



*Training and Professional Development*

# Nutrition and Hydration

## M.U.S.T\* & IDDSI\*

**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, to ensure risks are identified using the correct methods and tools to support effective care planning and risk mitigation**

### Course Objectives

- To understand the importance of a healthy, balanced diet using a person-centred approach
- To be able to identify people who are “at risk” of poor nutrition and dehydration (to include swallowing difficulties and IDDSI)
- To understand M.U.S.T. and how it should be incorporated within an individual’s nutritional support plan
- To develop knowledge in relation to basic nutritional facts, to include: the “Eat Well Plate”; the 5 main food groups, nutrients, fluids and hydration
- To consider fortifying foods and nutritional/dietary supplements (Including: Enteral Feeding awareness)
- To understand how diet can contribute to health problems and how to promote good health through healthy diet
- To promote personal involvement in menu-planning
- To develop an awareness of cultural & religious differences and how we need to consider food and hydration in relation to diversity

### NOTES

- \*MUST - Malnutrition Universal Support Tool
- \*IDDSI – International Dysphagia Diet Standardisation Initiative

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

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