

## CONDUCT NUTRITION CARE PROCESS

**UNIT CODE:** MED/OS/NUD/CR/03/5/A

### 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.

### ELEMENTS AND PERFORMANCE CRITERIA

<b>ELEMENT</b> These describe the <b>key outcomes</b> which make up <b>workplace function</b> .	<b>PERFORMANCE CRITERIA</b> These are <b>assessable</b> statements which specify the required level of performance for each of the elements. <i><b>Bold and italicized terms are elaborated in the range.</b></i>
1. Carry out nutrition assessment	1.1 Anthropometric measurements methods and tools determined as per resource materials, user needs, policies and guidelines 1.2 Biochemical assessments are identified , interpreted and evaluated as per resource materials, biological variations/biomarkers, user needs, policies and guidelines 1.3 Clinical and physical assessments are identified and determined as per resource materials, user needs, indicators, policies and guidelines 1.4 Dietary assessment is conducted as per resource materials, user needs, policies and guidelines 1.5 Socio-economic assessment is done as per resource materials, user needs, policies and guidelines, patients file 1.1 Functionality assessment is done as per resource materials, user needs, policies and guidelines, patients file
2. Conduct nutrition diagnosis	1.1 Underlying medical condition of the client are determined as per the patients file 1.2 Nutrition problems of the client are labeled and classified as per patients/clients history, file

	<p>1.3 Etiology of conditions are identified and described as per resource material, patient history, policies and guidelines</p> <p>1.4 Signs and symptoms of the conditions are identified and described as per, physical observations, resource materials, patient file, policies and guidelines.</p> <p>1.5 Nutrition diagnosis is determined as per results of anthropometric measurements, biochemical, clinical signs and symptoms, dietary, socio-economic and functional assessments.</p>
3. Conduct prescriptions for nutrition interventions	<p>1.1 Nutrition needs are prioritized and addressed as per the nutrition diagnosis</p> <p>1.2 Appropriate nutrition interventions are identified and selected as per clients/patients nutrition needs, resource materials, policies and</p> <p>1.3 Diet plans are designed as per clients/patients nutrition needs, policies and guidelines.</p> <p>1.4 Designed care plans are implemented as per intervention plans, resource materials, policies and guidelines</p>
4. Conduct monitoring dietary assessment	<p>4.1 Daily monitoring of the patients uptake and response to the interventions done as per intervention plan, resource materials, policies and guidelines</p> <p>4.2 Nutrition prescriptions and documentation are done as per intervention plan, resource materials, policies and guidelines</p>
5. Conduct evaluation for the entire nutrition care process	<p>5.1 Outcomes of the entire nutrition care process are assessed as per plans, patients response, user needs, resource materials, policies and guidelines</p> <p>5.2 Appropriate decisions are made and documented as per plans, patients response, user needs, resource materials, policies and guidelines</p>

## RANGE

This section provides work environments and conditions to which the performance criteria apply. It allows for different work environment and situations that will affect performance.

Variable	Range
1. Errors may include but are not limited to:	<ul style="list-style-type: none"><li>• Systematic</li><li>• Random</li></ul>
2. Dietary assessment method may include but are not limited to:	<ul style="list-style-type: none"><li>• Direct</li><li>• Indirect</li></ul>

## REQUIRED KNOWLEDGE AND UNDERSTANDING

The individual needs to demonstrate knowledge of:

### Knowledge

- Anthropometric tools
- Anatomy and physiology
- Biochemical analysis
- Food, nutrients and diseases

### Skills

The individual needs to demonstrate the following skills:

- ICT
- Communication
- Information technology
- Analysis
- Synthesis and evaluation
- Decision making
- Management
- Leadership
- Interpretation
- Numeracy

## EVIDENCE GUIDE

This provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge and range.

1. Critical Aspects of Competency	Assessment requires evidence that the candidate: 1. 1Carried out nutrition assessment 1. 2Conducted nutrition diagnosis 1. 3Conducted prescriptions for nutrition interventions 1. 4Conducted monitoring dietary assessment 1. 5Conducted evaluation for the entire nutrition care process
2. Resource Implications	The following resources must be provided: 2.1 PPES 2.2 Assessment location 2.3 Fully equipped skills laboratory 2.4 Nutrition equipment's 2.5 Fully equipped kitchen 2.6 Feeding simulators and food models
3. Methods of Assessment	Competency may be accessed through: 3.1 Written tests 3.2 Oral questioning 3.3 Third party reports 3.4 Case studies
4. Context of Assessment	Competency may be assessed: 4.1 On the job 4.2 Off the job 4.3 In work placement (attachment) Off the job assessment must be undertaken in a closely simulated workplace environment
5. Guidance information for assessment	Holistic assessment with other units relevant to the industry subsector, workplace and job roles is recommended.