

Title	Promote nutrition and hydration in health and social care settings
Unit Accreditation Ref	FSN 301
Level	3
Credit value	4

Learning outcomes <i>The learner will</i>	Assessment criteria <i>The learner can:</i>
1. Understand what makes up a balanced diet	1.1 Define the main food groups 1.2 Identify sources of essential nutrients 1.3 Explain the role of essential nutrients for health 1.4 Evaluate the impact of poor diet on health and wellbeing 1.5 Explain what adaptations to a balanced diet may be required for different groups
2. Understand nutritional guidelines	2.1 Summarise current national nutritional guidelines for a balanced diet 2.2 Explain how to access additional support and information relating to nutrition and hydration
3. Be able to promote nutrition in health and social care settings	3.1 Explain the importance of a balanced diet 3.2 Demonstrate how to plan an appropriate balanced diet with an individual 3.3 Demonstrate how to promote an appropriate balanced diet with an individual 3.4 Evaluate the effectiveness of different ways of promoting healthy eating
4. Be able to promote hydration in health and social care settings	4.1 Explain the importance of hydration 4.2 Describe signs of dehydration 4.3 Demonstrate ways to support and promote hydration with individuals 4.4 Evaluate the effectiveness of different ways of supporting and promoting hydration
5. Understand how to prevent malnutrition in health and social care settings	5.1 Describe the factors that may affect nutritional intake 5.2 Describe the risk factors that may lead to malnutrition 5.3 Describe the signs of malnutrition 5.4 Explain ways of ensuring foods and drinks have increased nutritional density through fortification 5.5 Describe the appropriate use of nutritional supplements
6. Be able to carry out nutritional screening in health and social care settings	6.1 Describe the purpose of nutritional screening 6.2 Carry out nutritional screening 6.3 Implement the actions identified by nutritional screening 6.4 Monitor, record and review the actions taken following nutritional screening
7. Be able to monitor and record nutrition and hydration needs	7.1 Describe the roles and responsibilities of others in assessing and managing the nutritional and hydration needs with individuals

with individuals in health and social care settings	7.2 Explain ways in which nutrition and hydration can be monitored 7.3 Monitor and record nutrition and hydration of an individual in accordance with their plan of care
8. Understand factors that affect special dietary requirements in health and social care settings	8.1 Describe factors that may promote healthy eating in different groups 8.2 Describe factors that may create barriers to healthy eating for different groups 8.3 Explain why individuals may have special dietary requirements 8.4 Explain why it is important for individuals with special dietary requirements to follow special diets

Additional information about the unit	
Unit purpose and aim(s)	This unit is aimed at learners who work in a wide range of health and social care settings. The unit develops the learners' knowledge and skills in planning and promoting health and wellbeing through nutrition and hydration. It covers nutritional monitoring and screening and develops an understanding of the roles and responsibilities of other key professionals.
Unit expiry date	30/4/16
Details of the relationship between the unit and relevant national occupational standards or other professional standards or curricula (if appropriate)	Links to NOS HSC 213
Guidance for developing assessment arrangements for the unit (if appropriate)	<p>Balanced diet is one containing a variety of foods to ensure adequate intake of all nutrients that are essential for health</p> <p>Different groups may include:</p> <ul style="list-style-type: none"> ▪ older people that are in good health ▪ people of different genders ▪ people with health problems ▪ people with dementia ▪ people with disabilities ▪ people with learning disabilities ▪ people from different cultures ▪ vegetarians and vegans etc <p>Factors can include:</p> <ul style="list-style-type: none"> ▪ Culture and religion ▪ Individual preferences and habits ▪ Physical factors – positioning, oral hygiene etc ▪ Psychological factors – depression, eating disorders etc ▪ Income, lifestyle and social convention ▪ Advertising and fads ▪ Family and peer group influences ▪ Ethics, morals and political beliefs ▪ Neglect <p>Fortification involves the enriching of food or drink</p>

and could include the addition of the following items to increase energy and nutrient content: milk powder, evaporated milk, cheese, butter, cream, sugar, syrup, dried fruits, figs, prunes, potatoes, branded food fortifications etc

Health refers to general physical health and healthy weight (i.e. BMI in the accepted range for the individual's group)

Healthy diet is one based on sound nutritional principles. It would usually feature

- High consumption of fruits & vegetables
- Low consumption of red meat & fatty foods
- Meals based on starch foods
- Raw foods & whole grains are preferred to processed or refined foods
- Protein primarily from fish, dairy products, nuts
- Low consumption of salt, pepper, sugar, saturated fats, coffee & other caffeinated beverages
- Low consumption of alcohol
- Drinking plenty of water
- Organic and/or unprocessed foods—ie, produced without pesticides and chemical preservatives

Individual is someone requiring care or support

Nutritional guidelines refers to the latest national guidance for appropriate groups

Nutritional supplements are products with potential health benefits that are added to the diet when it lacks some or all of the following: energy, protein, vitamins or minerals (e.g. nutritional supplement drinks, vitamin and mineral additives)

Others may include:

- the individual
- family and friends
- carers
- colleagues
- other professionals eg district nurses, GP's, dieticians, speech and language therapist etc

Plan of care records the day to day requirements and preferences for care and support. It may be known by another name e.g. care plan, support plan, individual plan.

Risk factors could include those listed under 'factors' and also:

- Dysphagia - eating, drinking or swallowing problems
- Effects of medication
- Communication
- Understanding of healthy and balanced diet appropriate to the individual

Special diets/special dietary requirements in this context may include therapeutic diets for an

	<p>illness or condition (e.g. food allergy, diabetes, eating, drinking or swallowing difficulty - Dysphagia, coeliac disease) or may include those that may <i>prevent / limit / promote / meet</i> one or more of the following:</p> <ul style="list-style-type: none"> ▪ Aspiration/choking ▪ Appetite ▪ Weight (i.e. underweight or overweight) ▪ Personal choice and control (e.g. vegan and vegetarian or cultural and religious choices) <p>Wellbeing refers to a state where human needs are met and one can meaningfully pursue goals and enjoy a satisfactory quality of life</p>
Assessment requirements or guidance specified by a sector or regulatory body (if appropriate)	This unit needs to be assessed in line with the Skills for Care and Development QCF Assessment Principles
Support for the unit from a SSC or other appropriate body (if required)	Skills for Care and Development
Location of the unit within the subject/sector classification system	01 Health, Public Services and Care
Name of the organisation submitting the unit	
Availability for use	Shared
Unit available from	1/5/11
Additional guidance	See 'Guidance for developing assessment arrangements for the unit'