



Australian Government

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

Release: 1

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

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

Elements describe the essential outcomes

1. Receive delegation and gather information.

PERFORMANCE CRITERIA

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

- 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>

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

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).

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