



Australian Government

HLTAHA019 Assist with the monitoring and modification of meals and menus according to individualised plans

Release: 1

HLTAHA019 Assist with the monitoring and modification of meals and menus according to individualised plans

Modification History

Release	Comments
Release 1	This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages. Significant changes to elements and performance criteria. New evidence requirements for assessment including volume and frequency requirements. Minimum work hours added. Significant change to knowledge evidence.

Application

This unit describes the skills and knowledge required to modify meals and menus to meet the nutrition requirements of specific client groups and monitor this against the individualised plans.

This unit applies to allied health assistants and should be performed under the direction and supervision (direct, indirect or remote) of a dietitian. Individuals will take responsibility for their own outputs and may participate in work teams. A range of well developed skills and some discretion and judgement is required of workers.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

The Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Identify conditions and specific needs of client groups

1.1 Identify the conditions commonly encountered by the client group requiring an individualised plan or dietary modification

1.2 Identify groups at risk of nutritional deficiencies and nutrient imbalance contributing to common lifestyle diseases and disorders

1.3 Identify dietary factors associated with common lifestyle diseases and/or diet related chronic diseases and

ELEMENT

PERFORMANCE CRITERIA

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other nutrition-related conditions, food intolerances, allergies

1.4 Identify special nutritional and dietary needs for conditions encountered by the client group

1.5 Report dietary and nutrition issues and needs to the dietitian

2. Modify meals and menus according to individualised plan

2.1 Consult with dietitian to address the identified risks and needs of client groups

2.2 Modify meals and menus to meet the nutritional and dietary needs of the client group using relevant guidelines

2.3 Assess meals and menus for their suitability for texture modification to meet special nutritional and dietary needs, using relevant guidelines

2.4 Incorporate sufficient choices of dishes and drinks in to menus for special needs, using relevant guidelines

2.5 Provide information regarding individualised plan to client when appropriate and as directed by dietitian or relevant health professional

3. Monitor and report on client status and acceptance of individualised plan

3.1 Provide feedback about changes to, needs, food preferences and individualised plan to food services and to dietitians

3.2 Report the acceptability, tolerance and consumption of meals by the client to the dietitian or relevant health professional

3.3 Identify problems which may affect the client's ability to eat or drink to the dietitian and/or other relevant health professional, according to organisation policies and procedures

3.4 Provide feedback on consistently poor client meal choices to the dietitian

3.5 Follow systems designed by a dietitian to monitor, document on client nutritional status

3.6 Monitor the nutrition status of clients using standard

ELEMENT

Elements define the essential outcomes

PERFORMANCE CRITERIA

The Performance criteria describe the performance needed to demonstrate achievement of the element.

and validated tools and nutritional indicators

3.7 Report the progress of client nutritional status to the dietitian, and/or other health professional according to organisational protocols and timeframes

Foundation Skills

The Foundation Skills describe those required skills (such as language, literacy, numeracy and employment skills) that are essential to performance.

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

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>

Assessment Requirements for HLTAHA019 Assist with the monitoring and modification of meals and menus according to individualised plans

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Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has (under the direction of a dietitian):

- planned and modified meals and menus according to at least 3 individualised plans, 1 in a simulated environment and 2 in the workplace
- performed the activities outlined in the performance criteria of this unit during a period of at least 120 hours of work

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- *Australian dietary guidelines* and other relevant guidelines
 - cooking methods and equipment
 - food preparation and food service systems
 - principles of nutrition, diet therapy, nutrition supplements and factors that place clients at risk of malnutrition and inadequate hydration
- common fluid and food restrictions
- texture modification
- oral nutrition support products and enteral feeds
- aspects of physical and mental condition, which might affect a client's ability to eat and/or feed oneself, including:

- arthritis
- broken bones
- confusion
- pain
- poor dentition
- pressure sores
- recovery from stroke
- swallowing problems
- range of menus and menu items
- various cultural requirements in relation to food, relevant to the profile of the community served by the organisation

Assessment Conditions

All aspects of the performance evidence must have been demonstrated using simulation prior to being demonstrated in the workplace under direction and supervision (direct, indirect, remote) as determined by the dietitian.

The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including:
 - food safety and standards and procedures
 - manufacturers' manuals and recommendations for equipment
 - food packaging and storage requirements
 - work plan
 - individualised plans and any relevant equipment outlined in the plan

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

Links

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