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## **Nutrition & Hydration** [Download PDF](#)

### **Course Aim**

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



## Nutrition & Hydration

For people who are required to support residents with their nutrition and hydration  
More Information

E-Learning

# 1 Hour 15 Mins

£12.00 inc. Tax

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