

Dietetic Support Worker Award Nutrition and Nutritional Support Update

This one-day course is aimed at dietetic support workers working in both acute and community settings. It will be suitable for those relatively new in post and as a useful update for those with some previous knowledge and experience. The day will cover the role of nutrition, the effect of healthy eating in the management of conditions such as type 2 diabetes and the principles of nutritional support in the management of malnutrition and chronic disease as pertinent to the dietetic support worker role

Aim

The aim of this one-day course is to increase the dietetic support worker's knowledge about current dietary intakes in comparison to recommendations, screening for malnutrition and the role of nutrition and nutritional support in the management of

Learning outcomes

By the end of the one day course the DSW will:

- Be able to demonstrate an understanding of the Eatwell plate and recommended portion sizes.
- Be able to demonstrate an understanding of the most important nutritional messages and be aware of the range of BDA Food facts and other resources available
- Be able to identify the factors which affect food choice and common methods of collecting and assessing dietary intake information.
- Be aware of the barriers to changing health related behaviour and to healthy eating
- Be able to demonstrate an understanding of the screening process for malnutrition and the range of nutritional support options available including the food first approach

More Information

Please direct queries to:

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