Title | Support a person to eat and drink in a health or wellbeing setting
Level  | 2
Credits | 4

Purpose
This entry-level unit standard is for people providing services in a health or wellbeing setting.

People credited with this unit standard are able to: identify instructions related to the dietary requirements of a person receiving support; support a person to eat and drink; and record and/or report the intake of food and fluids for a person receiving support, in a health or wellbeing setting.

Classification
Health, Disability, and Aged Support > Community Support Services

Available grade
Achieved

Explanatory notes
1 Legislation and standards relevant to this unit standard include:
   Health and Disability Commissioner (Code of Health and Disability Services Consumers’ Rights) Regulations 1996 (the Code of Rights);
   Health and Disability Services (Safety) Act 2001;
   Health and Safety in Employment Act 1992;
   Human Rights Act 1993;
   Privacy Act 1993;
   NZS 8134.0:2008 Health and disability services Standards – Health and disability services (general) Standard;
   NZS 8134.1:2008 Health and disability services Standards – Health and disability services (core) Standards;
   NZS 8134.3:2008 Health and disability services Standards – Health and disability services (infection prevention and control) Standards;

2 In the context of this unit standard, support should aim to maintain, improve, or restore a person’s independence and/or interdependence; utilise the person’s existing strengths; and – where possible – utilise the resources of the local community.

3 References
Ministry of Health. (Various dates). Food and nutrition guidelines. Wellington: Ministry of Health. The Food and Nutrition Guidelines are a series of six population-specific food and nutrition guidelines background papers. They are available at http://www.moh.govt.nz/foodandnutrition. The six populations are: infants and
toddlers from birth to two years old, children 2-12 years, adolescents, adults, pregnant and breastfeeding women, and older people. In addition to the Food and Nutrition Guidelines, health education resources related to each of these populations are referenced on the above website, and are available at http://www.healthed.govt.nz/.

4 Definitions  
Aspiration – the entry of secretions or foreign material into a person's trachea and lungs.  
Health and wellbeing setting includes but is not limited to – the aged care, community support, disability, mental health, and social services sectors.  
Organisational policies and procedures – policies, procedures and methodologies of an organisation. They include legislative and regulatory requirements which may apply across a company, a specific site, or a workplace. Requirements are documented in the company’s health and safety plans, contract work programmes, quality assurance programmes, policies and procedural documents.  
Person – a person accessing services. Other terms used for the person may include client, consumer, customer, patient, individual, resident, service user, tūroro, or tangata whai ora.  
Personal plan – covers the individual or group plans (which may also be referred to by other names) that are developed by service providers for people receiving support (and may include their family/whānau as appropriate).

Outcomes and evidence requirements

Outcome 1

Identify instructions related to the dietary requirements of a person receiving support in a health or wellbeing setting.

Range dietary requirements may include but are not limited to – personal food choices, diabetic, low fat, high protein, high calorie, lactose free, weight control, gluten free, nutritional supplements, soft/modified food texture, fluids, vegan, vegetarian, cultural preferences.

Evidence requirements

1.1 Instructions related to the dietary requirements of a person receiving support are identified in accordance with the person’s personal plan.

Outcome 2

Support a person to eat and drink in a health or wellbeing setting.

Range evidence is required for a person on a total of three different occasions.

Evidence requirements

2.1 The person is seated and positioned in a manner that promotes safe swallowing.

2.2 The person is supported to eat and drink in a manner that minimises the risk of aspiration.
2.3 The person is supported to eat and drink in accordance with their personal plan.

2.4 The person is supported to eat and drink in accordance with their personal preferences and preferred social context.

**Outcome 3**

Record and/or report the intake of food and fluids for a person receiving support in a health or wellbeing setting.

**Range** recording and/or reporting may include but is not limited to – food chart, fluid balance chart, progress notes, verbal report.

**Evidence requirements**

3.1 The intake of food and fluids for a person receiving support is recorded and/or reported in accordance with organisational policies and procedures.

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**Status information and last date for assessment for superseded versions**

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**Consent and Moderation Requirements (CMR) reference**

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**Please note**

Providers must be granted consent to assess against standards (accredited) by NZQA, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.

Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.

Requirements for consent to assess and an outline of the moderation system that applies to this standard are outlined in the Consent and Moderation Requirements (CMR). The CMR also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.
Comments on this unit standard

Please contact the Community Support Services ITO Limited info@careerforce.org.nz if you wish to suggest changes to the content of this unit standard.