

09150574NUT

NUTRITION AND DIETETICS LEVEL 5

MED/OS/NUD/CR/02/5/A

Apply Principles of Human Nutrition

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 personal protective equipment. a) Lab coat b) Closed shoes c) Face mask <i>(Award 1 mark for each)</i>	3		
2. Assembled Nutrition Resources a) Assembled nutrition equipment			

b) A well-lit and arranged a counseling room c) Opened the windows and doors (Award 1 marks for each)	3		
Sub Total 1:	6		
TASK 1: CARRY OUT DIETARY ASSESSMENT AND ANTHROPOMETRIC MEASUREMENT (MUAC)			
3. Conducted 24 Hour Dietary Recall (Award marks as per appendix 1)	5		
4. MUAC Measurement (Award marks as per appendix 2)	5		
Sub Total 2:	10		
TASK 2: COUNSEL THE CLIENT ON MANAGEMENT OF VOMITING, /NAUSEA, HEART BURN (ESOPHAGEAL REFLUX) AND CONSTIPATION.			
5. Counselling the client on management of vomiting and nausea; (Award marks as per appendix 3)	5		
6. Counsel the client on management of (Esophageal reflux); (Award marks as per appendix 4)	5		
7. Counsel the client on management of Constipation; (Award marks as per appendix 5)	5		
Sub-Total 3:	15		
TASK 3: DETERMINE NUTRITIONAL REQUIREMENTS OF THE CLIENT			
8. Calculated energy requirements of the client; (Award marks as per appendix 6)	4		
9. Calculated protein requirements of the client; (Award marks as per appendix 7)	4		
Sub Total 4:	8		

TASK 4: CONDUCT NUTRITION MONITORING			
10. Gave the client a return date (Award 1 mark)	1		
11. Mastered the content (Award 1 mark)	1		
12. Maintained eye contact (Award 1 mark)	1		
Sub-Total 5:	3		
PRODUCT CHECKLIST: 24 HOUR DIETARY RECALL			
13. Recorded accurate responses; (Award 1 mark)	1		
Sub Total 5:	1		
GRAND TOTAL	43		
ASS TCOME			
The candidate was found to be: Competent ☐ Not yet Competent ☐ (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 _____
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APPENDICES

Appendix 1

24 Hour Dietary Recall

- a) List the different meals for the 24 Hours.
- b) Method of preparation of the foods.
- c) Estimate amounts of foods eaten.
- d) Indicate the cooking methods
- e) Mention the food as usual intake or foods taken outside home.

(Award 1 mark for each step)

Appendix 2

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.
- e) Read and document the measurements.

(Award 1 mark for each step)

Appendix 3

Counsel client on management of vomit

- a) Sit up when eating, try not to lie down for 2hrs after eating.
- b) Try not to prepare food yourself to avoid smell which may worsen nausea.
- c) Encourage small frequent meals. Alternating dry and fluid feeds.
- d) Drink plenty of fluids after meals.
- e) Chew food thoroughly and slowly.

(Award 1 mark for each answer)

Appendix 4

Counsel client on management of Heart burn (Esophageal reflux)

- a) Eat small frequent meals 5, 6 or more times a day
- b) Eat slowly in a relaxed atmosphere
- c) Avoid large meals before bedtime
- d) Remain upright after eating
- e) Avoid taking antacid unless recommended by a physician

(Award 1 mark for each answer)

Appendix 5

Counsel client on Management of Constipation

- Increase consumption of foods high in soluble fiber. i.e. whole grain breads and cereals
- Perform regular physical exercise as allowed by physician
- Increase fluid intake
- Avoid taking laxatives unless recommended by a physician
- Eat small frequent meals

(Award 1 mark for each answer)

Appendix 6

Calculation of energy requirements.

Provided that Energy requirements are; 36-40kcal/kg/day +150kcal/day

Therefore:

- $61.5 \times 36 = 2214 \text{ kcal/day} \dots \text{Step 1}$
- $61.5 \times 40 = 2469 \text{ kcal/day} \dots \text{Step 2}$
- $(2214 + 150) - (2469 + 150) \dots \text{Step 3}$
- $2364 - 2619 \text{ kcal/day} \dots \text{Step 4}$

(Award 1 mark for each calculation step)

Appendix 7

Calculation of protein requirements.

Protein requirements should be; 0.8-1g/Kg/day +0.7g/day

Therefore:

- $0.8 \times 61.5 = 49.2 \text{ g/day} \dots \text{Step 1}$
- $1 \times 61.5 = 61.5 \text{ g/day} \dots \text{Step 2}$
- $49.2 + 0.7 = 49.9 \dots \text{Step 3}$

iv. $61.5 + 0.7 = 62.2$ Step 4

(Award 1 mark for each calculation step)