

091506T4NUT

NUTRITION AND DIETETICS LEVEL 6

MED/OS/NUD/CR/04/6/A

Conduct Nutrition Care Process

March/April 2025



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

PRACTICAL ASSESSMENT

INSTRUCTIONS TO ASSESSOR

1. Assess the candidate as the practical progresses observing the critical areas
2. You are required to mark the practical as the candidate perform the tasks
3. You are required to take video clips at critical points
4. Ensure the candidate has a name tag and registration code at the back and front

OBSERVATION CHECKLIST

Candidate's Name & Registration Code			
Assessors Name & Registration Code			
Venue of Assessment			
Date of Assessment			
Items to be Evaluated: <i>Please award marks as appropriate. Give a brief comment on your observation.</i>	Marks Available	Marks Obtained	Comments
TASK 1: Conduct The Following Assessments			
1. Donned the right attire • Lab coat • Closed shoes (Award 1 mark each)	2		
2. Arranged the room • Ventilated room • Arranged seats and table (Award 1 mark each)	2		
3. Measured waist and hip circumference • Waist circumference measured halfway between the lower ribs and the iliac crest • Hip circumference measured at the largest circumference around the buttocks. • Circumferences were measured using a flexible narrow non stretch tape with the woman wearing minimal clothing, standing straight but not pulling in her abdomen • Calculated the waist hip ratio (waist circumference/ hip circumference)	10		

• Interpreted the results, risk indicators >0.85 for women, >1.0 for men (Award 2 marks each)			
4. Assessed skinfold thickness from either the biceps, triceps, subscapular or Suprailiac • Patient sat or stood in an upright position. • The site to be measured was marked once identified. • A non-stretchable tape used to locate anatomical midpoints on the body. • The skinfold was firmly grasped by the thumb and index finger of the left about 1 cm proximal to the skinfold and pulled away from the body • Candidate placed the contact surface of the caliper at a 90° angle to the skinfold • The dial was read approx. 4 seconds after the pressure from the measurer's hand had been released on the lever arm of the caliper. • Measurement was recorded to the nearest 0.2 mm. (Award 1 marks for correct measurement technique)	7		
5. Conducted clinical assessment of oedema • Candidate wore gloves • Applied thumb pressure on swollen areas of the body for three seconds	4		

• Observed the presence of pitting • Graded the oedema; Grade 1: Immediate rebound with 2-millimeter (mm) pit, Grade 2 Less than 15-second rebound with 3 to 4 mm pit. (Award 1 marks for each))			
6. Took the blood pressure reading • The patient's blood pressure was taken while the patient was seated • Wrapped the cuff around the upper arm with the cuff's lower edge one inch above the antecubital fossa. • Lightly pressed the stethoscope's bell over the brachial artery just below cuff's edge. • Rapidly inflated the cuff to 180mm • Released air from the cuff at a rate (3mm/sec). • Listened with the stethoscope and simultaneously observed the sphygmomanometer. The first knocking sound is the subject's systolic pressure. When the knocking sound disappears, that is the diastolic pressure. • Recorded the pressure. Normal range 120/80mm/Hg (Award 1 mark for each)	7		
7. Properly disposed the gloves • Disposed the gloves used in the bin (Award 1 mark for each)	1		
Sub- Total 1	33		

TASK 2: Using The Assessment Data Obtained, Come Up with A Nutrition Diagnosis			
8. Came up with a nutrition diagnosis from the assessment data • <i>Proper statement of problem</i> • <i>Correct etiology</i> • <i>Relevant signs/symptoms</i> (Award 2 marks each)	6		
Sub- Total 2	6		
TASK 3: Provide Nutrition Counselling as The Nutrition Intervention			
9. Collected relevant nutrition counselling material(s) • <i>Food pyramid</i> (Award 1 mark)	1		
10. Informed client on hypertension • <i>Definition of hypertension</i> • <i>Causes</i> • <i>Risk factors</i> • <i>Signs and symptoms</i> • <i>Complications that can arise if the condition is not managed</i> (Award 2 marks for each)	10		
11. Counselling on physical activity • <i>Defined physical activity</i> • <i>Gave examples of physical activities; skipping, brisk walking, running etc.</i> • <i>Recommended time for the physical activities- at least 30 minutes daily for 5 days a week</i> • <i>Mentioned benefits of exercise</i>	6		

• <i>Inquired the physical activities the client is comfortable to start with</i> • <i>Found out any barriers to engaging in physical activities: injuries</i> (Award 1 mark each)			
12. Recommended to the woman dietary approaches to manage and control hypertension • <i>Increase consumption of fruits and vegetables</i> • <i>Avoid intake of wine/alcohol</i> • <i>Limit consumption of foods high in sugar, fat and salt</i> • <i>Increase consuming foods high i</i> • <i>Enumerated foods to eat and tho avoid</i> (Award 2 marks each)	10		
13. Concluded the counselling session • <i>Responded to questions raised by the woman if any</i> • <i>Asked the woman questions to check for her understanding</i> (Award 1 mark each)	3		
14. Informed the client on the return date for their next appointment (Award 1 mark if not 0)	1		
15. Concluded the session • <i>Wished the patient well and bid her good bye</i> (Award 1 mark if not 0)	1		

Sub- Total 3	32		
TASK 4: Document The Relevant Information from the Above Tasks			
16. Properly documented; • <i>Date of assessment</i> • <i>Assessment data collected</i> • <i>Nutrition diagnosis</i> • <i>Nutrition intervention plan</i> • <i>Follow up date</i> • <i>Candidate signed off with name and signature</i> (Award 2 marks each)	6		
17. Documentation • <i>Was neatly done</i> • <i>Orderly</i> • <i>Legible</i> (Award 1 mark each)	3		
Sub- Total 4	9		
GRAND TOTAL	80		
ASSESSMENT OUTCOME			
The candidate was found to be: Competent <input style="width: 50px; height: 30px; border: 1px solid black;" type="checkbox"/> Not yet Competent <input style="width: 50px; height: 30px; border: 1px solid black;" type="checkbox"/> (Please tick as appropriate) (The candidate is competent if the candidate obtains at least 50%)			
Feedback from the Candidate:			
Feedback to the Candidate:			

Candidate Signature _____	Date: _____
Assessor's Signature _____	Date _____