the assessment methods you will be using, and the tasks you will be undertaking to demonstrate your competence. ◆ Evidence must be provided for ALL of the performance criteria, ALL of the knowledge. ◆ The evidence must reflect the policies and procedures of your workplace and be linked to current legislation, values and the principles of best practice within the Health Care sector. This will include the National Service Standards for your areas of work. ◆ All evidence must relate to your own work practice.

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KNOWLEDGE SPECIFICATION FOR THIS UNIT

Competent practice is a combination of the application of skills and knowledge informed by values and ethics. This specification details the knowledge and understanding required to carry out competent practice in the performance described in this Unit.

When using this specification **it is important to read the knowledge requirements in relation to expectations and requirements of your job role.**

You need to provide evidence for ALL knowledge points listed below. There are a variety of ways this can be achieved so it is essential that you read the 'knowledge evidence' section of the Assessment Guidance.

You need to show that you know, understand and can apply in practice:	Enter Evidence Numbers
1 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.	
2 Your responsibilities and accountability in relation to the current European and National legislation, national guidelines and local policies and protocols and clinical/corporate governance.	
3 The duty to report any acts or omissions in care that could be detrimental to yourself, other individuals or your employer.	
4 The principle of valid consent, and how to obtain valid consent from individuals.	
5 The effects of different cultures, social circumstances and religions on health related behaviour.	
6 How to present information and advice in ways which are appropriate to the needs of individuals.	
7 The importance of involving individuals in discussions about their nutritional health and how to do so.	
8 Behaviour modification techniques and how to apply them to management of nutritional health and well-being.	
9 The importance of encouraging individuals to ask questions and seek clarification and how to do so.	
10 How to create a suitable environment for frank and confidential discussion.	
11 The importance of obtaining full and accurate information about individuals, and how to do so.	
12 The models used in developing weight and nutritional management plans for individual.	
13 The importance of providing constructive feedback and encouragement in relation to the individual's progress and the techniques for doing so effectively.	
14 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.	

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You need to show that you know, understand and can apply in practice:	Enter Evidence Numbers
15 The ways in which weight management plans can be adapted and tailored to meet individuals' agreed goals and nutritional needs.	
16 How to measure individuals' weight, waist circumference, height, skin fold and the importance of these measurements in relation to weight and nutrition management.	
17 How to interpret measurements taken from an individual to inform the type of support you provide.	
18 Basic anatomy and physiology relevant to management of weight and nutrition.	
19 The nutritional values attributed to different food groups, the role of alcohol in diet and the effect of different cooking methods on nutritional values.	
20 The effects and side effects of food additives and preservatives.	
21 What information should be included within a weight management plan and procedures for creating one.	
22 The need to consider social, financial and psychological factors and their influence on the suitability and effectiveness of a nutritional plan.	
23 The impact of additional medical conditions on nutritional intake.	
24 The relationship between exercise, diet and weight management.	
25 How to maintain a food diary and review it.	
26 The theory of energy balance, metabolism and how to create a calorie deficit to lose weight.	
27 The short and long term effects of being underweight or overweight.	
28 The importance of realistic weight goals and how to set them.	
29 Record keeping practices and procedures in relation to providing support to individuals to manage body weight and nutrition.	

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Performance Criteria		DO	RA	EW	Q	P	WT	PD
		1	Obtain the individual's valid consent for the monitoring activity.					
2	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.							
3	Discuss and agree current progress, difficulties and goals with the individual to include: (a) the individual's reflection on their weight management experiences and successes (b) difficulties experienced by the individual since the last session (c) any changes in circumstances that may have or will affect the achievement of future goals							
4	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.							
5	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.							
6	Refer the individual to the appropriate practitioner where any modifications required to the agreed goals are not within your scope of practice.							
7	Encourage the individual to maintain and enhance their progress in relation to weight management, reinforcing the benefits of adhering to the weight management plan.							
8	Set further review dates or agree next action and goals.							
9	Keep accurate, complete and legible records in accordance with local policies and procedures.							

DO = Direct Observation
EW = Expert Witness
PD = Professional Discussion

RA = Reflective Account
P = Product (Work)

Q = Questions
WT = Witness Testimony

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To be completed by the candidate

I SUBMIT THIS AS A COMPLETE UNIT

Candidate's name:

Candidate's signature:

Date:

To be completed by the assessor

It is a shared responsibility of both the candidate and assessor to claim evidence, however, it is the responsibility of the assessor to ensure the accuracy/validity of each evidence claim and make the final decision.

I CERTIFY THAT SUFFICIENT EVIDENCE HAS BEEN PRODUCED TO MEET ALL THE ELEMENTS, PCS AND KNOWLEDGE OF THIS UNIT.

Assessor's name:

Assessor's signature:

Date:

Assessor/Internal verifier feedback

To be completed by the internal verifier if applicable

This section only needs to be completed if the Unit is sampled by the internal verifier

Internal verifier's name:

Internal verifier's signature:

Date: