

SFHCHDHA6

Monitor and evaluate individuals' attempts at eating healthily to protect the heart



Overview

This standard is about monitoring and evaluating the individual's attempts at eating healthily to protect the heart.

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

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Performance criteria

You must be able to:

- P1 confirm the individual's details at the start of the review session
- P2 create an environment suitable for frank, confidential discussion
- P3 take measurements and calculate the individual's BMI
- P4 review the individual's food diary, if available
- P5 ask the individual to explain their experiences, successes and difficulties with the cardio protective eating plan since the last session
- P6 discuss the individual's experiences and evaluate the effectiveness of the cardio protective eating plan in meeting the agreed goals
- P7 acknowledge the individual's attempts and successes with the cardio protective eating plan
- P8 suggest modifications (eg cooking methods, substituting foods and drinks) consistent with initial agreements to improve the cardio protective eating plan
- P9 reaffirm the benefits of adhering to the cardio protective eating plan and other lifestyle changes and their affects on the health of the individual's heart
- P10 refer the individual to other services and professionals to help and support the individual in making changes in other areas, if required
- P11 set further review dates, if appropriate
- P12 provide support throughout the review period
- P13 make full and clear notes on the individual's record of all the information

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Knowledge and understanding

You need to know and understand:

- K1 how to present information and advice in ways which are appropriate for different people
- K2 the importance of encouraging individuals to ask questions, and how to do so
- K3 how to create a suitable environment for frank and confidential discussion
- K4 how the ethnic diets differ
- K5 the effects of different cultures and religions on medication, timing, diet etc
- K6 dynamics and relationships within groups, and how to manage these
- K7 the importance of obtaining full and accurate information about individuals, and how to do so
- K8 motivational interviewing techniques, and how to apply them
- K9 the importance of involving individuals in discussions, and how to do so
- K10 how to set goals that are SMART (Specific, Measurable, Achievable, Realistic, and Time-bound)
- K11 behavioural change strategies, and how to develop them taking into account other conditions
- K12 the anatomy and physiology of the human body
- K13 the organs of the human body and their functions
- K14 basic cardiovascular anatomy and physiology
- K15 the principle of informed consent, and how to obtain informed consent from individuals
- K16 how to calculate an individual's Body Mass Index (BMI)
- K17 meaning of lipid levels (Triglycerides, LDL cholesterol, HDL cholesterol), and how to measure them
- K18 how to measure individuals' weight, waist circumference, height, skinfold thickness
- K19 the importance of waist circumference and skin fold thickness in relation to dietary change and CHD risk
- K20 the 'Balance of good health' model
- K21 the importance of '5-a-Day' in a cardio protective diet
- K22 the nutritional values attributed to different food groups
- K23 the make-up of an ideal cardio protective diet plan
- K24 the alternative options within different food groups
- K25 different cooking methods
- K26 the role of alcohol within a cardio protective diet (eg red wine)
- K27 cultural diversity and how that may impact on the dietary plan
- K28 consideration of financial/social circumstances on nutritional intake
- K29 impact of additional medical conditions on nutritional intake
- K30 particular needs of individuals with heart related conditions

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- K31 relationship between exercise, diet and weight management
- K32 how to maintain a food diary and review it
- K33 the factors which determine the risk of CHD and the relative impact of these factors
- K34 organisational procedures on making notes
- K35 organisational policy on confidentiality
- K36 details of local registered dietitian
- K37 the range of services available locally and nationally for people who need information and support in making and maintain changes in their behaviour, and how to access these services

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Additional Information

External Links

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

Dimension: HWB4 Enablement to address health and wellbeing needs

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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 CHD HA6

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

Suite Coronary Heart Disease

Key words coronary heart disease
