



Chronic Conditions and Nutrition

COURSE INFORMATION

Course snapshot

COURSE TITLE	<u>Chronic Conditions and Nutrition</u>
VALUE FOR ORGANISATIONS	Develop an understanding of the key principles of nutrition and associated chronic conditions and create an overall understanding of how a healthy diet can support patient care.
UNITS OF COMPETENCY	HLTHPS010 Interpret and use information about nutrition and diet.
COST	Fully Funded
PRE-READING	Students must complete the Foundations of Chronic Disease Course prior to attending this workshop.
DELIVERY & ASSESSMENT	<ul style="list-style-type: none">• One day face-to-face or virtual workshop• Mix of theory and practical components utilising critical thinking skills to review and distil information about nutrition and diet• All assessments are completed within the workshop through case studies, reflections, quizzes and group activities• This course is delivered by a qualified chronic disease trainer and assessor.
ESTIMATED HOURS OF STUDY	7 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.
ENTRY REQUIREMENTS	To view entry requirements please refer to the next page.
TERMS AND CONDITIONS	<u>Visit benchmarkgroup.com.au/terms-and-conditions</u> <u>View Student Handbook</u>

Course summary

The Chronic Conditions and Nutrition Course (HLTHPS010) is a nationally accredited unit of competency which aims to provide students with the skills and knowledge required to interpret and use basic information about nutritional principles and healthy diet.

This workshop focuses on nutritional elements which comprises a healthy diet based on the Australian dietary guidelines. Following recommendations for dietary intake, food safety, food labelling and interpretation. Linking nutritional requirements to optimise the management of chronic diseases for the Client.

The Chronic Conditions and Nutrition Course (HLTHPS010) is supported by funding from the Australian Government Department of Health under the Chronic Disease Support Project.

Learning outcomes

Upon successful completion of the course students should have the ability to:

- Work with clients within the Australian Dietary Guidelines framework
- Access and identify evidence based education and information on nutritional and dietary needs
- Interpret and implement practical information about diet and nutrition
- Gain broader knowledge of nutrition for ongoing client support and care planning.

Course content

This course is designed to support health professionals, working within in the primary care sector, in understanding the link between chronic disease and nutrition.. This course will cover:

- effective use of the Australian dietary guidelines and the Australian guide to healthy eating
- provide nutritional information and education appropriate to your scope of practice
- access and establish evidence-based sources of nutrition
- identify the main principles of nutrition including food groups, allergies and intolerances
- recognising and promoting a variety of different diets specific for all Australians
- provide information on lifestyle, self-care practices and specialist services related to diet and nutrition
- identify situations where referral to a healthcare professional is required and take action accordingly.

The face-to-face or virtual workshops combine theory and practical activities.

About accessIQ

We are paving the way for innovative and easy online learning through our bespoke online course and assessment platform, accessIQ.

- Study anywhere, anytime
- Edit saved answers, review before submitting
- Live student console – tracks assessment, enrollments and waitlists
- Access statement of results and resource library.

Entry requirements

Entrants to the Chronic Conditions and Nutrition Course (HLTHPS010) typically are primary healthcare professionals. Relevant roles could include but are not limited to:

- Aboriginal and/or Torres Strait Islander Health Practitioners
- Aboriginal and/or Torres Strait Islander Health Workers
- Allied Health Professionals
- Dietitians
- Enrolled Nurses
- Fitness Professionals
- General Practice Registrars
- General Practitioners
- Nurse Practitioners
- Nutritionists
- Other Health Professionals
- Registered Nurses
- Social and Emotional Wellbeing Workers

Students must complete Foundations of Chronic Disease prior to entry to this course.

Assessment

To achieve competency students must demonstrate successful completion of:

- Verbal and written assessments covering essential nutritional knowledge and skills
- Case studies, scenarios and quizzes through active participation in the workshop.

All assessments for Chronic Condition and Nutrition are completed in the 1-day face-to-face or virtual workshop.

About Benchmark Group

Benchmark Group is a Registered Training Organisation (RTO 21824) delivering a range of clinical skills courses 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 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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