

| Learning Outcome | Content | Suggested Assessment Methods |
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| 6. Document meal planning and management | <ul style="list-style-type: none"> • Record keeping and inventory | <ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews |

Suggested Methods of Delivery

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

Recommended Resources

- WHO guidelines
- MOH
- Ministry of Education
- Skills lab
- Use of LCDs, video clips, charts and other teaching aids
- Invitation of competent expertise
- Computers with internet
- Library and resource centre

MATERNAL, INFANT AND CHILD NUTRITION

UNIT CODE: MED/CU/NUD/CR/06/6/A

Relationship to Occupational Standards

This unit addresses the unit of competency: manage maternal , infant and child nutrition

Duration of Unit: 220 hours

Unit Description

This unit specifies the competencies required to manage maternal and child nutrition.it involves advising on nutrition requirement during pregnancy, managing preterm and low birth weight baby, informing on complementary feeding and weaning, managing challenges in maternal child nutrition, providing nutrient supplementation in pregnancy and childhood and documenting maternal and child nutrition care

Summary of Learning Outcomes

- 1 Advice on nutrition requirement during pregnancy
- 2 Manage preterm and low birth weight baby
- 3 Inform on complementary feeding and weaning
- 4 Manage challenges in maternal child nutrition
- 5 Provide nutrient supplementation in pregnancy and childhood
- 6 Document maternal and child nutrition care

Learning Outcomes, Content and Suggested Assessment Methods

| Learning Outcome | Content | Suggested Assessment Methods |
|---|---|---|
| 1. Advice on nutrition requirement during pregnancy | <ul style="list-style-type: none">• Critical stages in pregnancy; implantation, differentiation and growth• Weight monitoring and gain during pregnancy• Pregnancy induced conditions and complications• Management/interventions for macro and micronutrient deficiencies during pregnancy (IFAS), ANC attendance and preparations/planning for delivery• Nutrition requirements during pregnancy; energy, protein, fat, vitamins, minerals, water | <ul style="list-style-type: none">• Written .• Observation• Third party report• Oral questioning• Interviews• Written .• Observation• Third party report• Oral questioning• Interviews |

| Learning Outcome | Content | Suggested Assessment Methods |
|---|--|--|
| 2. Advice on nutrition requirement during lactation | <ul style="list-style-type: none"> • Meaning of lactation, breast feeding, colostrum, fore milk, hind milk • Processes of lactation; hormaonal control of lactation • Comparison of nutrient contents of breast milk and breast milk substitutes • Nutrition requirements during lactation; energy, protein, fat, vitamins, minerals and fluids and water • Strategies to support lacating mother to breast feed exclusively for 6 months • BMS code, BFHI, BFCI • Supplementation during lactation | <ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews |
| 3. Manage preterm and low birth weight baby | <ul style="list-style-type: none"> • Nutrition interventions for pre-term and low birth weight babies, kangaroo, fortification of breast milk, • Feeding of a neonate in the incubator, enteral nutrition and parenteral nutrition | <ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews |
| 4. Inform on breast feeding | <ul style="list-style-type: none"> • Exclusive breast feeding and its benefits, duration of EBF • Feeding on colostrum, benefits of colostrum and breast feeding • Breast feeding in challenging situations/Replacement feeding | <ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews |
| 5. Inform on complementary feeding | <ul style="list-style-type: none"> • Copponents of complementary feeding; timely introduction to complementary feeding, meal frequencies for breast fed and non breast fed infants, dietary diversity, minimum acceptable diets, responsive feeding | <ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews |

| Learning Outcome | Content | Suggested Assessment Methods |
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| | <ul style="list-style-type: none"> • Energy requirements for infants 6-23 months • Continued breast feeding at 2 years and beyond • Hygiene water and food handling • Feeding containers • Growth monitoring and immunization protocols | |
| 6. Manage challenges in maternal child nutrition | <ul style="list-style-type: none"> • Management of infant nutrition challenges; spina bifida, cleft lip/palate, cretinism, phenylketonuria • Management of maternal nutrition challenges; medical conditions | <ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews |
| 7. Provide nutrient supplementation in pregnancy and childhood | <ul style="list-style-type: none"> • Micronutrient supplementation protocols for pregnant, lactating mothers and children 0-59 months | <ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews |
| 8. Document maternal and child nutrition care | <ul style="list-style-type: none"> • Registers and record keeping of maternal infant and young child services | <ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews |

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