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| Title | Support a person to eat and drink in a health or wellbeing setting | | |
| Level | 2 | Credits | 4 |

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| Purpose | <p>This entry-level unit standard is for people providing services in a health or wellbeing setting.</p> <p>People credited with this unit standard are able, <u>in a health or wellbeing setting</u>, to:</p> <ul style="list-style-type: none"> • <u>identify instructions relating to eating and drinking for a person receiving support;</u> • <u>support a person to eat and drink; and</u> • <u>record and/or report the intake of food and fluids for a person receiving support, in a health or wellbeing setting.</u> |
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| Classification | Health, Disability, and Aged Support > Community Support Services |
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| Available grade | Achieved |
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Guidance Information

1 Assessment conditions

Evidence for the practical components of this unit standard must be gathered in a health or wellbeing setting.

2 Assessment notes

Evidence generated for assessment against this standard must be in accordance with organisational policies and procedures.

~~Legislation and codes relevant to this unit standard include but are not limited to:~~

~~Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996 (the Code of Rights);~~

~~Health and Disability Services (Safety) Act 2001;~~

~~Health and Safety in Employment Act 1992;~~

~~Health and Safety at Work Act 2015;~~

~~Privacy Act 1993.~~

~~2—New Zealand Standards relevant to this unit standard include but are not limited to:~~

~~NZS 8134.0:2008 Health and disability services Standards—Health and disability services (general) Standard;~~

~~NZS 8134.1:2008 Health and disability services Standards—Health and disability services (core) Standards;~~

~~NZS 8134.3:2008 Health and disability services Standards—Health and disability services (infection prevention and control) Standards;~~

~~NZS 8158:2012 Home and community support sector Standard; available at <http://www.standards.co.nz/>; or any subsequent updates.~~

- 3 In the context of this unit standard, support should aim to maintain, improve, or restore a person's independence and/or interdependence by utilising the person's existing strengths and appropriate resources; but may include providing assistance to enable a person's health and wellbeing needs to be met.
- 4 Definitions
Aspiration – the entry of secretions or foreign material into a person's trachea and lungs.
Health or wellbeing setting includes but is not limited to – the aged care, acute care, community support, disability, mental health, and social services sectors.
Organisational policies and procedures – policies, procedures and methodologies of an organisation. They include legislative and regulatory requirements which may apply across a company, a specific site, or a workplace. Requirements are documented in the company's health and safety plans, contract work programmes, quality assurance programmes, policies and procedural documents.
Person – a person accessing services. Other terms used for the person may include client, consumer, customer, patient, individual, resident, service user, tūrora, or tangata whai ora.
Personal plan – covers the individual or group plans (which may also be referred to by other names) that are developed for people receiving support (and may include their family/whānau as appropriate).
- 5 Resources
 Ministry of Health, *Food and nutrition guidelines*. (Wellington: Ministry of Health, various dates). The Food and Nutrition Guidelines is a series of four population-specific food and nutrition guidelines background papers. They are available at <http://www.moh.govt.nz>. The four populations are: infants and toddlers from birth to two years old, children and young people 2-18 years, pregnant and breastfeeding women, and older people.
 In addition to the Food and Nutrition Guidelines, health education resources related to each of these populations are referenced on the above website, and are available at <http://www.healthed.govt.nz/>.

Outcomes and performance criteria

Outcome 1

Identify instructions relating to eating and drinking for a person receiving support in a health or wellbeing setting.

Performance criteria

- 1.1 Instructions relating to the dietary requirements of a person receiving support are identified in accordance with their personal plan.
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| Range | dietary requirements may include but are not limited to – personal food choices, diabetic, low fat, high protein, high calorie, lactose free, weight control, gluten free, nutritional supplements, soft/modified food texture, fluids, vegan, vegetarian, cultural preferences. |
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- 1.2 Instructions relating to the personal preferences and preferred social contexts of a person receiving support are identified in accordance with their personal plan.

Outcome 2

Support a person to eat and drink in a health or wellbeing setting.

Range evidence is required for a person on a total of three different occasions.

Performance criteria

- 2.1 The person is seated and positioned in a manner that promotes safe swallowing.
- 2.2 The person is supported to eat and drink in a manner that minimises the risk of aspiration.
- 2.3 The person is supported to eat and drink in accordance with their personal plan.
- 2.4 The person is supported to eat and drink in accordance with their personal preferences and preferred social context.

Outcome 3

Record and/or report the intake of food and fluids for a person receiving support in a health or wellbeing setting.

Range recording and/or reporting may include but is not limited to – food chart, fluid balance chart, progress notes, verbal report.

Performance criteria

- 3.1 The intake of food and fluids for a person receiving support is recorded and/or reported ~~in accordance with organisational policies and procedures.~~

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| Planned review date | 31 December 2026 ⁴ |
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Status information and last date for assessment for superseded versions

| Process | Version | Date | Last Date for Assessment |
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| Registration | 1 | 21 January 2011 | 31 December 2016 |
| Review | 2 | 19 March 2015 | <u>31 December 2023</u> ^{N/A} |
| Rollover and Revision | 3 | 26 September 2019 | <u>31 December 2023</u> ^{N/A} |
| <u>Review</u> | <u>4</u> | <u>Xx Month 2021</u> | <u>N/A</u> |

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| Consent and Moderation Requirements (CMR) reference | 0024 |
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Careerforce info@careerforce.org.nz if you wish to suggest changes to the content of this unit standard.