

COMMUNITY HEALTH AND NUTRITION EDUCATION

UNIT CODE: MED/CU/NUD/CR/05/5/A/A

Relationship to Occupational Standards

This unit addresses the unit of competency: conduct community health and nutrition education and counseling.

Duration of Unit: 56 hours

Unit Description

This unit specifies the competencies required to conduct community health and nutrition education and counseling. It involves assessing concepts of counselling, evaluating patients' response to nutritional care plan, exploring dietary modifications and supporting the client with acceptance of nutrition care plan. It also includes demonstrating knowledge in nutrition during Infancy (0-24 months).

Summary of Learning Outcomes

- 1 Asses 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. Asses 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 ffod 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 | <ul style="list-style-type: none">• Written .• Observation |

| Learning Outcome | Content | Suggested Assessment Methods |
|---|---|--|
| | cards <ul style="list-style-type: none"> • Follow up, appointment cards/TCAs | <ul style="list-style-type: none"> • Third party report • 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 |
| 7. Provide nutrition education on infant and young child nutrition and care | <ul style="list-style-type: none"> • Meaning of terms • Nutrition requirements dring 0-6 months;exclusive breast feeding as per WHO/UNICEF recommendations, developmental milestone and immunization as per WHO/UNICEF recommendation • Breast feeding in vulnerable situations; HIV and AIDS, low birth weight and pre-term babies • Initiatives to promote good breast feeding practices • Nutrition requirements and feeding of 6 months to 8 monts baby; MMF, DD, MAD, breast feeding on demand responsive feeding, developmental milestone and immunization as per WHO/UNICEF | <ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews |

| Learning Outcome | Content | Suggested Assessment Methods |
|------------------|---|------------------------------|
| | <p>recommendation</p> <ul style="list-style-type: none"> • Nutrition requirements and feeding of 9- months to 11 months baby MMF, DD, MAD, breast feeding on demand responsive feeding, developmental milestone and immunization as per WHO/UNICEF recommendation • Nutrition requirements and feeding of 12- months to 24 months baby MMF, DD, MAD, breast feeding on demand responsive feeding, developmental milestone and immunization as per WHO/UNICEF recommendation | |

Suggested Methods of Instruction

- 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 competent expertise
- Computers with internet
- Library and resource centre