

# BRAND NEW ENHANCED NUTRITION & HYDRATION COURSE

This Course Is Aimed  
At Senior Care, Deputy  
Managers, Managers  
and  
Link Champions

Staff need to have  
completed a basic  
Nutrition & hydration  
course prior to  
attending this course

## DON'T DELAY, BOOK TODAY!



Link Champions are now a requirement as part of the New Care Home Contract, so, why not get on top of the game and start growing your Link Champion Teams today!

All Courses are held at:  
"THE FORUM" FRENCHGATE CENTRE  
9:30AM - 4:30PM

# Nutrition & Hydration Enhanced

## Aim 1

Understand a healthy balanced diet

### Objective

- Understand the main nutrient groups – what they provide for a healthy body
- Understand what factors may prevent us from eating and/or drinking healthily
- Understand how different nutrient groups interact with each other
- Know what ‘The Eatwell Plate’ looks like

## Aim 2

Understand Malnutrition screening and what actions to take

### Objective

- Recognise the signs and symptoms of poor nutrition – Using the Malnutrition Universal Screening Tool (MUST)
- Know how poor diet may contribute to certain medical conditions and how some medical conditions might affect what and how we eat
- Know how to adapt food to add nutritional value - Food First Approach
- Know who is responsible for monitoring dietary intake and how this can be achieved - Use of Food records
- Understand how and when to screen using MUST
- Understand how to implement a NAP
- Know, how and when to refer to dietician

## Aim 3

Understand an individuals hydration needs

### Objective

- Understand the importance of hydration & Know how to increase hydration
- Know who is responsible for monitoring fluid intake and how this can be achieved - Use of Fluid charts
- Recognise the signs and symptoms of poor Hydration

## Aim 4

Awareness of swallowing difficulties

### Objective

- Understand Dysphagia
- Understand safe swallow “STRATAGIES” and when to refer.
- Understand how to assist people to eat and drink