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|  | ***Learner Resource*** |
| **Nutrition Hydration and Dysphagia Support in Social Care** | |

Version 2.0 – 07/2020

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# The Learner Resource

## Introduction

Welcome to the fluid and nutrition module. This module enables you to develop your knowledge and skills in the fluid and nutrition needs of service users.

This learner resource is to be used as part of the leaning process. Within this learner resource you will find information, activities and direction to further help or information.

## Structure and Layout

Each guide has a common structure and layout that helps ensure consistency and maintains the quality of the materials.

The following symbols are used to highlight key information or actions:

|  |  |
| --- | --- |
|  | *Information*  This symbol highlights information on a particular point, topic or area. |
|  | *Key Point*  This symbol highlights a key point on a particular topic or area. |
|  | *Question*  This symbol indicates a question. |
|  | *Activity*  This symbol indicates a activity. |
|  | *Scenario*  This symbol indicates a scenario or case study. |
|  | *Tag*  This symbol highlights where you can find more information, help, support or a resource. |

## Latest Version

Always check you have the latest version of the learner resource. The issue number and date appear on the cover page.

If you have been given this learner resource by your Line Manager, Supervisor or Learning and Development Champion – they will have checked it is the current version. The Social Care Academy will only provide copies of the current version of any learner resource.

# Quiz

**Someone’s diet is:**

1. What they eat to lose weight.
2. What they eat
3. What they weigh

**Water is important for your body because**

1. It is a source of fibre
2. It is a source of energy
3. It can dissolve substances.

**Our bodies need food as a fuel for:**

1. Nutrition
2. Excretion
3. Respiration

**Good sources of protein are:**

1. Meat, fish and nuts.
2. Pasta, potatoes and rice.
3. Fruits and vegetables.

**You have a balanced diet when:**

1. The mass of the food eaten is the same today as tomorrow
2. You eat foods with the right amounts of all the nutrients.
3. You only eat fish on Fridays

**What are nutrients?**

1. The chemical process which your body breaks down food
2. Sugars
3. Substances that the body needs to regulate bodily functions

**What is the "fuel" to your body?**

1. Food
2. Water

**True or False: Nutrients and Foods are very important for your body and health.**

1. False
2. True

**Which mineral helps build strong bones and teeth?**

1. Magnesium
2. Calcium
3. Iron

**Vegetables are important in a person's diet because they are high in**

1. Protein
2. Fats
3. Vitamins

**What percentage of the Eatwell plate is fruit and vegetables?**

1. 33%
2. 45%
3. 25%

**Which mineral do people with anaemia lack?**

1. Zinc
2. Iron
3. Potassium

**Fluid is essential to assist our bodies to function correctly**

1. True
2. False

**Which vitamin is good for eyesight?**

1. Vitamin A
2. Vitamin B
3. Vitamin C
4. Vitamin D

**Malnutrition refers to...**

1. Overnutrition
2. Undernutrition
3. Both over- and under-nutrition

**Which of the following increases the risk of malnutrition?**

1. Famine
2. Having higher nutrient requirements
3. Having a lack of income
4. All of the above

**What is dysphagia?**

1. Difficulty swallowing
2. Obstructed airway
3. Impaired speech
4. Shortness of breath

**Malnutrition and frailty occur more common in older adults**

1. True
2. False

**Frailty impacts more than one's physical health.**

1. True
2. False

**What does fortify food mean?**

1. Adding high energy foods to meals to increase the calories
2. Adding more fruit and vegetables to your diet
3. Eating anything you want

