

# **Nutrition and Hydration**

Mandatory

### Who is this course aimed at?

This course is aimed at anyone who provides residential care

#### **Course Aims**

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

## **Learning Outcomes**

- 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

**Face to Face** 



Course Length: 3 Hours

# **Contact Us**

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