



*Training and Professional Development*

## Person-Centred Nutrition

**This half day course is designed to help staff working within the health and social care sector to meet the nutrition and hydration needs of our clients/residents when supporting a person-centred approach to a healthy diet**

### Course Objectives \_\_\_\_\_

- To understand the importance of nutrition
- To understand the impact of nutrition on the brain and the body
- To understand the importance of choice and supporting people to understand the consequences of their nutrition decisions (relating to the Mental Capacity Act and Duty of Care)
- To understand the potential risks for obesity, malnutrition, diabetes and other health conditions

COURSE INFORMATION	
<b>Duration:</b>	Half day
<b>Who should attend:</b>	Nurses, All Care/Support Workers, Managers/Seniors/CHAPS
<b>Certification:</b>	Certificate of Attendance
<b>Travel Charge:</b>	Dependent on Location

Training and Assessment in Healthcare Ltd, 15 Hurricane Way, Norwich NR6 6EZ

Tel: 01603 611107 Email: [training@tihcuk.com](mailto:training@tihcuk.com)

**Website: [www.traininginhealthcare.co.uk](http://www.traininginhealthcare.co.uk)**

Managing Director: Linda Evans RGN. Company Secretary: Howard Evans. V.A.T. registration No: 948 7300 96