

AHP14 Monitor and review individual's progress in relation to maintaining optimum nutritional status

About this workforce competence

This workforce competence covers monitoring and reviewing an individual's progress in relation to maintaining optimum nutritional status.

Links

This workforce competence links with the following dimensions and levels within the NHS Knowledge and Skills Framework (August 2004)

Dimension: Health and Well-Being: 6 – Assessment and treatment planning related to the structure and function of physiological and psychological systems.

Level: 2

Origins

This is a new workforce competence developed for Allied Health Profession Support by Skills for Health.

Key words and concepts

Informed consent

informed consent given by the individual to discussions of facts of a personal nature, being touched and to having their measurements taken. Consent may be verbal or written.

Scope

Individuals

individuals who are:

- a) adults
- b) children
- c) older people
- d) with communication differences

Measurements

measurements could include:

- a) waist circumference
- b) weight
- c) height
- d) other recognised anthropometric measures (e.g. mid arm circumference, triceps skinfold).

Performance criteria

You need to:

1. confirm the **individual's** details at the start of the review session
2. create an environment suitable for frank, confidential discussion and taking measurements
3. obtain the individual's **informed consent** to having **measurements** taken
4. take and interpret specified **measurements** from the individual in accordance with your scope of practice
5. review and analyse the individual's food diary, if available
6. ask the individual to explain their experiences, successes and difficulties with the nutritional plan since the last session
7. discuss the individual's experiences and review the effectiveness of the nutritional plan in meeting the agreed objectives
8. suggest modifications (*e.g. cooking methods, substituting foods and drinks*), where necessary, consistent with the nutritional objectives
9. reaffirm the benefits of adhering to the nutritional plan and other lifestyle changes and the effects this will have on their health
10. set further review dates, if appropriate
11. maintain clear, accurate and legible records in accordance with organisational policies

Knowledge and understanding

You need to apply:

Legislation, Policy and good practice

- K1 A factual awareness of the current European and national legislation, national guidelines and local policies and protocols which affect your work practice in relation to helping individuals maintain optimum nutritional status
- K2 A working understanding of your responsibilities under the current European and national legislation, national guidelines and local policies and protocols, on your actions within the environment in which you work
- K3 A working understanding of the effects of different cultures and religions on medication, timing, eating
- K4 A factual awareness of organisational policy on confidentiality
- K5 A factual awareness of the principle of informed consent and how to obtain informed consent from individuals
- K6 A working understanding of the policies and guidance which clarify your scope of practice and the relationship between yourself and the practitioner in terms of delegation and supervision
- K7 A working understanding of the importance of monitoring and evaluating an individual's progress in relation to maintaining optimum nutritional status

Care and Support of the individual

- K8 A working understanding of the importance of encouraging individuals to ask questions, and how to do so
- K9 A working understanding of how to create a suitable environment for frank and confidential discussion
- K10 A working understanding of the importance of involving individuals in discussions, and how to do so
- K11 A working understanding of the importance of obtaining full and accurate information about an individual's progress, and how to do so
- K12 A factual awareness of the details of the local registered dietitian
- K13 A working understanding of the importance of providing constructive feedback and encouragement in relation to the individual's progress and the techniques for doing so effectively

Procedures and techniques

- K14. A factual awareness of the importance of obtaining full and accurate information about individuals, and how to do so
- K15. A working understanding of motivational interviewing techniques, and how to apply them
- K16. A factual awareness of anatomy and physiology and their relevance to maintaining optimum nutritional status
- K17. A factual awareness of the organs of the human body and their functions
- K18. A factual awareness of how to calculate an individual's Body Mass Index and how to apply this information
- K19. A factual awareness of the meaning of lipid levels (Triglycerides, LDL cholesterol)
- K20. A factual awareness of how to measure individual's weight, waist circumference, height and mid-arm circumference
- K21. A factual awareness of the importance of waist circumference and skin fold thickness in relation to dietary change
- K22. A working understanding of how to interpret measurements taken from the individual to inform the type of support you provide
- K23. A factual awareness of the 'balance of good health' model
- K24. A factual awareness of the nutritional values attributed to different food groups
- K25. A working understanding of the make-up of an ideal nutritional plan
- K26. A working understanding of the ways in which nutritional plans can be adapted and tailored to meet individuals needs
- K27. A working understanding of any adaptations which are not within you scope of practice and the appropriate action to take in these situations
- K28. A working understanding of how to interpret measurements taken from an individual to inform the type of support you provide
- K29. A factual awareness of the alternative options within different food groups
- K30. A factual awareness of different cooking methods
- K31. A factual awareness of the effects and side effects of additives and preservatives
- K32. A factual awareness of the role of alcohol within a nutritional plan (e.g. red wine)
- K33. A working understanding of cultural diversity and how that may impact upon the nutritional plan
- K34. A working understanding of how ethnic diets differ
- K35. A working understanding of the considerations of financial/social circumstances on nutritional intake

- K36. A factual awareness of the impact of additional medical conditions on nutritional intake
- K37. A factual awareness of the types of nutritional plan
- K38. A working understanding of the relationship between exercise, diet and weight management
- K39. A working understanding of how to maintain a food diary and review it

Records and documentation

- K40 A working understanding of record keeping practices and procedures in accordance with organisational policies and professional standards