

## **EXAMINABLE AREAS FOR DIPLOMA NUTRITION**

### ***IMMUNIZATION, GROWTH PROMOTION, ANTENATAL ACTIVITIES***

- a. Explain the role of nutrients in the function of the human body
- b. Identify nutrient deficiency diseases among children
- c. Describe the sources and functions of nutrients for child's growth
- d. Be able to apply the concept of four-star diet in nutrition education
- e. Be able to conduct growth monitoring and promotion sessions (CWC).
- f. Be able to calculate the estimated desired weight of pregnant women before 12 weeks for Estimated Date of Delivery (EDD)
- g. Conduct appropriate nutrition counseling sessions for pregnant women using 3As.
- h. Educate pregnant women on personal, food and environmental hygiene.
- i. 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.
- j. Educate mothers on importance of rest, exercise, safe delivery, postnatal care, warning signs in pregnancy and labour.
- k. Educate mothers on exclusive breast feeding.
  1. Educate mothers on timely initiation of complementary feeding
  2. Educate mothers on correct positioning and attachment during breastfeeding
  3. Check for malnutrition and anaemia in mother and child

### ***DISEASE SURVEILLANCE***

1. Identify communicable disease
2. Identify risk factors of communicable diseases
3. Be equipped with the purpose of the various equipment in the cold room
4. be able to carry out immunization processes at CWC
5. To acquire knowledge and skills to determine vitamin A status of children
6. Be able to administer appropriate dose of vitamin A for children aged 6-59 months.

### ***CONDUCT HEALTH EDUCATION AT CWC, ANC, SCHOOLS AND COMMUNITIES ON THE FOLLOWING:***

1. Risk of eating contaminated food
2. How to protect food from rodents, insects, and dirt

3. Safe and health food preparation and handling by food vendors for public consumption
4. Sources of safe water for domestic use
5. Health problems associated with using unsafe and inadequate water
6. Simple and safe methods of treating their water sources
7. Importance of personal hygiene
8. The importance of household latrines, their proper use and maintenance
9. The need to avoid bad habits like spitting, smoking, open urination, etc
10. The proper storage and disposal of refuse.
11. How to control the breeding of disease vectors, eg. mosquitoes, housefly, etc
12. How to reduce contact with disease vectors
13. How to improve their housing to make them a healthy residence
14. Screen school children to identify those with health problems and refer to seek health care.
15. Educate school children to adopt healthy lifestyles
16. Discuss with teachers the health problems of the children
17. Educate school authorities on environmental hygiene
18. Advice authorities on the importance of recreational/physical activities
19. Educate school children and on four-star diet and worm infestation
20. Participate in adolescent health corner activities
21. Give education on the prevention of early pregnancy
22. Give appropriate nutritional advice to help make pregnancy safe in young people

***CONDUCT COMMUNITY STUDY AND WRITE REPORT ON THE FOLLOWING;***

1. Identify the various sources of water supply for domestic use
2. Assess the latrine situation of a community
3. Assess how households and communities dispose their waste
4. Identify housing problems in the community

***PRIMARY HEALTH CARE AND HEALTH SYSTEMS MANAGEMENT***

1. Master the Organizational Structure of the District Health Directorate
2. Acquaint self on CHPS set-up and the activities carried out at the CHPS Compounds,
3. Know the various activities carried out at the district nutrition units
4. Identify appropriate data collection and reporting tools
5. Learn how to fill data collection Forms appropriately

6. Learn how to validate, organize, and analyse collected data
7. Analyse and interprets data, e.g. determines alert and epidemic thresholds
8. Notify and disseminates information.
9. Take appropriate action
10. Participate in SHMT/community planning meetings
11. Study how to fill Nutrition and Child Health Reporting form and prepare reports
12. Learn how to use the District Health Information Management System (DHIMS)

### ***NUTRITION REHABILITATION APPLYING THE WHO GUIDELINES***

1. Management of Moderate Acute Malnutrition (MAM)
2. Manage of Severe Acute Malnutrition (SAM)
3. Manage cases of severe micro-nutrients deficiencies
4. Preparation of special feeds for the management of malnourished children

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

1. Plan and conduct nutritional survey
2. Analyse nutritional survey data
3. Interpret nutritional survey report
4. Write nutritional survey report.
5. Share and disseminate findings of the report
6. Conduct data validation
7. Provide data validation feedbacks to facility
8. Learn to fill and update Vitamin A monitoring charts
9. Analyse monitor malnutrition trends

### ***DIETARY COUNSELLING OF DIET RELATED CONDITIONS***

Diet management of persons with:

- Diabetes mellitus
- Coronary Heart Diseases
- Obesity
- Hypertension

- Peptic ulcers
- Gout
- Liver diseases
- HIV/AIDS
- Kidney diseases
- Gastrointestinal tract disorders