Nutrition & Hydration

Who is this course aimed at?
For people who are required to support residents with their nutrition and hydration

Course Aims
By the end of the course you will be able to support residents with their nutrition and hydration

Learning Outcomes
By the end of this course you will:

- Recognise the importance of good nutrition and hydration
- Know the latest facts and statistics surrounding nutrition & hydration
- Recognise the signs and symptoms of malnutrition
- Be aware of the causes of malnutrition
- Know how to calculate someone's BMI
- Know why you would need someone's MUST score
- Understand the 5 MUST steps to establish the correct Action Plan
- Be familiar with the 5 food groups
- Understand the philosophy behind the Eatwell Guide
- Be familiar with foods that should be avoided
- Recognise signs and symptoms of dehydration
- Be aware of strategies to maintain hydration
- Recognise common conditions that could affect nutrition
- Know your own and your employers responsibilities

Course available as

E-Learning
Course Length: 45 Mins

Contact Us
For more information, or to book any of our courses, please contact us on 01706 375578

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