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HEALTHCARE RECRUITMENT CHAMPIONS

The Care Certificate

STANDARD 8: FLUIDS AND NUTRITION

Eating and drinking is not only vital for life, it is also a social activity. We all have preferences relating to food and drink. Diet choices can also be influenced by our moral and cultural beliefs or medical condition. You will need to know about basic food hygiene and the processes involved in handling food hygienically. Records of intake of food and drink may also be needed to be kept in individual's plan of care.

As part of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014, Regulation 14 of the Fundamental Standards sets out guidance for meeting Nutritional and Hydration Needs.

8.1 Understand the principles of hydration, nutrition and food safety

8.1a Describe the importance of food safety, including hygiene, in the preparation and handling of food.

Food safety and hygiene is the action taken to ensure that food is handled, stored, prepared and served in such a way, and under such conditions, as to prevent – as far as possible – the contamination of food.

Cross – Contamination

Cross-contamination is one of the most common causes of food poisoning. It happens when harmful bacteria are spread onto food from other food, surfaces, hands or equipment. These harmful bacteria often come from raw meat/poultry, fish, eggs and unwashed vegetables. So it is especially important to handle these foods carefully. Other sources of bacteria can include: staff, pests, equipment, cloths, dirt or soil. When you handle raw and ready-to-eat food in your business you may need to consider extra procedures to help keep the food you produce safe. Do not forget that you should also protect food from “physical contamination” and “chemical contamination” (where chemicals get into food, e.g. cleaning product or pest control chemicals).

Food safety and hygiene means keeping premises, staff and equipment clean and handling and storing food safely. Food should be prepared as safely as possible to lower risks of illness. Good food hygiene practices must always be followed.

All establishments where food is prepared and served are governed by the Food Safety (General Food Hygiene) Regulations 1995. These regulations set out the basic hygiene principles that must be followed in relation to staff, premises and food handling.

How food is contaminated

The best way to stop food getting contaminated is to know how bacteria or unwanted objects get into it. This can happen at any time during food preparation and serving. Contamination is usually accidental, although sometimes it can be deliberate. Bacteria are static and cannot travel on their own.



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Bacteria relies on other things to transfer them to food. These things are known as vehicles and the main ones are:

- Hands
- Clothes and equipment
- Hand contact surfaces
- Food contact surfaces

Food poisoning occurs because food can be contaminated by:

- People
- Air
- Raw foods

Read your organisational policies and procedures on Basic Food Hygiene.

8.1b Explain the importance of good nutrition and hydration in maintaining health and wellbeing

Older people will differ in many ways from those of their younger contemporaries, both in their likes and preferences and nutritional needs.

What is eaten is as important as how much is eaten. Despite being less active, an older adult's requirements for energy is only slightly less than a young person. However some older adults often eat smaller portion sizes, this may be for a number of reasons e.g. lack of a variety of soft diets etc.

The difference in daily requirements between a woman between 19 – 50 and one aged over 75 is only the equivalent to a packet of crisps! Older people also require the same quantity of nutrients such as protein, vitamins and minerals as younger people. It can be difficult to achieve the recommended intakes of essential nutrients if food consumption falls and so the frail, elderly and ill can be encouraged to eat whatever foods they want. Also very important is the fluid and hydration needs of older people and in many respects, is more important in reducing urinary infections and acute confused states. A person should consume 1.5 litres of fluids a day to maintain health and wellbeing.

When service users are being assessed, the assessment tool used to assess any Nutritional or Hydration needs is generally the "Malnutrition Universal Screening Tool" (MUST)

Nutritional assessment is normally undertaken by a dietician. It involves a process of identifying the nutritional status of the individual and includes:

- Clinical examination
- Diet history
- Comparative studies of the size and proportion of the body
- Diagnosis of any clinical condition
- Estimation of dietary intake.

The results can be compared with the healthy population and enable the dietician to make a judgement on a person's nutritional status.



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8.1c List signs and symptoms of poor nutrition and hydration

Signs and symptoms of poor nutrition include:

1. Loss of weight
2. Weight gain
3. Tooth decay
4. Tiredness
5. Liver damage
6. High blood pressure
7. Heart attacks
8. Varicose veins
9. Diabetes
10. High cholesterol
11. Poor / slow skin repair
12. Arthritis

Signs and symptoms of poor hydration include:

1. Dehydration
2. Urinary tract infection
3. Acute confused state
4. Poor skin condition
5. Constipation
6. Dry mouth
7. Kidney failure
8. Heart problems
9. Poor/slow skin repair
10. Poor eye sight
11. Poor saliva production
12. Poor hair condition

8.1d Explain how to promote adequate nutrition and hydration

It is important to know what a healthy and balanced diet is. Encouraging individuals to make suitable and healthy choices about what they eat and drink is a very important part of supporting them. Some individuals may need to have a special diet for medical reasons such as diabetes. You need to check an individual's plan of care to find out about their dietary needs. A healthy balanced diet and fluids gives all the nutrients in the right amount for their age and gender. The amount of food consumed needs to be balanced against the energy used, in addition to appropriate levels of fluids for hydration.

