

## CONDUCT COMMUNITY HEALTH AND NUTRITION EDUCATION AND COUNSELLING

**UNIT CODE:** MED/OS/NUD/CR/05/5/A

### 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).

### ELEMENTS AND PERFORMANCE CRITERIA

<b>ELEMENT</b> These describe the <b>key outcomes</b> which make up <b>workplace function</b> .	<b>PERFORMANCE CRITERIA</b> These are <b>assessable</b> statements which specify the required level of performance for each of the elements. <i><b>Bold and italicized terms are elaborated in the range.</b></i>
1. Asses concepts of counselling	1.1 <b>Counselling techniques</b> are identified as per work place procedures 1.2 Counselling environment is identified as per work place procedures 1.3 Ethical principles of counselling are observed as per work place policy
2. Evaluate patients' response to nutritional care plan	2.1 Client dietary compliance is assessed as per work place procedure 2.2 Client knowledge on recommended diet is tested as per work place procedures 2.3 Counselling goals are monitored as per work place policy
3. Explore dietary modifications	3.1 Critical nutrition actions are observed as per work place procedures 3.2 Diet recommendation are given as per work place procedures 3.3 Result of nutrition assessment are interpreted as per work place policy
4. Support the client with acceptance of nutrition care plan	4.1 The acceptability, tolerance and consumption of meals by the client are reported to the dietitian or relevant health professional 4.2 Problems which may lead to poor acceptance and/or tolerance of the nutrition care plan by client are reported to the dietitian 4.3 Information regarding nutrition care plan is provided to client when appropriate and as directed by dietitian or relevant health

	<p>professional</p> <p>4.4 Feedback about changes to food preferences and nutrition care are provided to catering/food services and to dietitians</p>
5. Demonstrate knowledge in nutrition during Infancy(0-24 months)	<p>5.1 Nutrition related terminologies in infancy are identified as per the existing policies and guideline</p> <p>5.2 Nutrition requirements for infants 0-6 months/breast feeding indicators are described as per MOH, WHO/UNICEF policies and guidelines</p> <p>5.3 Breast feeding in vulnerable situations and in the context of HIV and AIDS are describes as per MOH, WHO/UNICEF policies and guidelines</p> <p>5.4 Initiatives to promote good breast-feeding practices are identified and described as per MOH, WHO/UNICEF policies and guidelines</p> <p>5.5 Nutrition requirements and need of infants 0-6 months are identified and described as per MOH, WHO/UNICEF policies and guidelines</p> <p>5.6 Nutrition requirements and feeding of infants 9 months to 11 months are described as per MOH, WHO/UNICEF policies and guidelines</p> <p>5.7 Nutrition requirements and feeding of infants 12 months to 24 months are described as per MOH, WHO/UNICEF policies and guidelines</p>

### 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
	May include but not limited to:
1. Counselling techniques may include but are not limited to:	<p>1.1 Family therapy</p> <p>1.2 Cognitive distortion</p> <p>1.3 Cognitive behavioral therapy</p> <p>1.4 Communication skill</p>

### REQUIRED KNOWLEDGE AND UNDERSTANDING

The individual needs to demonstrate knowledge of:

#### Knowledge

- Etiology

- Anatomy and physiology
- Macro and micro nutrients
- Nutrition and disease

### Skills

The individual needs to demonstrate the following skills:

- ICT
- Communication
- Information technology
- Analysis
- Synthesis and evaluation
- Decision making
- Management
- Leadership

### EVIDENCE GUIDE

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

1. Critical Aspects of Competency	Assessment requires evidence that the candidate: Demonstrates; 1. 1Ability to asses' concepts of counselling 1. 2Ability to evaluate patients' response to nutritional care plan 1. 3Ability to explore dietary modifications 1. 4Ability to support the client with acceptance of nutrition care plan
2. Resource Implications	The following resources must be provided: 2.1 Library 2.2 Skills lab 2.3 Nutrition counselling room 2.4 Food models
3. Methods of Assessment	Competency may be accessed through: 3.1 Written tests 3.2 Oral questioning 3.3 Third party reports 3.4 Case studies
4. Context of Assessment	Competency may be assessed: 4.1 On the job

	4.2 Off the job 4.3 In work placement (attachment) Off the job assessment must be undertaken in a closely simulated workplace environment
5. Guidance information for assessment	Holistic assessment with other units relevant to the industry subsector, workplace and job roles is recommended.

easytvvet.com