

UNIT CODE	HLTAHA040
UNIT TITLE	Assist with the monitoring and modification of meals and menus according to individualised plans
APPLICATION	<p>This unit describes the skills and knowledge required to provide assistance to an allied health professional. Work includes modifying meals and menus to meet the nutrition requirements of specific groups and monitor this against the individualised plans.</p> <p>This unit applies to allied health assistants and should be performed under the direct, indirect or remote supervision and delegation of an Allied Health Professional (AHP)</p> <p>The skills in this unit must be applied in accordance with Allied Health Assistant Framework, Commonwealth and State/Territory legislation, Australian standards and industry codes of practice.</p> <p>No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication</p>
PREREQUISITE UNIT	Nil
COMPETENCY FIELD	Allied Health
UNIT SECTOR	Health

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 allied health professional. 1.2 Obtain information from relevant sources and delegating allied health professional, according to organisational policy and procedures. 1.3 Discuss and confirm with delegating dietitian individualised plan or dietary modification therapy.

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

FOUNDATION SKILLS	
<i>Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.</i>	
SKILLS	DESCRIPTION
Reading skills to:	■
Writing skills to:	■

Oral communication skills to:	■
Numeracy skills to:	■
Learning skills to:	■
Problem-solving skills to:	■
Initiative and enterprise skills to:	■
Teamwork skills to:	■
Planning and organising skills to:	■
Self-management skills to:	■
Technology skills to:	■

UNIT MAPPING INFORMATION	No equivalent unit.
LINKS	Companion Volume Implementation Guide

TITLE	Assessment Requirements for HLTAHA040 Assist with the monitoring and modification of meals and menus according to individualised plans
PERFORMANCE EVIDENCE	<p>Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:</p> <ul style="list-style-type: none"> ■ 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 work.

KNOWLEDGE EVIDENCE	<p>Demonstrate the knowledge required to complete the tasks outlined in elements and performance criteria of this unit:</p> <ul style="list-style-type: none"> ■ allied health core competencies: <ul style="list-style-type: none"> ○ person-centred care ○ individual therapy ○ group therapy ○ communication of person information ○ equipment and environment
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- Australian dietary guidelines (IDDSI) and other relevant guidelines in accordance to organisations protocol 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:
 - diabetes
 - low saturated fat
 - high energy
 - food allergens
 - diets for food intolerances including gluten free
 - modified:
 - salt
 - fat
 - protein
 - potassium
 - fluids
 - fibre
- 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 persons' ability to eat or feed oneself, including:
 - arthritis
 - broken bones
 - confusion
 - pain
 - poor dentition
 - pressure injuries
 - recovery from stroke
 - swallowing problems
- 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
 - documentation
 - reporting
 - recording patient data
 - written communication to Allied Health Professional
 - professional behaviour and presentation
 - infection control practices
 - occupational health and safety
 - manual handling
 - supervisory, delegation.

ASSESSMENT CONDITIONS	<p>Skills must be demonstrated in the workplace or in a simulated environment. All aspects of the performance evidence must have been demonstrated using simulation prior to being demonstrated in the workplace.</p> <p>Assessment must ensure:</p> <ul style="list-style-type: none">■ 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. <p>Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors and be an allied health assistant with a minimum of three years of professional experience in allied health services or a recognised Allied Health Professional.</p>
LINKS	Companion Volume Implementation Guide