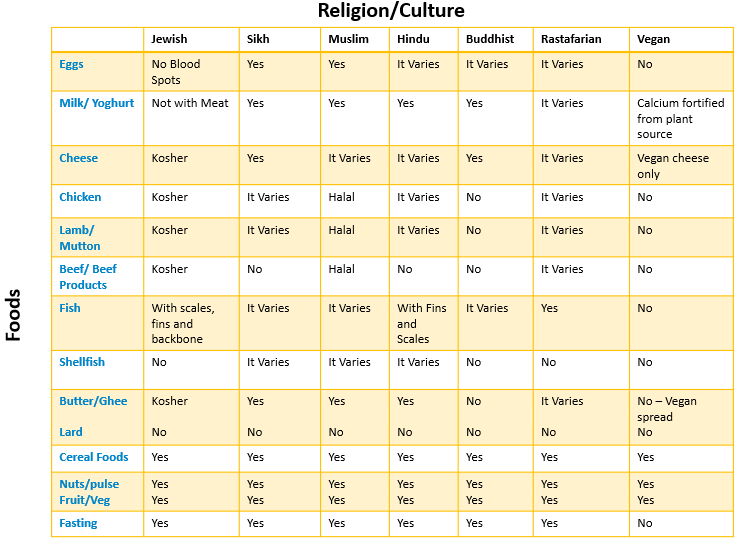
# Activity 1

|  |  |
| --- | --- |
|  | *Activity*  There are various pieces of legislation, policies, internal processes that you are required to adhered to when supporting someone with their nutritional needs when working in social care settings.  Can you list as many legislations, polices and processes that relate to fluids and nutrition? |

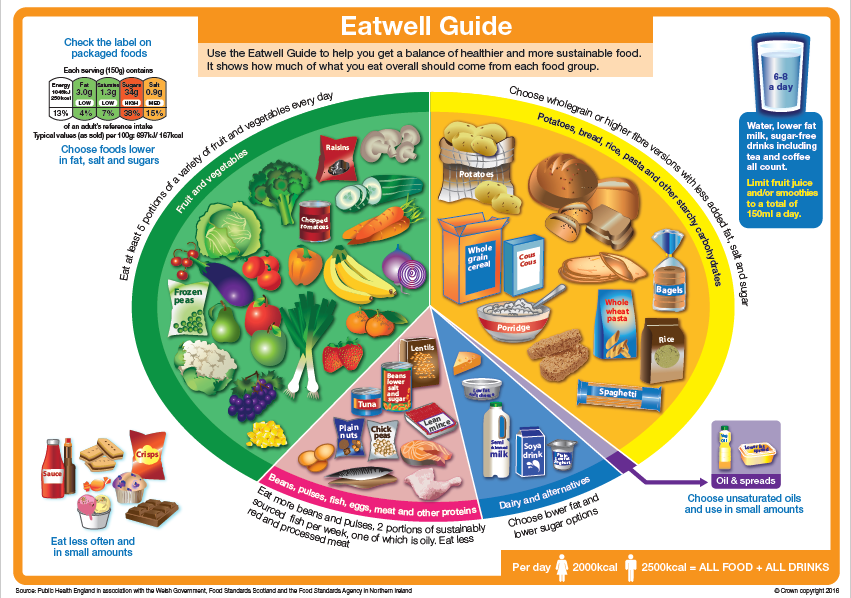
# Information

## Religious/Cultural Diets

Below is a guide to what certain cultures and religions may or may not eat.



## Eatwell Guide

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# Activity 2

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | *Activity*  Did you know that water can be found in food?  You will find pictures of the top ten foods that contain a high percentage of water. Can you guess the percentage of water content in each of the following?     |  |  |  | | --- | --- | --- | | % | % | % | | % | % | % | | % | % | % | |  | % |  | |

# Activity 3

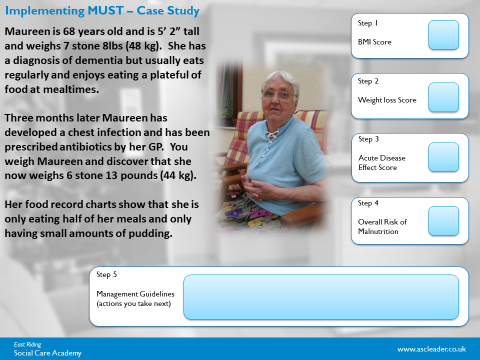
Poor nutrition can impair our daily health and wellbeing and reduce our ability to lead an enjoyable and active life. In the short term poor nutrition can contribute to stress, tiredness and our capacity to work. Over time it can contribute to the risk of developing illness and other health problems

