

091505T4NUT

NUTRITION AND DIETETICS LEVEL 5

MED/OS/NUD/CR/03/5/A

Conduct Nutrition Care Process

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. Adhered to safety when handling the client • Hand gloves • Dust coat • Closed shoes <i>(Award 1 mark each)</i>	3		
2. Gathered required resources <i>Selected equipment/resources relevant to the assessment</i> <i>(Award 2 marks)</i>	2		

TASK 1: CARRY OUT ANTHROPOMETRIC ASSESSMENT			
3. Carried out weight assessment (Award marks as per appendix 1)	5		
4. Carried out height assessment (Award marks as per appendix 1)	5		
5. Carried out MUAC assessment (Award marks as per appendix 1)	5		
6. Determined BMI (Award marks as per appendix 2)	3		
Sub-Total 1	23		
TASK 2: USE THE FOOD FREQUENCY QUESTIONNAIRE PROVIDED TO CONDUCT DIETARY ASSESSMENT			
7. Collected dietary history using 7-Day Food Frequency Questionnaire (Award 7 marks for questions asked consumed in all the 7 groups in the	7		
Sub-Total 2	7		
TASK 3: DETERMINE NUTRITION DIAGNOSIS			
8. Determined nutrition diagnosis using the PES statement (Award marks as per appendix 3)	3		
Sub-Total 3	3		
TASK 4: PROVIDE NUTRITION COUNSELLING ON IRON INTAKE			
9. Conducted nutrition counselling (Award marks as per appendix 4)	10		
Sub-Total 4	10		
TASK 5: DOCUMENT THE NUTRITION CARE PLAN			

10. Documented the nutrition care plan form					
• Client personal details • Nutrition assessment • BMI • Nutrition diagnosis • Nutrition intervention (Award 1 mark for each)	5				
Sub-Total 5	5				
PRODUCT CHECKLIST					
11. Dully filled FFQ	2				
12. Dully filled Nutrition care plan form	2				
Sub-Total 6	4				
GRAND TOTAL	52				
ASSE		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

Weight measurement

- i. Calibrate the weighting scale
- ii. Place the electronic scale on a flat, level surface.
- iii. Ask the client to remove heavy clothing and shoes
- iv. Ask the client to step on the weighing scale
- v. Read and record the measurements

(Award 1 mark for each step)

Height measurement

- i. Place the stadiometer on a flat surface
- ii. The client to remove any head gear and shoes
- iii. The client to stand straight.
- iv. Adjust the sliding head board to touch the client's head
- v. Read and record the measurement

(Award 1 mark for each step)

MUAC measurement

- i. Bend the left arm at a right angle
- ii. Locate the mid-point between the shoulder bone and the elbow
- iii. Mark the mid-point with a pen
- iv. Wrap the tape around the mid-point, ensure it is not too tight or too loose
- v. Read and document the measurements

(Award 1 mark for each step)

Appendix 2

Determine BMI

$BMI = \text{Weight (kg)} / \text{Height (m)}^2$

Weight in kg

Height in meters

1. The measurements will be based on the data collected by the candidate

(Award 3 marks for correct answer)

Appendix 3

Determine nutrition diagnosis statement

PES (Problem, Etiology, Signs/Symptoms) statement for the case:

- **Problem:** Inadequate iron intake
- **Etiology:** Due to decreased appetite, nausea, and vomiting associated with malaria and its treatment
- **Signs/Symptoms:** Low hemoglobin level of 7.5 g/dL, reported reduced food intake, especially iron-rich foods
- **PES Statement:** Inadequate iron intake related to decreased appetite, nausea, and vomiting secondary to malaria as evidenced by a hemoglobin level of 7.5 g/dL and patient-reported reduced intake of iron-rich foods.

(Award 3 marks for correct answer)

Appendix 4

Nutrition counseling on iron intake

- i. Recommended iron-rich foods: -Hemes found in animal products; more easily absorbed; Non-Heme Iron in plant-based foods.
- ii. Recommended intake of fruits and vegetables.
- iii. Enhancing iron absorption by increasing intake of foods rich in vitamin C.
- iv. Hydration: Stay hydrated by increasing the intake of nutritious fluids.
- v. Avoid tea and coffee during meals: These beverages contain compounds that can inhibit iron absorption, so it's best to consume them between meals.

(Award 2 marks for each point mentioned)