



Australian Government

**Assessment Requirements for HLTAHA040
Assist with the monitoring and modification
of meals and menus according to
individualised plans**

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Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- plan and modify meals and menus according to at least four individualised plans, two in simulation and two in the workplace
- perform the activities outlined in the performance criteria of this unit during a period of at least 120 hours of allied health assistance work. At least 60% of this work must be carried out in an allied health workplace. The remaining 40% may be carried out in a simulated environment, if an allied health workplace is unavailable.

Knowledge Evidence

Demonstrate the knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- allied health core competencies:
 - person-centred care
 - individual therapy
 - group therapy
 - communication of information
 - equipment and environment
- Australian dietary guidelines and other relevant guidelines across the lifespan in accordance with organisational protocols in regard to:
 - cooking methods and equipment
 - food preparation and food service systems
 - principles of nutrition:
 - diet therapy
 - nutrition supplements
 - risk of malnutrition
 - inadequate hydration
- common dietary modification including:
 - Therapeutic diet for diabetes and renal disease
 - low saturated fat

- low sodium
- energy (kJ) controlled diet
- high protein/high energy
- low residue
- high fibre
- diets for food intolerances and allergies
- texture and fluid modifications in accordance with The International Dysphagia Diet Standardisation Initiative (IDDSI) Framework
- oral nutrition support products and enteral feeds
- aspects of physical and mental condition, which might affect a person's ability to eat or feed oneself, including:
 - arthritis
 - broken bones
 - confusion
 - pain
 - poor dentition
 - pressure injuries
 - recovery from stroke
 - swallowing problems
 - dementia
 - neurological disorders
- range of menus and menu items
- various cultural and religious requirements in relation to food, relevant to the profile of the community served by the organisation
- organisational policies and procedures in relation to:
 - confidentiality:
 - privacy
 - disclosure
 - duty of care
 - documentation:
 - reporting
 - recording data
 - written communication to Dietitian
 - professional behaviour and presentation
 - infection control practices
 - work health and safety (WHS)
 - manual handling
 - supervision and, delegation.

Assessment Conditions

Skills may be demonstrated in the workplace, or in a simulated environment, as per the conditions outlined in the performance evidence.

Assessment must ensure:

- access to suitable facilities, equipment and resources that reflect real working conditions and model industry operating conditions and contingencies
- access to individualised plans and any relevant equipment outlined in the plan
- access to organisational policies and procedures
- opportunities for engagement with real people accessing allied health services.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:

- be a Certificate IV qualified Allied Health Assistant with a minimum of three years of professional experience in allied health services; or
- an Accredited Practising Dietitian (APD).

Links

Companion Volume implementation guides are found in VETNet -

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