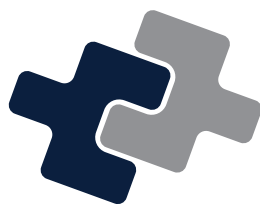


# Nutrition Support Program

HLTAHA023

Support the provision of basic nutrition advice and education



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# PROGRAM SNAPSHOT

Program Title	Nutrition Support Program
Program Summary	The Nutrition Support Program is designed to provide skills and knowledge for a range of health professionals and others working within Aboriginal and/or Torres Strait Islander Health to deliver detailed information and advice in relation to nutrition and dietary management.
Units of Competency	Incorporating Accredited Unit of Competency HLTAHA023.
Cost	Fully funded courses are currently available (usually \$425.00 per student).
Student Numbers	Groups are capped at 16 students to promote an optimal learning environment.
Delivery & Assessment	One (1) day face-to-face workshop, in-class activities assessed by facilitator, a mandatory third party observed workplace activity, and online assessment completed via accessIQ.
Estimated Hours of Study	24 hours of active learning.
CPD Hours	As a general guide, one (1) hour of active learning equates to one (1) hour of CPD. It is the responsibility of the individual student to calculate how many hours of active learning have been completed. The hours of active learning estimated above should act as a guide to CPD hours.
Pre-requisites	The course is available to Aboriginal and/or Torres Strait Islander Health Workers and Health Practitioners, Registered Nurses, Enrolled Nurses, General Practitioners, General Practice Registrars, Allied Health Workers, Nutritionists, Dieticians, Personal Trainers, Social and Emotional Wellbeing Workers or others on application.
Terms and Conditions	Visit <a href="http://benchmarquegroup.com.au/terms-and-conditions">benchmarquegroup.com.au/terms-and-conditions</a>

Food and nutrition are basic necessities of life. Research has shown that the foods we eat will have a huge impact on our health and longevity. A diet that is healthy and rich in fruits and vegetables can prevent many age-related diseases. A diet which is not nutrient-dense will be a major risk factor for many life threatening chronic diseases such as diabetes, heart disease and certain forms of cancer.

## PROGRAM OUTLINE:

The Nutrition Support Program is a one (1) day course that includes a lecture and practical workshop activities. These involve the skills and knowledge required to support the provision of basic nutrition education to clients receiving diet therapy under the direction of a dietitian.

Students will be able to demonstrate appropriate strategies to monitor a client's response to information and education and comply with the instructions of the Dietitian and be aware of protocols for client documentation.

# PROGRAM INFORMATION

## PROGRAM OUTCOME:

Upon the successful completion of this course, students should have:

- Knowledge and understanding of nutritional requirements and the body systems involved and also the related anatomy
- An understanding of the principles of nutrition
- The ability to organise appropriate resources for dietary education and assist with the provision of basic and scripted dietary and nutrition information for the client
- Be able to demonstrate appropriate strategies to monitor a client's response to the information and education and comply with the instructions of a Dietitian
- Knowledge on how to use appropriate materials and equipment and follow procedures to provide nutrition information and be aware of protocols for client documentation.

## PROGRAM CONTENT:

During the one (1) day face-to-face workshop, the following topics are covered:

- Nutrition advice, assessment and procedures to assist in supporting best clinical practice
- BMI calculations and associated risks
- Evidence-based nutrition resources
- Social and environmental factors
- Obesity management.
- Promote best practice nutritional care
- Explore the care provided by an Accredited Practising Dietician.

### Promote and Manage Nutrition by Addressing:

#### Workshop Activities

- Evidence-based nutrition
- Effects of excess sugar and sodium intake
- Effects of alcohol
- Factors that influence food choices
- Perform basic anthropometric assessments
- Nutrition principles
- Long term weight objectives
- Religious considerations and reflecting on an individual's cultural background
- The nutritional care processes
- Health star ratings
- Client centred care.

## PROGRAM STRUCTURE:

Course delivery and assessment for the Nutrition Support Program includes pre-reading, a one (1) day face-to-face workshop, in-class activities assessed by facilitator, a mandatory third party observed workplace activity, and online assessment completed via accessIQ.

To achieve competency in this course, students must demonstrate competency through realistic skills simulations, competently complete a theory assessment covering essential knowledge and skills and complete workplace activity.

Following successful registration, students are provided with recommended and further reading related to nutrition. Information within the pre-reading offers an overview of various aspects of nutrition which are discussed during the face-to-face workshop. All course materials are supplied. The online assessment activities do not need to be completed until after attendance at the one (1) day workshop.

The Nutrition Support Program is supported by funding from the Australian Government Department of Health under the Chronic Disease Support Project.

#### About The Benchmarque Group

The Benchmarque Group is a Registered Training Organisation (RTO) delivering a range of clinical skills courses and programs to meet the needs of a broad range of health professionals across Australia.

As an RTO working in the health sector, our focus is on the delivery of courses and programs designed to provide healthcare professionals with the opportunity to expand their skills and careers. We concentrate on skills and knowledge that can be immediately implemented in a vocational context.

Skills learnt today can be used tomorrow.



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