

## SFHDIabHA5

Help an individual understand the effects of food, drink and exercise on their diabetes



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### Overview

This standard covers providing advice and engaging in discussion with an individual with diabetes to help them understand the effects of food and drink on their diabetes. The activities described in this competence may precede the agreement of a full dietary care plan or may take place between the agreement and the periodic reviews of a full dietary plan.

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 work in partnership with the individual and carer in a manner which encourages open communication and an honest exchange of views
- P2 assess through discussion
  - P2.1 the individual's understanding of their diabetes
  - P2.2 their understanding of the effects of eating, diet and physical activity on their diabetes
- P3 gather information on the individual's patterns of eating, diet and patterns physical activity, according to the local protocol
- P4 provide information, where appropriate, to help the individual improve their understanding of the effects of eating, diet and physical activity on their diabetes
- P5 identify with the individual any potential basic changes to their patterns of eating, diet and exercise which
  - P5.1 will assist in the management of diabetes
  - P5.2 will ensure continued good nutrition
  - P5.3 meet the individual's needs and preferences
- P6 support the individual in carrying out any changes that will benefit their health, acknowledging their achievements when they have been successful, and provide encouragement when they have encountered difficulties
- P7 refer the individual for agreement or periodic monitoring of an individualised dietary care plan, in accordance with local protocols
- P8 make a record of the key points of discussions with the individual, that can be followed by other members of the care team, the individual and the carer

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### Knowledge and understanding

*You need to know and understand:*

- K1 the NSF for diabetes
- K2 the NICE guidelines on diabetes monitoring, management and education
- K3 causes of diabetes
- K4 signs and symptoms of diabetes
- K5 normal and abnormal blood glucose and HbA1c values
- K6 how to monitor glucose levels, HbA1c, blood pressure
- K7 typical progressive patterns of diabetes
- K8 the importance and effects of patient education and self management
- K9 the psychological impact of diabetes, at diagnosis and in the long term
- K10 how to gather information from patients about their health
- K11 how to work in partnership with patients and carers
- K12 the social, cultural and economic background of the patient/carers group
- K13 the impact of nutrition and physical exercise
- K14 the effects of smoking, alcohol and illicit drugs
- K15 the effects of, and how to manage, intercurrent illness
- K16 how to manage hypoglycaemia
- K17 the medications used to manage diabetes
- K18 the long term complications of diabetes and when they are likely to occur
- K19 how to examine feet and assess risk status
- K20 how to monitor cardiovascular risk
- K21 how to monitor for renal disease
- K22 how to monitor for diabetic retinopathy
- K23 the law and good practice guidelines on consent
- K24 the staff member's role in the healthcare team and the role of others
- K25 local guidelines on diabetes healthcare
- K26 local referral pathways
- K27 local systems for recording patient information
- K28 quality assurance systems
- K29 the process of notification for legal and insurance purposes
- K30 sources of practitioner and patient information on diabetes
- K31 contact details of local and national support groups
- K32 how individuals can access facilities for exercise and physical activity, education and community activities

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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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<b>Developed by</b>	Skills for Health
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<b>Relevant occupations</b>	Health, Public Services and Care; Health Professionals; Healthcare and Related Personal Services
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<b>Suite</b>	Diabetes
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<b>Key words</b>	diabetes
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