

Title	Conduct nutrition screening with, and provide education to, adult clients in an aged care, health, or disability context		
Level	4	Credits	6

Purpose	People credited with this unit standard are able to: describe validated nutrition screening tools used in Aotearoa/New Zealand aged care, health, or disability contexts; conduct nutrition screening with adult clients; and provide nutrition education to adult clients and their carer(s), in an aged care, health, or disability context.
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Classification	Health, Disability, and Aged Support > Allied Health Assistance
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Available grade	Achieved
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Guidance Information

- 1 Legislation and codes relevant to this unit standard include but are not limited to: Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996; Health and Disability Services (Safety) Act 2001; Health and Safety at Work Act 2015; Human Rights Act 1993; Privacy Act 1993.
- 2 New Zealand Standards relevant to this unit standard include but are not limited to: NZS 8134.0:2008 *Health and disability services Standards – Health and disability services (general) Standard*; NZS 8134.1:2008 *Health and disability services Standards – Health and disability services (core) Standards*. All New Zealand Standards are available at <http://www.standards.co.nz/>.
- 3 Candidates' practice must reflect appropriate values, processes, and protocols in relation to working with Māori and Pacific peoples and/or people from other cultures, in a range of settings and environments.
- 4 In the context of this unit standard, *support* should aim to maintain, improve, or restore a consumer's independence and/or interdependence; utilise the consumer's existing strengths; and, where possible, utilise the resources of the local community.
- 5 Definitions
Candidate refers to the person seeking credit for this unit standard.
Client in the context of this unit standard refers to a person accessing services in an aged care, health, or disability setting. Clients may also be known as consumers, patients, or tūrora in particular contexts and settings.

Health professional refers to a person who is registered with an authority (which is appointed by or under the Health Practitioners Competence Assurance Act 2003) as a practitioner of a particular health profession to deliver health services in accordance with a defined scope of practice.

Intake may include nutritional supplements.

Organisation's policies and procedures are the policies and procedures of the employing organisation of the candidate and include ethical codes, standards, and other organisational requirements.

Service plan is a generic term that covers the individual or group plans (which may also be referred to by other names) that are developed by service providers for people receiving support (and may include their family/whānau as appropriate).

Validated nutrition screening tools refers to instruments (models) that have been developed in health care settings to determine people's nutritional status and identify their degree of nutritional risk. These instruments are deemed 'validated' when they have been tested in the setting with the client group(s), and where testing results have shown that these instruments can, with high reliability, sensitivity, and specificity, identify people with malnutrition. For the purposes of this unit standard, validated nutrition screening tools include: Malnutrition Universal Screening Tool (MUST), Mini Nutritional Assessment (MNA), SCREEN II (Seniors in the community: risk evaluation for eating and nutrition).

6 References

Ministry of Health, *Food and Nutrition Guidelines*. (Wellington: Ministry of Health, various dates). The Food and Nutrition Guidelines is a series of four population-specific food and nutrition guidelines background papers available at <https://www.health.govt.nz>. The four populations are: infants and toddlers from birth to two years old, children and young people 2-18 years, pregnant and breastfeeding women, and older people.

In addition to the Food and Nutrition Guidelines, health education resources related to each of the four populations are referenced on the above website, and are available at <http://www.healthed.govt.nz/>.

- 7 This unit standard cannot be assessed against in a simulated environment. For assessment, candidates must demonstrate competence in the workplace through paid or unpaid employment, or in placements in a service provider workplace negotiated by an education provider.

Outcomes and performance criteria

Outcome 1

Describe validated nutrition screening tools used in Aotearoa/New Zealand aged care, health, or disability contexts.

Range evidence is required for two different nutrition screening tools, approved by the candidate's employing organisation.

Performance criteria

- 1.1 Validated nutrition screening tools are described in terms of their structure and purpose.
- 1.2 Validated nutrition screening tools are described in terms of their application to adult clients.

Outcome 2

Conduct nutrition screening with adult clients in an aged care, health, or disability context.

Range evidence is required for the application of two different nutrition screening tools, approved by the candidate's employing organisation, one to a low-risk adult client and one to a high-risk adult client.

Performance criteria

- 2.1 Nutrition screening is conducted through screening tools that are designed to identify people who are at risk of malnutrition.
- 2.2 Client data collected by the screening tools is evaluated in accordance with the directives of the delegating health professional(s) and the organisation's policies and procedures.
- Range data for each adult client must include – height, weight, calculation of Body Mass Index, calculation of percentage weight loss.
- 2.3 Clients' intake of food and fluids is monitored in accordance with the directives of the delegating health professional(s).
- 2.4 The outcomes of the nutrition screening and its impacts on clients' service plans are reported to the delegating health professional(s) in accordance with the organisation's policies and procedures.

Outcome 3

Provide nutrition education to adult clients and their carer(s) in an aged care, health, or disability context.

Range evidence is required for two adult clients, and their carer(s).

Performance criteria

- 3.1 Nutrition education is provided to adult clients and their carer(s) in accordance with the instructions of a registered dietician and the organisation's policies and procedures.
- Range education relates to – preparation of fluids and/or texture modified foods and fluids, menu selection, provision of information on fortified food and fluids.

Planned review date	31 December 2021
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	17 June 2011	31 December 2012
Revision	2	8 December 2011	31 December 2012
Revision	3	16 February 2012	N/A
Rollover and Revision	4	26 September 2019	N/A

Consent and Moderation Requirements (CMR) reference	0024
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Careerforce info@careerforce.org.nz if you wish to suggest changes to the content of this unit standard.