

## SFHCHS145

### Provide support to individuals to manage their body weight



---

#### Overview

This standard covers providing specialist support services to help individuals to manage their body weight at optimum nutritional levels. This may be individuals who are overweight and those who need to gain weight. In the context of this standard the term individual refers only to adults and older children.

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

# SFHCHS145

## Provide support to individuals to manage their body weight

---

### Performance criteria

*You must be able to:*

- P1 create an environment suitable for open, confidential discussion and for taking measurements
- P2 obtain full, accurate details of the individual and their relevant background history
- P3 obtain the individual's valid consent prior to taking measurements
- P4 take and interpret specified measurements from the individual in accordance with your scope of practice
- P5 help the individual understand the links between body weight, health and wellbeing
- P6 assess and encourage the individual's readiness to promote their own health and wellbeing
- P7 refer the individual to other services and professionals where this is appropriate and within your scope of practice
- P8 provide the individual with information about other services and professionals, where this is appropriate and within your scope of practice
- P9 support the individual throughout, encouraging them to promote their own health and wellbeing and to express their concerns
- P10 provide leaflets, brochures and other materials to expand on the information you have provided
- P11 provide the individual with opportunities to ask questions to increase their understanding of their weight management plan
- P12 ask the individual to keep a food diary, if appropriate, explaining what is involved in this and what it will be used for and agree a review date
- P13 if appropriate provide contact details of the local services
- P14 keep accurate, complete and legible records in accordance with local policies and procedures

# SFHCHS145

## Provide support to individuals to manage their body weight

---

### Knowledge and understanding

*You need to know and understand:*

- K1 the current European and National legislation, national guidelines, organisational policies and protocols in accordance with Clinical/Corporate Governance which affect your work practice in relation to providing support to individuals to manage their body weight
- K2 your responsibilities and accountability in relation to the current European and National legislation, national guidelines and local policies and protocols and Clinical/Corporate Governance
- K3 the duty to report any acts or omissions in care that could be detrimental to yourself, other individuals or your employer
- K4 the principle of valid consent, and how to obtain valid consent from individuals
- K5 the policies and guidance which clarify your scope of practice and the relationship between yourself and the practitioner in terms of delegation and supervision
- K6 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 e.g. local registered dieticians, commercial slimming groups
- K7 how the ethnic diets differ
- K8 the effects of different cultures and religions on health related behaviour
- K9 how to present information and advice in ways which are appropriate for different people
- K10 the importance of involving individuals in discussions, and how to do so
- K11 behaviour modification techniques, and how to apply them
- K12 the importance of encouraging individuals to ask questions, and how to do so
- K13 how to create a suitable environment for open and confidential discussion
- K14 the importance of obtaining full and accurate information about individuals, and how to do so
- K15 the dynamics and relationships within groups, and how to manage these
- K16 how to measure individuals' weight, waist circumference, height, skinfold thickness
- K17 the importance of waist circumference and skinfold thickness in relation to dietary change
- K18 how to interpret measurements taken from an individual to inform the type of support you provide
- K19 what information should be included within a weight management plan and techniques for creating one
- K20 the importance of realistic weight goals, and how to set them
- K21 how to maintain a food diary and review it for completeness

## SFHCHS145

### Provide support to individuals to manage their body weight

---

- K22 basic anatomy and physiology relevant to weight management
- K23 the principles of the balance of good health
- K24 the nutritional values attributed to different food groups
- K25 the role of alcohol in diet
- K26 different cooking methods
- K27 the effects and side effects of additives and preservatives
- K28 cultural diversity and how that may impact on the dietary plan
- K29 the need to consider the effect of financial/social circumstances on nutritional intake
- K30 the impact of additional medical conditions on nutritional intake
- K31 the relationship between exercise, diet and weight management
- K32 the theory of energy balance, metabolism and how to achieve an energy balance to lose weight
- K33 the short and long term effects of being underweight or overweight
- K34 record keeping practices and procedures in relation to providing support to individuals to manage body weight

## SFHCHS145

Provide support to individuals to manage their body weight

---

### Additional Information

#### External Links

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

Dimension: HWB7 Interventions and treatments

## SFHCHS145

Provide support to individuals to manage their body weight

---

<b>Developed by</b>	Skills for Health
<b>Version number</b>	1
<b>Date approved</b>	June 2010
<b>Indicative review date</b>	June 2012
<b>Validity</b>	Current
<b>Status</b>	Original
<b>Originating organisation</b>	Skills for Health
<b>Original URN</b>	CHS145
<b>Relevant occupations</b>	Health, Public Services and Care; Nursing and Subjects and Vocations Allied; Health Professionals; Healthcare and Related Personal Services
<b>Suite</b>	Clinical Health Skills
<b>Key words</b>	Weight management, obesity, overweight, underweight, malnutrition