

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 “STRATEGIES” and when to refer.
- Understand how to assist people to eat and drink