

091506T4NUT

NUTRITION & DIETETICS LEVEL 6

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

CONDUCT NUTRITION CARE PROCESS

July/ August 2024



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

OBSERVATION CHECKLIST

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

This guide consists of SIX (6) printed pages.

Assessor should check the guide to ascertain that all the pages are printed as indicated and that no questions or answers are missing.

OBSERVATION CHECKLIST			
Candidate's name & Registration No:			
Assessor's name & Reg. 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>	Maximum Marks	Marks awarded	Comments
1. Donned personal protective equipment; a) Lab coat b) Closed shoes <i>(Award 1 mark for each if correct)</i>	2		
2. Assembled Nutrition resources a) Assembled nutrition equipment b) Arranged a nutrition counselling desk <i>(Award 1 mark for each if correct)</i>	2		
Task 1: Conduct nutrition assessment			
3. Conducted Weight Measurement <i>(Award marks as per appendix 1)</i>	4		
3. Conducted Height Measurement <i>(Award marks as per appendix 2)</i>	5		
4. Conducted MUAC Measurement			

(Award marks as per appendix 3)	5		
5. Documented clinical history of the client a) Nausea b) Vomiting c) Frequent urination d) Fatigue (Award 1 mark for each if correct zero if not)	4		
Task 2: Document Nutrition Diagnosis			
6. Documented a nutrition diagnostic statement a) P (problem) b) E (Etiology) c) S (signs /symptoms) (Award 1 mark for each if correct zero if not)	3		
Task 3: Provide Nutrition Intervention			
7. Provided nutrition intervention Nutrition counselling; a) Management of nausea and vomiting in pregnancy (Award marks as per appendix 4) b) Foods to avoid during	7		

pregnancy (Award 1 mark if correct) c) Physical exercise during pregnancy (Award 1 mark if correct)			
8. Provided nutrition counselling on healthy diet during pregnancy a) Dietary diversity b) Increased nutritional requirements in pregnancy c) Nutrient supplementation (Award 2 marks for each if correct Zero if not)	6		
9. Conducted nutrition monitoring a) Gave the client a return date	1		
SUB TOTAL	39		
PRODUCT CHECKLIST Client Record Sheet			
	Marks allocated	Marks awarded	Comments
10. The client card should have: a) Date of counselling b) Client Name c) Age d) Gender e) Height f) Weight	11		

g) MUAC measurement			
h) Clinical history			
i) Nutrition status			
j) PES statement			
k) Date of next appointment			
<i>(Award 1 mark for each item)</i>			
Sub-Total	11		
Grand Total	50		
The candidate was found to be: Competent ☐ Not yet competent ☐ <i>(Please tick as appropriate)</i> <i>(The candidate is competent if s/he gets 50% and above.)</i>			
Feedback from candidate:			
Feedback to candidate:			
Candidate's signature:	Date:		
Assessor's signature:	Date:		

APPENDICES

Appendix 1

Weight measurements

- a) Calibrate the weighting scale
- b) Ask the client to remove heavy clothing and shoes
- c) Ask the client to step on the weighing scale

Read and record the measurements

(Award 1 mark for each step)

Appendix 2

Height measurements

- a) Place the stadiometre on a flat surface
- b) The client to remove any head gear and shoes
- c) The client to stand straight.
- d) Adjust the sliding head board to touch the clients head

Read and record the measurement

(Award 1 mark for each step)

Appendix 3

MUAC Measurements

- a) Bend the left arm at a right angle
- b) Locate the mid-point between the shoulder bone and the elbow
- c) Mark the mid-point with a pen
- d) Wrap the tape around the mid-point, ensure it is not too tight or too loose

Read and document the measurements

(Award 1 mark for each step)

Appendix 4

Management of nausea in pregnancy

- a) Eat small frequent meals
- b) Avoid lying down immediately after taking a meal
- c) Avoid spicy and greasy foods
- d) Avoid foods with strong smells
- e) Chew dry foods such as crackers

(Award 1 mark for any correct answer)

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