

# 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