

SFHCS24

Contribute to meeting the nutritional needs of babies, children and young people



Overview

This standard covers the assessment, monitoring and support of the general nutritional status of babies, children and young people receiving a range of services. It includes working in partnership with parents, carers and others who may have responsibility for providing nutrition for babies, children and young people. It is concerned with the oral intake of food and nutrition and includes support for children with specific dietary needs.

Users of this standard should ensure that practice reflects up to date policies and procedures.

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Performance criteria

You must be able to:

- P1 in partnership with parents and carers, establish the child's pattern of growth from birth to date using relevant records
- P2 carry out and accurately record initial physiological measurements of height, weight and body mass according to age and developmental level
- P3 establish the daily dietary requirements to meet nutritional needs for the child according to age, physical condition, underlying pathology and level of development
- P4 identify any:
 - P4.1 contra-indicated foods
 - P4.2 personal preferences
 - P4.3 eating/drinking difficulties the child may have
- P5 agree and record dietary requirements and monitoring arrangements in plan of care according to organisational policy
- P6 share information concerning dietary preferences, contra-indications and special arrangements with parents, carers, practitioners and others in contact with the child
- P7 encourage children and young people to choose healthy options from food choices that meet their requirements and preferences
- P8 provide physical/psych support to encourage children to feed themselves independently according to age and developmental capability
- P9 provide special equipment to assist independent eating/drinking
- P10 provide support for children unable to feed themselves without assistance, where appropriate using techniques such as postural support / appropriate seating / jaw control to help children who have specific difficulties
- P11 monitor the daily food and drink intake of children in line with established dietary requirements and health needs
- P12 support and encourage children with reduced appetite to maintain their nutritional intake
- P13 carry out regular physiological measurements according to plan of care
- P14 report and document any deviation from agreed reference point for weight gain/loss and agree course of action
- P15 document any agreed changes to feeding and nutritional arrangements in care plan

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Knowledge and understanding

You need to know and understand:

- K1 the legislation which relates to work with children and young people including:
 - K1.1 information sharing,
 - K1.2 the provision of services,
 - K1.3 the rights of children,
 - K1.4 anti-discriminatory practice,
 - K1.5 parental responsibility
 - K1.6 child protection
- K2 how to interpret and apply legislation to the work being undertaken
- K3 the professional standards and codes of practice for your area of work within children's services and how to interpret and apply these
- K4 how to balance your responsibilities as a professional with organisational and contractual requirements
- K5 the nature, aims, objectives, values, policies and systems of the organisation in which you work
- K6 the contractual arrangements relating to the services which you offer through your organisation
- K7 the nature, extent and boundaries of your work role and its relationship to others in the organisation
- K8 the roles of other health and social care practitioners and how they relate between and across agencies
- K9 the ethics concerning consent and confidentiality, and the tensions which may exist between an individual's rights and the organisation's responsibility to individuals
- K10 the legal framework for consent in childhood, including when children and young people are entitled to give consent for themselves, and the role and responsibility of those with parental responsibility for the child or young person in giving consent.
- K11 the importance of gaining assent from children and young people who lack capacity to consent
- K12 appropriate methods of obtaining informed consent and how to confirm that sufficient information has been provided on which to base this judgement
- K13 the situations when consent may not be required e.g. under relevant mental health legislation
- K14 how to deal with issues of confidentiality and who has the right of access to information that has been recorded
- K15 the key government policies relating to the health and well-being of children
- K16 the main issues and debates relating to the health and well-being of

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- children and young people
- K17 the guidance that is available for you own practice, and the sources of the guidance
- K18 evidence based practice relating to childhood nutrition, and its role in improving health and well being
- K19 the main trends and changes relating to the health and well-being of children and young people
- K20 the main conditions affecting children and young people in your area of practice
- K21 the differing needs of children and young people at different stages of their lives
- K22 child development, including physiological and psychological development
- K23 the impact of parenting capacity on the health and well-being of children and young people
- K24 the impact of family and environment on the health and well-being of children and young people
- K25 how the needs of children and young people may affect others
- K26 the contributing factors that increase the risk of significant harm to children and young people
- K27 the correct equipment and procedures needed to ensure accurate weight and height measurement of children at different ages
- K28 the theory and use of percentile charts, including the importance of accurate recording
- K29 child development from birth, including expected growth patterns and average weight e.g. that the pattern of weight gain will differ between breast fed and bottle fed babies
- K30 how to calculate Body Mass Index and the relevance of this to the assessment of children's long term health; the British BMI reference cut offs for overweight and obesity
- K31 the nutritional value of different foods and the dietary function of nutrients, including macro and micro nutrients
- K32 the current dietary guidelines to promote health, including dietary reference values
- K33 the specific nutritional requirements and dietary needs of children and young people including calorie requirements for growth and how these may be affected by the child's illness
- K34 different culturally determined dietary preferences
- K35 the diseases and conditions requiring specially adapted diets, including diet related diseases, common food allergies and intolerance
- K36 the preparation and handling of infant feeds, including breast milk and breast milk substitutes
- K37 the techniques that can be used to support and encourage children to eat and drink

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- K38 the psycho social factors linked with and causing poor growth – non-organic failure to thrive
- K39 the importance of sharing information about and dietary restrictions or issues with parents, carers and other professionals
- K40 the role of different members of the health team in developing children's eating and drinking skills and how to refer appropriately

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Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB2 Assessment and care planning to meet health and well-being needs

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