

091506T4NUT

NUTRITION AND DIETETICS LEVEL 6

MED/OS/NUD/CR/07/6/A

Conduct Nutrition Education and Counselling

Nov/Dec 2024



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

PRACT MENT

OBSER CKLIST

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
1. Donned the appropriate attire for the counselling session • Closed shoes • Laboratory coat • Hand gloves (Award 1 mark each)	3		

2. Prepared the counselling room accordingly - Used an appropriate sitting arrangement - Mounted the assorted nutritional education charts in a position easily visible to patient P - Ensured adequate lighting and ventilation (Award 1 mark each)	3		
3. Prepared the client for the session - Greeted the patient - Welcomed the client to the session - States the objective of the session (Award 1 mark each)	3		
Sub-Total 1	9		
TASK 1: Measure and Record P's calculate P's Body Mass Index (BMI)			
4. Carried out P's height measurement Followed the correct procedure in measuring P's height (Award 1 mark for each step) NB: Refer to Appendix 1 for the steps	5		
5. Calculated the Body Mass Index (BMI) of the patient - Used the height-reading of the client to calculate the client's BMI - Utilized the following formula to calculate the patient's BMI: $\text{BMI} = \frac{\text{Weight (in Kgs)}}{(\text{Height in metres})^2}$ - Got the answer correct, according to the measurements used. (Award 1 mark for each)	3		
6. Classified the client's nutritional status (Award 1 Mark)	1		

Sub-Total 2	9		
TASK 2: Conduct Nutritional Counselling			
7. Settled appropriately for the session • Sat squarely • Had an open space between the counsellor and counselee • Leaned forward as a sign of listening • Eye contact maintained • Audible just enough for the client to clearly get the message • Relaxed throughout the session (Award 1 mark each)	6		
8. Counselling the client on; • Healthy diets for weight manage (Diets rich in fiber and low in cal e.g. fruits and vegetables) • Therapeutic diets for type 2 diabet • Physical exercise (exercises that involve use of several body muscles, e.g. jogging) (Award 2 marks for each)	6		
9. Utilized the provided materials • Made good use of the assorted food charts food chart • Filled up the counseling card (Refer to Appendix 2) • Took notes as the patient communicated • Discussed with the patient on diabetic diet modification (Award 2 marks each)	8		

10. Gave opportunity to the patient to communicate - Allowed the patient to give their side of perspective - Responded to the patient's questions and concerns appropriately (Award 1 mark each)	2		
11. Wound up the session appropriately - Asked the client to try to recall the discussed concepts and advises - Gave the patient a follow-up activity to help in management of his condition (Award 1 mark each)	2		
12. Adjourned the session Talked with the patient about the visit schedule(s) (Award 1 mark each)	1		
Sub-Total 3	25		
GRAND TOTAL	43		
ASSESSMENT OUTCOME			
The candidate was found to be: Competent ☐ Not yet Competent ☐ <i>(Please tick as appropriate)</i> <i>(The candidate is competent if the candidate obtains at least 50%)</i>			
Feedback from the Candidate:			
Feedback to the Candidate:			

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

Appendix 1

Steps in Measuring Human Height

1. Ask the patient to remove their shoes and/or headgear if any
2. Ask the patient to step on the base of the height board/stadiometer in such a way that P's back is in contact with the calibrated part of the height board/stadiometer
3. Ask the patient to stand upright, so that their eye-level is parallel to the floor, and the back of the head is in in contact with the height board/stadiometer
4. Adjust the board/stadiometer's headpiece so that it just touches the top of the patient's head
5. Record the height of the patient at the point the height board/stadiometer's head-piece touches the top of the head

Appendix 2: Nutrition Counselling Card

PART A: PATIENT PERSONAL DETAILS			
Patient Name		Age	
Patient Registration Number		Sex	
		Number of Visit	
Phone Number 1		Occupation	
Phone Number 2		Next of Kin Name	
Email Address		Next of Kin Contact	
PART B: TIME DETAILS			
Date and Time of First Visit		Date and Time of Current	
PART C: REPORT DETAILS			
Issue Reported		Issue Diagnosis	
Nutrition assessment data: 			
Nutrition status: 			
Intervention Offered			
Date of Next Visit		Name and Sign of the Nutrition Officer	