

Title	Describe a person's nutritional requirements and feeding issues in a health or wellbeing setting		
Level	3	Credits	3

Purpose	<p>This unit standard is for people providing services in a health or wellbeing setting.</p> <p>People credited with this unit standard are able to describe a person's nutritional requirements; and feeding issues in a health or wellbeing setting.</p>
----------------	--

Classification	Health, Disability, and Aged Support > Core Health
-----------------------	--

Available grade	Achieved
------------------------	----------

Guidance Information

- 1 Legislation and codes relevant to this unit standard include but are not limited:
 - Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996 (the Code of Rights);
 - Health and Disability Services (Safety) Act 2001;
 - Health and Safety at Work Act 2015;
 - Human Rights Act 1993;
 - Medicines Act 1981;
 - Medicines Regulations 1984;
 - Privacy Act 1993.

- 2 New Zealand Standards relevant to this unit standard include but are not limited:
 - 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*;
 - NZS 8134.3:2008 *Health and disability services Standards – Health and disability services (infection prevention and control) Standards*;
 - NZS 8158:2012 *Home and community support sector Standard*, available at <http://www.standards.co.nz/>.

- 3 Definitions
 - Assistive devices* – any adaptive equipment or items, including utensils, that will assist in providing safe, comfortable, and efficient feeding.
 - Disability status* – the extent to which a person is living with a disability, and the nature of that disability, as currently defined by the Ministry of Health: 'A person with a disability is someone who has been assessed as having a physical, psychiatric, intellectual, sensory, or age related disability (or a combination of these) which is

likely to continue for a minimum of six months and result in a reduction of independent function to the extent that ongoing support is required'.

Feeding issues – any difficulty, discomfort, reaction, or clinical condition associated with a client's eating and drinking, including a client's disinclination or inability to feed him/herself, for which specific approaches or techniques are required.

Health determinants – a range of physical, emotional, social, economic, behavioural, and environmental factors that collectively determine the health status of a person, group, or population.

Health or wellbeing setting includes but is not limited to – the aged care, acute care, community support, disability, mental health, and social services sectors.

Lifespan stages – a chronological classification of people from birth to old age into a range of age groups, for the purposes of determining the defining features, capabilities, and developmental changes (psychological, physical, emotional, cognitive, psychosocial) associated with each age group. For the purposes of this unit standard infant means a person aged between 0 and 23 months; child means a person aged between 2 and 18 years; adult means a person aged between 19 and 64 years; and older person means a person aged over 65 years.

Organisational policies and procedures – policies, procedures and methodologies of an organisation. They include legislative and regulatory requirements which may apply across a company, a specific site, or a workplace. Requirements are documented in the company's health and safety plans, contract work programmes, quality assurance programmes, policies and procedural documents.

Person – a person accessing services. Other terms used for the person may include client, consumer, customer, patient, individual, resident, service user, tūrora or tangata whai ora.

Risk – the likelihood of an adverse event or outcome occurring, which in the context of this unit standard may include, but is not limited to: swallowing difficulties, choking, reflux, malnutrition, under-nutrition.

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

4 Resources

Ministry of Health. (Various dates). *Food and Nutrition Guidelines*. Wellington: Ministry of Health, The Food and Nutrition Guidelines is a series of four population-specific food and nutrition guidelines background papers available at <http://www.healthed.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/>.

Outcomes and performance criteria

Outcome 1

Describe a person's nutritional requirements in a health or wellbeing setting.

Range evidence is required for three people with differing nutritional requirements related to any of – lifespan stages, health determinants, disability status.

Performance criteria

- 1.1 A person's nutritional requirements are described in terms of the references.
- 1.2 A person's nutritional requirements are described in terms of the provisions of their personal plan.

Outcome 2

Describe a person's feeding issues in a health or wellbeing setting.

Range evidence is required for feeding issues for three people whose issues are related to any of – lifespan stages, health determinants, disability status.

Performance criteria

- 2.1 A person's feeding issues are described in terms of presenting symptoms.
- 2.2 A person's feeding issues are described in terms of approaches or techniques that will promote safe feeding and minimise risk in terms of the personal plan and organisational policies and procedures.

Range safe feeding includes but is not limited to – use of assistive devices;
evidence is required for one approach or technique for each person.

Planned review date	31 December 2021
----------------------------	------------------

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	17 June 2011	31 December 2017
Review	2	16 April 2015	N/A
Rollover and Revision	3	26 September 2019	N/A

Consent and Moderation Requirements (CMR) reference	0024
--	------

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.