



Australian Government

HLTAHA040 Assist with the monitoring and modification of meals and menus according to individualised plans

Release: 1

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Modification History

Not applicable.

Application

This unit describes the skills and knowledge required to provide assistance to a Dietitian. Work includes modifying meals and menus to meet the nutrition requirements of specific groups and monitoring this against the individualised plans.

This unit applies to Allied Health Assistants and should be performed under the direct, indirect or remote supervision and delegation of an Accredited Practising Dietitian (APD).

The skills in this unit must be applied in accordance with Allied Health Assistant Framework, Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Allied Health

Unit Sector

Health

Elements and Performance Criteria

ELEMENTS	PERFORMANCE CRITERIA
<i>Elements describe the essential outcomes</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Receive delegation and gather information.	1.1. Obtain written or verbal delegation for an allied health activity from the Dietitian. 1.2. Obtain information from relevant sources and delegating Dietitian, according to organisational policy and procedures. 1.3. Discuss and confirm with delegating Dietitian individualised plan or dietary modification therapy and work

- health and safety (WHS) requirements.
2. Identify conditions and specific needs of groups.
 - 2.1. Identify groups at risk of nutritional deficiencies and nutrient imbalance contributing to common lifestyle diseases and disorders.
 - 2.2. Identify dietary factors associated with common lifestyle diseases or diet related chronic diseases and other nutrition-related conditions, food intolerances, allergies.
 - 2.3. Identify therapeutic nutritional and dietary needs for conditions encountered by the individual group.
 - 2.4. Report dietary and nutrition issues and needs to the delegating Dietitian.
 3. Modify meals and menus according to individualised plan and standardised therapeutic dietary guidelines.
 - 3.1. Consult with Dietitian to address the identified risks and needs of the person.
 - 3.2. Modify meals and menus to meet the nutritional and dietary needs of the person in accordance with organisational procedures.
 - 3.3. Identify meals and menus for suitability for texture modification to meet nutrition and dietary needs.
 - 3.4. Incorporate choices into menus to meet nutritional requirements for special needs.
 - 3.5. Provide information regarding individualised plan to the person as delegated by the Dietitian.
 4. Monitor and report on the person's status and acceptance of individualised plan.
 - 4.1. Provide feedback about changes to, needs, food preferences and individualised plan to food services, to delegating Dietitian, treating team or other health professionals as to organisational procedures.
 - 4.2. Report the acceptability, tolerance and consumption of meals by the person to the Dietitian, treating team or other health professional as to organisational procedures.
 - 4.3. Identify problems which may affect the person's ability to eat or drink to the delegating Dietitian, treating team or other health professional as to organisational procedures.
 - 4.4. Monitor and document the person's nutrition status as delegated by the Dietitian and provide feedback on consistently poor meal choices as to organisational procedures.
 - 4.5. Monitor the nutrition status of the person using standard and validated tools and nutrition indicators.
 - 4.6. Report the progress of the person's nutrition status to the delegating Dietitian, treating team or other health professional as to organisational procedures.

Foundation Skills

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

Unit Mapping Information

Supersedes and is not equivalent to HLTAHA019 Assist with the monitoring and modification of meals and menus according to individualised plans.

Links

Companion Volume implementation guides are found in VETNet - <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>