

## **EXAMINABLE AREAS FOR BSC NUTRITION**

### **COMMUNITY HEALTH (NUTRITION) PRACTICE**

#### **CASE MANAGEMENT**

##### **a. Knowledge and Skills to be acquired**

1. Interviewing Techniques
2. History Taking
3. Conduct physical examination of clients
4. Report writing under supervision
5. Referral
6. Counselling
7. Ward rounds and review of cases

##### **b. Cases to be managed**

1. Severe Acute Malnutrition (SAM)
2. Moderate Acute Malnutrition (MAM)
3. Eating Disorders
4. Diabetes mellitus
5. Coronary Heart Diseases
6. Obesity
7. Hypertension
8. Peptic ulcers
9. Gout
10. Liver diseases
11. HIV and AIDS
12. Kidney diseases
13. Gastrointestinal tract disorders
14. Diarrhoea
15. Constipation
16. Patients suffering from severe injuries (burns) and prolonged sickness.

#### **DISEASE SURVEILLANCE**

##### ***A. Disease Surveillance activities and determination of Health Facility Indicators***

1. Identify appropriate data collection and reporting tools
2. Fill nutrition and child health Forms appropriately

3. Validate data collected.
4. Organize nutrition data
5. Enter data into appropriate storage facility (DHIMS)
6. Analyse and monitor trends of nutrition indicators
7. Interpret the various health facility indicators related to nutrition
8. Determine the various health facility indicators related to nutrition
10. Bulletins summarizing data reported by health facilities to the district
11. Share and disseminate the report with the supervisor

## **NUTRITION SURVEILLANCE**

### **a. Growth monitoring and promotion**

1. Weighing children under 5 years
2. Measure lengths and heights of children under 5 years
3. Plot and chart growth graph of children under 5yrs
4. Appropriate classification of children weighed or measured according to their respective nutrition statuses (normal, moderate, and Severe).
5. Interprets growth curve of children under 5yrs to mothers
6. Counsel mothers according to children's growth curve using 3A's
7. Proper documentation of information in the Maternal and Child Health Record Books (MCHR)

### **Prevention and management of nutritional deficiencies**

1. Perform Clinical Assessment of Severe Acute Malnutrition (SAM)
2. Diagnose SAM
3. Manage SAM
4. Prepare F-75, F-100, or Rehydration Solution for Malnutrition (ReSoMal) using the available protocols or guidelines to manage SAM
5. Provide Dietary / Nutritional counselling for caregivers using 3As or nutrition care process

6. Advise clients on complementary feeding
7. Educates clients on prevention of Micro-nutrient Deficiency
8. Counsel pregnant, lactating mothers and the aged on proper nutrition

## **NUTRITION REHABILITATION**

1. Management of severe acute Malnutrition (SAM)
2. Management of moderate acute Malnutrition (MAM)
3. Manage cases of severe micro-nutrients deficiencies

## **INTERPRETATION OF INVESTIGATIONS**

1. Laboratory Investigations
2. Clinical Assessments
3. Dietary Assessments
4. Anthropometric Assessments

## **NUTRITIONAL SURVEY /DATA QUALITY MANAGEMENT**

### **NUTRITIONAL SURVEY AND DATA QUALITY MANAGEMENT**

1. Plan and conduct nutritional survey
2. Analyze nutritional survey data
3. Interpret nutritional survey report
4. Write nutritional survey report.
5. share and disseminate findings
6. Conduct data validation
7. Provide data feedback to facilities
8. prepare data validation report and share with the supervisor

## **DIETETICS**

### **DIET THERAPY**

1. Conduct self professionally in a variety of clinical settings
2. Communicate appropriately with colleagues, clinical supervisors, and other members of the health team.

3. Take accurate anthropometric measurements
4. Carry out comprehensive dietary assessment of patients.
5. Read and take proper records of information from patient's folder
6. Acquire practical knowledge in the management and prevention of disease conditions
7. Acquire experience in the various specialisations in the dietetic profession.
8. Acquaint self with the nutrition care process skills (assessment, diagnosis, intervention, and monitoring & evaluation)
9. Prepare diet plan for inpatients and outpatient
10. Acquire the practical skills in the preparation of special diets

### **FAMILY HEALTH**

1. Educate pregnant women on personal, food and environmental hygiene
2. Provide health education focused on healthy nutrition/folic acid requirements, exercise, risk reduction, signs and symptoms of pre-term labour and/or other pregnancy complications that require immediate attention.
3. Educate mothers on behaviours that may affect the health of the child
4. Educate mothers on importance of rest, exercise, safe delivery, exclusive breastfeeding, postnatal care, warning signs in pregnancy and labour
5. Counsel clients on the dangers of unsafe sex.
6. Remind women about the next visit and refer any adverse condition to appropriate level

### **FAMILY PLANNING AND SEXUAL HEALTH**

1. Offer non-coercive, confidential family planning advice
2. Educate breastfeeding mothers on dual protection
3. Promote exclusive breastfeeding to 6 months as a method of contraception (with condoms)
4. Encourage men to be involved in family planning
5. Educate clients on STIs encourage them to seek health care early

### **CHILD HEALTH (POSTNATAL CARE)**

1. Educate mothers on exclusive breastfeeding

2. Educate mothers on timely initiation of complementary feeding
3. Educate mothers on correct positioning and attachment during breastfeeding
4. Check for malnutrition and anaemia in mother and child.

### **SCHOOL HEALTH**

1. Screen children to identify those with health problems
2. Educate children to adopt healthy lifestyles
3. Discuss with teachers the health problems of the children
4. Educate school authorities on environmental hygiene
5. Give education on sanitary facilities, safe and adequate water for drinking and hand washing with soap
6. Advise authorities on the importance of recreational activities
7. Educate school children and on four-star diet and worm infestation
8. Refer children with health problems to seek health care

### **ADOLESCENT HEALTH**

1. Provide sexual and reproductive health services to adolescent
2. Offer non-judgmental information and counselling about sexuality to adolescents
3. Give education on the prevention of early pregnancy
4. Give appropriate advice to help make pregnancy as safe in young people
5. Advise adolescents on the correct use of condom
6. Participate in adolescent health corner activities
7. Provide nutrition services to adolescents (GIFTS)

### **HEALTH SYSTEMS MANAGEMENT**

1. Attend District/Sub district Health Management Team Durbar & community planning meetings.
2. Understand the District Health Information Management System
3. Plan and implement clinical supervisory visits to the periphery (SDHMT, Health Centre, CHPS)
4. Reporting on clinical supervisory visits to supervisor or appropriate level

5. Compile and write monthly, quarterly, and half year reports on nutrition activities
6. Support Transport, procurement estate, finance supply divisions carry out their functions
7. Acquaint self on the conduction of performance Appraisal of subordinates.
8. Presentations
9. Seminars
10. Tutorial
11. Workshops