

Specification of Competency Standards
for the Elderly Care Service Industry
Unit of Competency

Functional Area - Clinical Care

Title	Design Special Diet Menus
Code	106018L6
Range	This Unit of Competency is applicable to staff providing clinical nursing in the elderly care service industry. This Competency involves the abilities of critical analysis and judgment. Employees are required to integrate the data on elderlies' diet and condition by applying their abundant specialized knowledge on nutrition, to design special diet menus for elderlies, and evaluate the effectiveness of diet on improving elderlies' nutritional status and control their health problems, so as to promote the overall dietary health of elderlies.
Level	6
Credit	9 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on Special Diet Menus for elderlies</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Understand the cause for and pathophysiology of elderlies' special needs, such as: <ul style="list-style-type: none"> ○ Swallowing difficulties ○ Malnutrition ○ Disease ○ Treatments they are currently receiving • Understand the ways to assess elderlies' diet • Understand special menus commonly consumed by elderlies and their relevant nutritional and biological knowledge, such as: <ul style="list-style-type: none"> ○ Low-calories menu ○ Menu for those with swallowing difficulties ○ Low-sodium menu • Understand the techniques required to design individualized menus • Understand elderlies' food preference by making reference to their backgrounds and local culture • Understand the ways to design special menus • Understand the ways to evaluate special menus' effectiveness in improving the nutrition and health of elderlies <p>2. Designing special menus</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Assess dietary and health conditions of elderlies, such as: <ul style="list-style-type: none"> ○ Nutritional assessment ○ Swallowing ability assessment ○ Medical history ○ Treatments undertaken in the past and at present • Analyse the results of the assessment and integrate data from different sources to determine why elderly need special meals, such as: <ul style="list-style-type: none"> ○ To control blood glucose level with diet ○ Post-stroke elderlies with swallowing difficulty require pureed food to prevent aspiration pneumonia • Design individualized menus depending on reasons why elderlies need special meals, such as: <ul style="list-style-type: none"> ○ Provide additional nutrients; for example, elderlies with cancer require intake of more nutrients than others

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	<ul style="list-style-type: none"> ○ Overcome swallowing difficulties; for example, post-stroke elderlies with swallowing difficulty require pureed food to reduce risk of choking ○ Control diseases; for example, elderlies with diabetes require food with lower glycemic index to stabilize blood glucose level ○ Avoid interference with current treatment regime; for example, some elderlies taking anti-coagulant have to avoid food with vitamin K ○ Respect elderlies' food preference; for example, some elderlies may avoid specific food items due to religious or personal reasons ● Design special menus for individuals, including contents such as, <ul style="list-style-type: none"> ○ Ingredients; for example: beef, peanuts ○ Nutritional value; for example, amount of fat and protein ○ Ways to prepare; for example, pureeing the food or cooking till mushy. ○ Ways to cook; for example, avoid deep or shallow-frying and avoid spicy condiments. ○ Additional ingredients; for example, thickener, or protein powder. ○ Reasons for specific needs; for example, low-sodium, low-calories diets ● Evaluate elderlies' nutritional and health conditions, for example, body weight, blood glucose level, and blood pressure.; amend special menu according to their appetite, and dietary and health conditions <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> ● Follow proof-oriented guidelines to design special menus ● Respect elderlies personal food preference
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> ● Ability to assess elderlies' dietary and health conditions, analyse their reasons for needing special meals, integrate data from various sources in order to design special menus suitable for elderlies; and ● Ability to design special menus properly and amend their content according to changes of eating behaviour and conditions of elderlies.
Remark	