



Australian Government

HLTAHA023 Support the provision of basic nutrition advice and education

Release: 1

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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 the elements and performance criteria. New evidence requirements for assessment including volume and frequency requirements. Minimum work hours added. Removal of pre-requisite. Significant change to knowledge evidence.

Application

This unit describes the skills and knowledge required to support the provision of basic nutrition education to clients receiving diet therapy from a dietitian.

This unit applies to allied health assistants and work will 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

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

1. Organise appropriate resources for dietary education

1.1 Obtain client education requirements from the dietitian

1.2 Check with the dietitian for details of the education process, timing of the process and monitoring and evaluation requirements

1.3 Check with the dietitian for details about possible client indicators that may need to be considered

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

- 1.4 Gather basic educational materials and products according to the directions of the dietitian
- 1.5 Develop or modify resources under the direction of the dietitian
- 1.6 Check with the dietitian that materials and products are appropriate for the client's setting
- 1.7 Determine client availability

2. Assist with the provision of basic and scripted dietary and nutrition information and/or education to the client

- 2.1 Confirm the purpose of the information or education, based on the individualised plan with the client
- 2.2 Guide the client to ensure that meal choices are consistent with the individualised plan designed by the dietitian
- 2.3 Provide practical dietary education to support meal and food choices consistent with individualised plan
- 2.4 Use appropriate nutrition and dietetic resources and equipment
- 2.5 Seek feedback on the client's understanding

3. Monitor client response to the information and/or education

- 3.1 Use appropriate strategies to monitor client according to individualised plan
- 3.2 Identify client deviations from the individualised plan and report to dietitian
- 3.3 Identify other indicators requiring dietary intervention in line with organisation procedures and protocols
- 3.4 Report identified indicators for dietary intervention to the dietitian
- 3.5 Seek client feedback on satisfaction with the dietetic service

4. Comply with supervisory requirements

- 4.1 Provide all assistance according to the instruction of dietitian

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

4.2 Provide feedback to the dietitian regarding client progress

4.3 Seek assistance when client presents with needs or signs outside limits of own authority or competence

4.4 Report client difficulties and concerns to the dietitian

4.5 Implement variations to the education program and material under the direction of the dietitian

5. Clean and store materials and equipment

5.1 Use and clean any equipment according to manufacturers requirements

5.2 Store educational materials and any equipment according to manufacturers requirements and organisation protocols

5.3 Report equipment faults to appropriate person

5.4 Report educational material requirements such as need to re-stock according to organisation protocols

6. Document client information

6.1 Use accepted protocols to report information in line with organisation requirements

6.2 Use appropriate terminology to document client response to the information and/or education

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 HLTAHA023 Support the provision of basic nutrition advice and education

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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):

- used appropriate materials and equipment and followed procedures to provide nutrition information and/or education to 3 different clients, 1 in a simulated environment and 2 in the workplace
- communicated effectively while providing nutritional information and education
- 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:

- anatomy and body systems
- nutrition principles
- cultural diets and restriction
- human behaviour and social/interpersonal behaviour
- the nutritional composition of food
- food safety
- organisation policy and procedures in relation to:

- infection control and food safety as they relate to assisting with nutritional advice and education
- other specific organisation policies or procedures, including supervisory and reporting protocols
- client individualised plans, goals and limitations of diet therapy
- contra-indications of diet therapy
- appropriate use of equipment, materials and resources
- legal and ethical considerations relevant to allied health:
 - privacy, confidentiality and disclosure
 - work role boundaries – responsibilities and limitations of self and other allied health team members
 - work health and safety (WHS):
 - manual handling including identification and control of manual task risk factors

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