The Eatwell Guide

This is government guidance for the general public on the nutritious value of a balanced and healthier diet. It describes various food groups and gives recommendations on the amounts which should be eaten from each group in order to ensure a well-balanced and healthier diet.



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https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf

Types of foods and fluids needed to make a balanced diet

1. Fruit and vegetables – making up one third of the diet
2. Starchy foods – making up one third of the diet
3. Meat, fish and alternatives of protein – moderate amounts
4. Milk and dairy foods – moderate amounts
5. Foods containing fat or sugar – small amounts, less often
6. Water, fruit juices or fruit teas, teas or coffee – at least 1.5 litres. (Limit fruit juice and smoothies to a total of **150mls** per day)
7. Oils and spreads – in small amounts

8.2 Support individuals to have access to fluids in accordance with their plan of care

8.2a Ensure drinks are within reach of those that have restrictions on their movement / mobility

See observation log.

This should be clearly identified in the care plan, as well as an identified process for monitoring their intake.

8.2b Ensure that drinks are refreshed on a regular basis

See observation log.

This is important because of infection control.

8.2c Ensure that individuals are offered drinks in accordance to their plan of care.

See observation log.

Records should be kept where appropriate to ensure that fluid intake meets the individual's requirements.

8.2d Support and encourage individuals to drink in accordance to their plan of care

See observation log.

All staff should be aware of the need to report any lack of fluid intake over a period of time, which could put the individual at risk of dehydration.

8.2e Know how to report any concerns to the relevant person. This could include:

- **Senior member of staff**
- **Carer**
- **Family member**

See observation log.



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To achieve these 5 outcomes and assessment criteria you will be observed in the workplace as part of your normal duties. However the opportunity for you to demonstrate these during your induction period may not arise. Therefore the use of simulation/role play using scenarios is permitted.

Whilst supporting individuals with meeting their hydration and nutritional needs may not seem to be part of your role, it is important to ensure that wherever you are working, individuals have appropriate access to fluids and nutrition.

8.3 Support individuals to have access to food and nutrition in accordance with plan of care

8.3a Ensure any nutritional products are within reach of those that have restrictions with their movement/mobility.

See observation log.

It is not only important to have nutritional products available. It is important to make sure that the service user can reach them. Thought needs to be given to where they are placed, whether they are able to be held safely by the service user. It is important to check with the service user that they are happy with where it is left.

8.3b Ensure food is provided at the appropriate temperature and in accordance to the plan of care i.e. the individual is able to eat it

See observation log.

121°C is the temperature needed to kill spores.

At least 79°C for 2 minutes is the recommended temperature for reheated foods and the temperature required to ensure thorough cooking.

63°C is the minimum temperature at which cooked foods must be kept hot until serving.

8.3c Ensure that appropriate utensils are available to enable the individual to meet their nutritional needs as independently as possible.

See observation log.

For example

LIST

Large handles

Scooper plates

Gripping aids

Plates with lips

Angled handles

Partitioned plates

Added weight

Safe straw

Utensil holder

Convalescent feeding cup

Textured spoons

Flexi cups



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Dignity plates

Soft built up handles

The most important thing you need to do is establish with individuals whether they require your assistance. You should never impose help on a person – it is far better to encourage independence, if necessary through the use of specially adapted utensils, rather than to offer assistance to eat and /or drink.

Occupational Therapists are trained to give advice on how people can remain independent. If necessary they can recommend equipment or appropriate utensils that may assist individuals you support.

8.3d Support and encourage individuals to eat in accordance to their plan of care.

See observation log.

During the assessment of needs process, an eating plan should be recorded as part of a care plan. This care plan is what staff will follow in order that the individual receives an appropriate level of nutrition and hydration. It is particularly important in older individuals that processes are in place to monitor their daily intake. It is therefore in the best interest of the individual that staff take the time to support and encourage adherence to the eating plan.

8.3e Know how to report concerns to the relevant person. This could include:

- **Senior member of staff**
- **Carers**
- **Family member**

See observation log.

To achieve these 5 outcomes and assessment criteria you will be observed in the workplace as part of your normal work duties. However the opportunities for you to demonstrate this during your induction period may not arise. Therefore the use of simulation/role play using scenarios is permitted.