

NUTRITION CARE PROCESS

UNIT CODE: MED/CU/NUD/CR/03/5/A/A

Relationship to Occupational Standards

This unit addresses the unit of competency: conduct nutrition care process

Duration of Unit: 100 hours

Unit Description

This unit specifies the competencies required to conduct nutrition care process. It involves carrying out nutrition assessment, conducting nutrition diagnosis and prescriptions for nutrition interventions, conducting nutrition monitoring and evaluation for the entire nutrition care process.

Summary of Learning Outcomes

- 1 Carry out anthropometric assessments
- 2 Analyze biochemical laboratory results
- 3 Conduct clinical and physical assessments
- 4 Conduct dietary assessment
- 5 Carry out socio economic evaluation
- 6 Conduct functionality assessment

Learning Outcomes, Content and Suggested Assessment Methods

Learning Outcome	Content	Suggested Assessment Methods
1. Carry out Nutrition assessment	<ul style="list-style-type: none">• Anthropometric assessment: Anthropometric measurements, tools for measurements and interpretations of measurements based on reference standards: MUAC waist circumference and waist hip ratio, head circumference, skin fold thickness, edema, weight, height (weight for height/wasting, weight for age/underweight and height for age/stunting, BMI for age and BMI) body fat composition and distribution and bone densities,• Biochemical assessment: Biochemical indicators/biomarker, methods for biochemical analysis, interpretation of	<ul style="list-style-type: none">• Written .• Observation• Third party report• Oral questioning• Interviews

Learning Outcome	Content	Suggested Assessment Methods
	<p>various indicators as per cut offs, influence of errors on various various biomarkers eg fasting blood sugar Vs random, lipid profile</p> <ul style="list-style-type: none"> • Clinical and physical assessment: Patient medical history: refereral notes, treatment sheet, nurses cardex and patients files, Physical observation of the body, hais, nails, eyes, lips, skin, prominence of bones for a clue to a nutrition related condition or deficiencies eg wasting, anemia, dehydration, Procedures for conducting and documenting physical examination eg, paleness of the palm and duration for refill upon pressing the palm, color, texture and distribuutin of the hair, paleness of the conjunctiva • Dietary assessment: Dietary method: 24-hour recal, food frequency, food diery and food weighing, Roles of dietary assessment methods, Tools for dietary assessment: 24-hour recall questionnaire, food frequency questionnaire, food diaries template, Food and nutrient analysis indicators and interpretation: analysis of 24-hour recall data, food frequency data, food diary data, Interpreting results of the dietary intakes using varipous cut offs eg minimum food frequency, number of meals in 24-hours, diatary diversity, minimum acceptable diets and dietary diversity for women • Socio-economic assessment: Establishing patients demographic and socioeconomic status: patients history and profile as per the patients file, social workers file 	

Learning Outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Functionality assessment: Methods for assessing physical activity levels:eg hand grip, ability to self feed, ambulant, wheel chair bond, Categories and cut offs of physical activity eg sedentary, light activity, moderate activity, high activity and highly active 	
2. Conduct nutrition diagnosis	<ul style="list-style-type: none"> • Determine underlying medical condition as per the patients file • Determine nutrition problem: Labelling and classifying the specific nutrition problem • Explore etiology of the conditions: Determine the causes and risk factors of the identified problems • Assess signs and symptoms of the problems: Describe signs and symptoms of the nutrition related problems and conditions • Make nutrition diagnosis: Singling out specific macro and micronutrient deficiencies and other nutrition related conditions such as type II diabetes melitus 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews
3. Prescription of appropriate diets and other nutrition intervention	<ul style="list-style-type: none"> • Priorotize nutrition needs: Critical nutrition deficiencies and conditions are managed/addressed eg management of malnututrition/nutritient deficiencies and stabilization of other key hemodynamics • Select appropriate nutrition intervention: Identifying suitable nutrition interventions for various nutrition deficiencies and conditions eg nutrition education and counselling, food by prescription, therapeutic feeding, supplementary feeding, micronutrient supplementation, enteral and parenteral nutrition • Design diet plan: Diet perescriptions and 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews

Learning Outcome	Content	Suggested Assessment Methods
	<p>description of modified diets to include clear liquid diets, full liquid diet, light/soft diets, high calorie diet, calorie restricted diet, high protein diet, low protein diet, sodium restricted diets, fat restricted diets, fiber restricted diets, high fiber diets, bland diets, elimination of suspect foods for allergies, frequency of feeding,</p> <ul style="list-style-type: none"> • Implement the designed care plan: Determination of energy/caloric needs of the patient/client using relevant equations such as Harris Benedict: Nutrition counselling and guide on thw modified doets, documentation 	
4. Conduct monitoring of the interventions	<ul style="list-style-type: none"> • Carryout daily monitoring of the patients uptake and response to the interventions and nutrition prescriptions and documentation • 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews
5. Conduct evaluation of the nutrition care process	<ul style="list-style-type: none"> • Aseess the outcomes of interventions and the entire nutrtnion care process indicators for correcting the diagnosed nutrition problems 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews

Suggested Methods of Instruction

- Projects
- Demonstration by trainer
- Practice by the trainee
- Discussions
- Direct instruction
- Role playing

Recommended Resources

- Computers with internet
- Library and resource centre
- WHO guidelines

- MOH
- Ministry of Education
- Skills lab
- Use of LCDs, video clips, charts and other teaching aids
- Invitation of competent expertise

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