
Overview

This standard covers monitoring and reviewing an individual's progress in relation to maintaining optimum nutritional status.

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/or others in monitoring and reviewing individuals' progress in relation to maintaining optimum nutritional status
- P2. confirm the individual's details, establish consent and access information on monitoring and reviewing individuals' progress in relation to maintaining optimum nutritional status
- P3. create an environment suitable for open, confidential discussion and taking measurements
- P4. take and interpret specified measurements from the individual
- P5. review and analyse the individual's food diary
- P6. ask the individual to explain their experiences, successes and difficulties with the nutritional plan since the last session
- P7. discuss the individual's experiences and review the effectiveness of the nutritional plan in meeting the agreed objectives
- P8. suggest modifications consistent with the nutritional objectives
- P9. reaffirm the benefits of adhering to the nutritional plan and other lifestyle changes and the effects this will have on their health
- P10. set further review dates, if appropriate
- P11. complete all relevant documentation required for monitoring and reviewing individuals' progress in relation to maintaining optimum nutritional status

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 monitor and review individuals' progress in relation to maintaining optimum nutritional status
- 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 and religions on nutrition, timing of meals, eating patterns
- K7. the importance of monitoring and evaluating an individual's progress in relation to maintaining optimum nutritional status
- K8. the importance of encouraging individuals to ask questions, and how to do so
- K9. how to create a suitable environment for open and confidential discussion
- K10. the importance of involving individuals in discussions, and how to do so
- K11. the importance of obtaining full and accurate information about an individual's progress, and how to do so
- K12. the details of the local registered practitioner
- K13. the importance of providing constructive feedback and encouragement in relation to the individual's progress and the techniques for doing so effectively
- K14. the importance of obtaining full and accurate information about individuals, and how to do so
- K15. motivational interviewing techniques, and how to apply them
- K16. anatomy and physiology and their relevance to maintaining optimum nutritional status
- K17. the organs of the human body and their functions
- K18. how to take the relevant measurements of an individual and the importance of these measurements in relation to weight and nutrition management
- K19. how to interpret measurements taken from an individual to inform the type of support you provide
- K20. the meaning of lipid levels

K21. how to measure individual's weight, waist circumference, height and mid-arm circumference

K22. the importance of waist circumference and skin fold thickness in relation to dietary change

K23. how to interpret measurements taken from the individual to inform the type of support you provide

K24. the models used in developing weight and nutritional management plans for individual

K25. the nutritional values attributed to different food groups

K26. the content of an ideal nutritional plan

K27. the ways in which nutritional plans can be adapted and tailored to meet individuals needs

K28. the alternative options within different food groups

K29. different cooking methods

K30. the effects and side effects of additives and preservatives

K31. cultural diversity and how that may impact upon the nutritional plan

K32. the considerations of financial/social circumstances on nutritional intake

K33. the impact of additional medical conditions on nutritional intake

K34. the types of nutritional plan

K35. the relationship between exercise, diet and weight management

K36. how to maintain a food diary and review it

K37. how to complete and safely store all relevant documentation in accordance with organisational requirements

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Monitor and review individuals' progress in relation to maintaining optimum nutritional status



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