
Overview

This standard is about providing specialist monitoring services to help people evaluate their progress and re-establish goals and targets to manage their body weight and improve nutritional health and well-being. In the context of this competence the term individual refers only to adults and older children.

Users of this standard will need to communicate effectively to meet individuals' needs and wishes and work in line with health and safety legislation, policy and practices.

Performance criteria

You must be able to:

- P1. identify and agree the roles and responsibilities of yourself and others in monitoring individuals' progress in relation to managing their body weight and nutrition
- P2. establish consent and access information on monitoring individuals' progress in relation to managing their body weight and nutrition
- P3. create an environment suitable for open, confidential discussion and taking measurements
- P4. take and interpret relevant measurements from the individual
- P5. discuss and agree current progress, difficulties and goals with the individual to include:
 - a. the individual's reflection on their weight management experiences and successes
 - b. difficulties experienced by the individual since the last session
 - c. any changes in circumstances that may affect the achievement of future goals
- P6. congratulate the individual on their successes and progress in relation to weight management and review the plan with the individual to identify factors which adversely influence their progress
- P7. evaluate the effectiveness of current interventions in meeting the agreed goals and make any necessary modifications consistent with the initial agreements and the individual's nutritional needs
- P8. encourage the individual to maintain and enhance their progress in relation to weight management, reinforcing the benefits of adhering to the weight management plan
- P9. develop an action plan with targeted goals and review dates.
- P10. complete all relevant documentation required for monitoring individuals' progress in relation to managing their body weight and nutrition

Knowledge and understanding

You need to know and understand:

- K1. how to access and interpret all relevant work instructions, legislation, guidelines, policies, procedures and protocols needed to
- K2. the scope and limitations of your own competence, responsibilities and accountability as it applies to your job role
- K3. specific procedures for reporting issues which are beyond your competence, responsibilities and accountability
- K4. the principles, practice and procedures associated with informed consent
- K5. the needs of individuals including issues relating to dignity, confidentiality, and privacy
- K6. the effects of different cultures, social circumstances and religions on health related behaviour
- K7. how to present information and advice in ways which are appropriate to the needs of individuals
- K8. the importance of involving individuals in discussions about their nutritional health and how to do so
- K9. behaviour modification techniques, and how to apply them to management of nutritional health and well-being
- K10. the importance of encouraging individuals to ask questions and seek clarification and how to do so
- K11. how to create a suitable environment for frank and confidential discussion
- K12. the importance of obtaining full and accurate information about individuals, and how to do so
- K13. the models used in developing weight and nutritional management plans for individuals
- K14. the importance of providing constructive feedback, motivation and encouragement in relation to the individual's progress and the techniques for doing so effectively
- K15. the types of information you need to obtain from the individual in order to assess the effectiveness of their weight and nutritional management plan in meeting the agreed goals and their nutritional needs
- K16. what information should be included within a weight management plan and procedures for creating one and the ways in which weight management plans can be adapted and tailored to meet individuals' agreed goals and nutritional needs

K17. how to take the relevant measurements of an individual and the importance of these measurements in relation to weight and nutrition management

K18. how to interpret measurements taken from an individual to inform the type of support you provide

K19. basic anatomy and physiology relevant to management of weight and nutrition

K20. the nutritional values attributed to different food groups, the role of alcohol in diet and the effect of different cooking methods on nutritional values

K21. the effects and side effects of food additives and preservatives

K22. the need to consider social, financial and psychological factors and their influence on the suitability and effectiveness of a nutritional plan

K23. the impact of additional medical conditions on nutritional intake

K24. the relationship between exercise, diet and weight management

K25. how to maintain a food diary and review it

K26. the theory of energy balance, metabolism and how to create a calorie deficit to lose weight

K27. the short and long term effects of being underweight or overweight

K28. the importance of realistic weight goals and how to set them

K29. how to complete and safely store all relevant documentation in accordance with organisational requirements

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Monitor individuals' progress in relation to managing their body weight and nutrition



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