

Unit 148: Monitor Individuals' Progress in Relation to Managing their Body Weight and Nutrition

Level:	3
Unit type:	Optional
Credit value:	3
Guided learning hours:	26

Unit Aim

This unit is aimed at those who support and monitor adults and/or young people's progress in managing their body weight and nutrition. There will be opportunities to develop the knowledge, understanding and skills related to assessing an individual's current body weight and nutritional status and to work with them to re-establish goals for further progress.

Assessment requirements

This unit must be assessed in line with *Skills for Health Assessment Principles for Qualifications that Assess Occupational Competence* document. Detailed information can be found in *Annexe A* of the qualification specification.

Evidence for skills within learning outcomes 2 and 3 must come from real work activities.

Learning outcomes The learner will:	Assessment criteria The learner can:
1 Understand how to monitor individuals progress in relation to managing their weight and nutrition in line with current legislation, national guidelines, policies, protocols and good practice guidelines	1.1 Explain how to develop weight and nutritional management plans in line with current legislation, national guidelines, policies, protocols, and good practice guidelines
	1.2 Outline the types of information to gather from an individual in order to assess their progress
	1.3 Explain how to provide constructive feedback and encouragement to an individual regarding their progress in line with policy and protocol
	1.4 Explain how to interpret body measurements to inform the type of support provided in line with policy and protocol
	1.5 Explain when to refer the individual to other practitioners for modifications of plans

Learning outcomes The learner will:	Assessment criteria The learner can:
2 Be able to monitor individuals progress in managing their body weight	2.1 Prepare a suitable environment for open and confidential discussions and for taking body measurements
	2.2 Confirm the individuals identity and gain valid consent prior to taking body measurements
	2.3 Explain how consent would be gained from individuals who do not have the capacity to consent
	2.4 Take the individuals body measurements in line with local policy and protocol
	2.5 Interpret body measurements to inform the type of advice to give
	2.6 Discuss, with the individual /carer, the progress they have made and any difficulties they have experienced
	2.7 Support the individual to identify factors which have adversely affected their plan
	2.8 Evaluate the effectiveness of current interventions in achieving agreed goals
3 Be able to support individuals in re-establishing goals for further progress	3.1 Agree new goals with the individual /carer that will achieve further progress
	3.2 Agree review dates with the individual /carer
	3.3 Provide encouragement to the individual by reinforcing the benefits of adhering to a weight management plan
	3.4 Update records in line with local policy and protocol

Additional information about the unit

Exemplification of terms used in assessment criteria:

Individual refers to someone requiring care or support; it will usually mean the person or people supported by the learner.

The use of individuals in this unit refers only to adults and young people (not infants or children).

Body measurements should include waist circumference, skinfold thickness, weight and height, but may also include Body Mass Index (BMI), percentage weight loss, bioelectrical impedance, waist-hip ratio and calculation of nutritional requirements.

Consent (must be in line with agreed UK country definition) may include:

- The individual must have the mental capacity to make the decision
- The individual must have sufficient non-bias information to make an informed choice
- The individual must not be pressured into making a decision and must give consent freely.