

## SFHCHS93

### Agree a dietary plan for patients with a specified medical condition



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#### Overview

This standard is about supporting a patient with a specified medical condition to make and sustain dietary and lifestyle changes using a dietary plan. The dietary plan should be agreed with the patient, and with their carer(s) if the patient chooses to involve them.

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 explain the interrelationship between diet, the medical condition, and possible complications in a way which is appropriate to the patient, and their carer where this is necessary
  - P2 identify:
    - P2.1 current conditions or treatment which indicate that dietary advice should be tailored to accommodate another condition that is managed by the diet
    - P2.2 likely disruptions to the patients normal diet
  - P3 negotiate clear, specific goals for the dietary plan which:
    - P3.1 will assist in the management of the condition
    - P3.2 will ensure continued good nutrition
    - P3.3 meets the patient's needs and preferences
    - P3.4 are consistent with evidence-based practice
  - P4 discuss the implementation of the plan, including how the patient might tackle potential difficulties and who they might contact if they need support
  - P5 provide details of the plan to the patient to remind them of goals, targets and activities and explain the risks created if they diverge from the plan
  - P6 allow time for the patient to ask questions and consider the information they are given
  - P7 inform or discuss with the relevant members of the multidisciplinary team any new concerns about the patient's condition which have been revealed during the consultation
  - P8 make sure that other members of the multidisciplinary team have the necessary information to enable them to give dietary advice and support consistent with the agreement
  - P9 make an accurate record of the consultation that can be followed by other members of the multidisciplinary team, the patient and the carer

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#### Knowledge and understanding

*You need to know and understand:*

- K1 the specific condition and any long term complications
- K2 the significance of tests results
- K3 typical progressive patterns of the specific condition
- K4 the psychological impact of the specific condition and any long term implications
- K5 the impact of:
  - K5.1 food and physical exercise on the condition
  - K5.2 the nature of concurrent diet-treated disorders
  - K5.3 the interaction of food and condition specific medications
- K6 the effects of obesity, smoking, alcohol and illicit drugs
- K7 the effects of, and how to manage intercurrent illness
- K8 the medications used to manage the specific condition
- K9 the importance and effects of patient education and self management
- K10 how to gather information from patients about their health
- K11 how to work in partnership with patients and carers
- K12 psychology of habitual and addictive behaviours
- K13 psychology of change
- K14 the significance for diet of cultural background and religious belief
- K15 the staff member's role in the multidisciplinary team and the role of others
- K16 local referral pathways
- K17 the effects of lifestyle on health how patients can access local facilities for exercise and physical activity, education and community support

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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: HWB2 Assessment and care planning

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