

SFHAL15

Optimise an individual's nutritional status and dietary management of their food allergy



Overview

An individual's food allergy may require careful balancing or extending of their diet. This may require advice, encouragement, persuasion and information. Above all it involves working in partnership with individuals, some of whom will have tried to self manage their condition. This is a function that requires specialised dietary expertise to handle dietary avoidance and spot potential nutritional consequences.

Users of this standard will need to ensure that practice reflects up to date information and policies.

SFHAL15

Optimise an individual's nutritional status and dietary management of their food allergy

Performance criteria

You must be able to:

- P1 analyse the complete diet history and factors such as exercise and reactions to food to ascertain whether the levels of nutrients are appropriate to the age and sex of the individual
- P2 ascertain whether the individual is deficient in certain nutrients due to dietary avoidance
- P3 find out the current exposure to allergens and the degree of risk to which the individual is exposed to in specific situations
- P4 gauge the degree of responsibility towards self management that the individual is willing to commit to
- P5 adopt and maintain a positive management approach, focusing on the ways in which the individual can develop their knowledge and understanding
- P6 fully explore with the individual how to detect and avoid the allergens and get help from others in doing so
- P7 recognise signs that may indicate the individual will have social and psychological difficulty in avoiding the allergen or managing the risk
- P8 openly discuss the risks and consequences of less than optimal self management of allergy and allergy related conditions and explore the individual's strategy
- P9 outline to the individual any dietary deficiency and suggest solutions or consider prescribing supplements where there is no option to manage it through diet
- P10 refer the individual to another practitioner who can aid concordance when it falls outside your boundary of competence
- P11 give information to support discussions and advice and refer to other sources of information and support

SFHAL15

Optimise an individual's nutritional status and dietary management of their food allergy

Knowledge and understanding

You need to know and understand:

- K1 common allergic conditions and their presentation
- K2 acute severe allergic conditions, their development and risks
- K3 current practice in allergy management
- K4 normal human growth and development
- K5 nutritional requirements for normal human growth and development
- K6 reduction in nutrient intake and identification of under-nutrition
- K7 alternatives within different food groups
- K8 effects and side-effects of additives and preservatives
- K9 considerations of financial/social circumstances on nutritional intake
- K10 the influence of different cultures and religions on medication, timing and food choices
- K11 ethnic culture and needs in relation to food
- K12 information on patients' organisations
- K13 reliable and valid information and educational resources about diet and allergy
- K14 how to explore feelings and intentions
- K15 influencing skills

SFHAL15

Optimise an individual's nutritional status and dietary management of their food allergy

Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB6 Assessment and treatment planning

SFHAL15

Optimise an individual's nutritional status and dietary management of their food allergy

Developed by	Skills for Health
---------------------	-------------------

Version number	1
-----------------------	---

Date approved	June 2010
----------------------	-----------

Indicative review date	June 2012
-------------------------------	-----------

Validity	Current
-----------------	---------

Status	Original
---------------	----------

Originating organisation	Skills for Health
---------------------------------	-------------------

Original URN	AL15
---------------------	------

Relevant occupations	Health, Public Services and Care; Healthcare and Related Personal Services
-----------------------------	--

Suite	Allergy Services
--------------	------------------

Key words	diet history, exposure, referral, risks
------------------	---
