

Fluids and Nutrition

By completing this course, you will be able to:

- Describe the importance of food safety, including hygiene, in the preparation and handling of food.
- Explain the importance of good nutrition and hydration in maintaining health and wellbeing.
- List signs and symptoms of poor nutrition and hydration.
- Explain how to promote adequate nutrition and hydration.
- Ensure drinks are within reach of those that have restrictions on their movement/mobility.
- Ensure that drinks are refreshed on a regular basis.
- Ensure that individuals are offered drinks in accordance with their plan of care.
- Support and encourage individuals to drink in accordance with their plan of care.
- Ensure any nutritional products are within reach of those that have restrictions on their movement/mobility.
- Ensure food is provided at the appropriate temperature and in accordance with the plan of care i.e. the individual is able to eat.
- Ensure that appropriate utensils are available to enable the individual to meet their nutritional needs as independently as possible.

(We are working in partnership with the Grimsby Institute to support existing staff with development; they offer a wide range of short courses along with Diplomas in Health & Social care.)

Certificate awarded upon completion of induction. T&C's Apply.