

APPLY DIET THERAPY

UNIT CODE: 0915 551 15A

TVET CDACC UNIT CODE: HOS/OS/FBM/CC/01/6/MA

UNIT DESCRIPTION

This unit specifies the competencies required to apply diet therapy. It includes application of principles of diet therapy, managing diseases and conditions using diet therapy and application of home nursing care.

ELEMENTS AND PERFORMANCE CRITERIA

| ELEMENT These describe the key outcomes which make up workplace function . | PERFORMANCE CRITERIA These are assessable statements which specify the required level of performance for each of the elements. <i>Bold and italicized terms are elaborated in the range.</i> |
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| 1. Apply principles of diet therapy | 1.1 <i>Dietary requirements</i> are applied as per the nutritional needs 1.2 <i>Required dietary allowances</i> (RDA) of various groups are applied as per clients nutritional needs 1.3 Therapeutic diet is designed as per clients nutritional needs. |
| 2. Manage diseases and conditions using diet therapy | 2.1 <i>Client nutritional conditions</i> determined as per client medical history. 2.2 Nutritional requirements are determined as per client's health condition. 2.3 Therapeutic diets are applied as per nutritional requirements. 2.4 <i>Modified diets</i> produced as per work procedures and relevant resource materials. |
| 3. Apply home nursing care | 3.1 Assessment of the client's nutritional need is conducted as per work place requirement 3.2 Knowledge of <i>home nursing care</i> is applied as per client's needs. 3.3 Home nursing care plan is developed as per client's needs. 3.4 Home nursing care is administered as per work place requirements. 3.5 Hygiene and safety practices are applied as per work place requirement. |

RANGE

This section provides work environments and conditions to which the performance criteria apply. It allows for different work environment and situations that will affect performance.

| Variable | Range |
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| Dietary requirements may include but are not limited to: | <ul style="list-style-type: none"> • Vitamins • Minerals salts |

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| | <ul style="list-style-type: none"> • Proteins • Carbohydrates • Fats and oils • Roughages • Water |
| Required dietary allowances may include but are not limited to: | <p>Recommended quantities in the body for:</p> <ul style="list-style-type: none"> • Vitamins • Minerals salts • Proteins • Carbohydrates • Fats and oils |
| Client nutritional condition may include but not limited to: | <ul style="list-style-type: none"> • Under nutrition • Over nutrition • Nutrition related chronic conditions • Food allergies and intolerances • Eating disorders • Special life stages • Gastrointestinal disorders • Metabolic disorders |
| Modified diets may include but are not limited to: | <ul style="list-style-type: none"> • Consistency modified diet (pureed, soft, liquid) • Nutrients modified diet {low sodium, low fat, high protein} • Allergy and intolerance-based diet (gluten free, lactose, allergy specific) • Theraphetic diet (renal, cardiac,) • Cultural or ethnically modified (vegetarian, kosher) • Calorie modified diet (high, low) |
| Home nursing care may include but not limited to | <ul style="list-style-type: none"> • Medical care • Personal care • Rehabilitative care • Palliative and end of -life care • Specialized care |

REQUIRED KNOWLEDGE AND UNDERSTANDING

The individual needs to demonstrate knowledge of:

Knowledge

- Digestive system
- Human nutrition
- Macro and micro nutrients
- Energy requirements

- Nutrients deficiencies
- Special nutritional needs
- Chronic diseases
- Food allergies
- Therapeutic

Skills

The individual needs to demonstrate the following skills:

- Nutritional skills
- Communication skills
- Dietary planning
- Meal planning
- Counselling skills
- Food science skills
- Food preparation skills
- Record keeping skills

EVIDENCE GUIDE

This provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge and range.

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| <p>1. Critical Aspects of Competency</p> | <p>Assessment requires evidence that the candidate:</p> <p>1.1 Dietary requirements are applied as per the nutritional needs</p> <p>1.2 Required dietary allowances (RDA) of various groups are applied as per clients' nutritional needs</p> <p>1.3 Therapeutic foods are provided as per client nutritional needs.</p> <p>1.4 Client nutritional conditions determined as per client medical history.</p> <p>1.5 Nutritional requirements are determined as per client's health condition.</p> <p>1.6 Therapeutic diets are designed as per nutritional requirements.</p> <p>1.7 Assessment of the client's nutritional need is conducted as per work place requirement</p> <p>1.8 Knowledge of home nursing care is applied as per client's needs</p> <p>1.9 Home nursing care plan is developed as per client's needs.</p> <p>1.10 Home nursing care is administered as per work place requirements.</p> <p>1.11 Hygiene and safety are practiced as per workplace requirements</p> |
| <p>2. Resource implications</p> | <p>The following resources should be provided:</p> <p>2.1 Appropriately simulated environment where assessment can take place.</p> <p>2.2 Access to relevant assessment environment.</p> |

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| | 2.3 Resources relevant to the proposed assessment activity or tasks. |
| 3. Methods of assessment | Competency in this unit may be assessed through: <ul style="list-style-type: none"> 3.1 Practical 3.2 Project 3.3 Third party report 3.4 Portfolio of evidence 3.5 Written tests 3.6 Oral questioning |
| 4. Context of Assessment | 4.1 Competency may be assessed in a workplace or in a simulated workplace. |
| 5. Guidance information for assessment | 5.1 Holistic assessment with other units relevant to the industry subsector, workplace and job roles is recommended. |