

NUTRITION EDUCATION AND COUNSELLING

UNIT CODE: MED/CU/NUD/CR/07/6/A

Relationship to Occupational Standards

This unit addresses the unit of competency: conduct nutrition education and counselling

Duration of Unit: 70 hours

Unit Description

This unit specifies the competencies required to manage nutrition and dietetic services. It includes: assessing concepts of counselling, evaluating patients' response to nutritional care plan, exploring dietary modifications and supporting the client with acceptance of nutrition care plan.

Summary of Learning Outcomes

1. Assess concepts of counselling
2. Evaluate patients' response to nutritional care plan
3. Explore dietary modifications
4. Support the client with acceptance of nutrition care plan

Learning Outcomes, Content and Suggested Assessment Methods

| Learning Outcome | Content | Suggested Assessment Methods |
|---|--|---|
| 1. Assess concepts of counselling | <ul style="list-style-type: none">• Meaning of nutrition education and counselling• Counselling environment and requirements• Importance of nutrition counselling• Counselling techniques eg empathy etc• Steps in nutrition counselling• Tools and items used in nutrition education and counselling eg food models, charts• Key messages for nutrition education and counselling | <ul style="list-style-type: none">• Written .• Observation• Third party report• Oral questioning• Interviews• Charts• Food models |
| 2. Evaluate patients' response to nutritional care plan | <ul style="list-style-type: none">• Students to be taken through counselling steps practically and produce/construct counselling cards | <ul style="list-style-type: none">• Written .• Observation• Third party report |

| Learning Outcome | Content | Suggested Assessment Methods |
|--|---|--|
| | <ul style="list-style-type: none"> Follow up, appointment cards/TCAs | <ul style="list-style-type: none"> Oral questioning Interviews Role playing |
| 3. Explore dietary modifications | <ul style="list-style-type: none"> Nutrition counselling in different disease state Use of counselling cards and other counselling aids as appropriate Specific modifications | <ul style="list-style-type: none"> Written . Observation Third party report Oral questioning Interviews |
| 4. Support the client with acceptance of nutrition care plan | <ul style="list-style-type: none"> Preparation of food and meal plans for the client Follow up on the implementation and uptake of food and meal plans as implemented by the client , use of TCAs Provision of dietary brochures and other education materials for the patient to support chnge and uptake of the modified diets | <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 compeptent expertise
- Computers with internet
- Library and resource centre