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|  | *Activity*    Think about the various health problems that occur through a poor diet.  What could they be?  What are the signs to look for?  What actions would you take if you noticed these?   |  |  |  | | --- | --- | --- | | Problems | Signs | Actions | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |

# IDDSI – Food and Drinks Classification and Testing

# Table Description automatically generatedCHCP Mealtime Checklist

# Activity 4

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|  | *Key Point*  For a referral to a dietetic practitioner you will need to do the following:   * Fully fill in the referral form * Apply the pre-assessment checklist * Copy of the food and fluid charts for the person for a minimum of three days * List of all medications (MARS Chart) * Copy of any hospital discharge letters (if applicable) * Any Speech and Language Therapy (SALT) recommendations. |

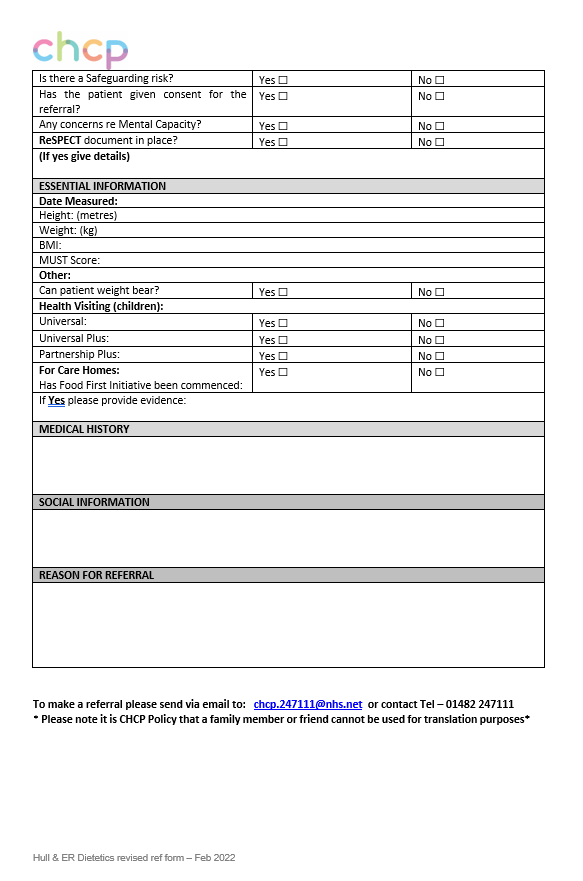
# CHCP Nutrition and Dietetics Referral Form

Below is a copy of the Hull and East Riding referral form for nutrition and dietetics. Please note that all referrals made must be done via email and sent to [**chcp.247111@hns.net**](mailto:chcp.247111@hns.net)

All boxes must be completed with up to date information and where possible consent must be given from the individual for the referral to be made.

**Table

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# Additional information resources

|  |  |
| --- | --- |
|  | *Information*  Information for the topics we have spoken about today are available from the following:  For more information on the Eatwell Plate please follow the link for more guidance and information:  <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>  Dysphagia information can be found on the NHS website:  <https://www.nhs.uk/conditions/swallowing-problems-dysphagia/>    IDDSI website:  <https://iddsi.org/>  IDDSI Framework Handout:  <https://ftp.iddsi.org/Documents/Consumer_Handouts_for_Adults_All_Levels.pdf>  Death by Indifference Report:  <https://www.mencap.org.uk/sites/default/files/2016-08/Death%20by%20Indifference%20-%2074%20deaths%20and%20counting.pdf>  Care certificate:  <https://www.skillsforcare.org.uk/Learning-development/inducting-staff/care-certificate/Care-Certificate.aspx>  **Fortified Recipe Ideas:**  [**https://www.nhsglos.nhs.uk/wp-content/uploads/2022/01/PrescQipp-Fortified-Diet-Recipe-Booklet.pdf**](https://www.nhsglos.nhs.uk/wp-content/uploads/2022/01/PrescQipp-Fortified-Diet-Recipe-Booklet.pdf) |



**Nutrition and Hydration Support in Social Care Settings**

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