

The CARE CERTIFICATE

Fluids and Nutrition

Standard

8



Learning outcomes

8.1 Understand the principles of hydration, nutrition and food safety

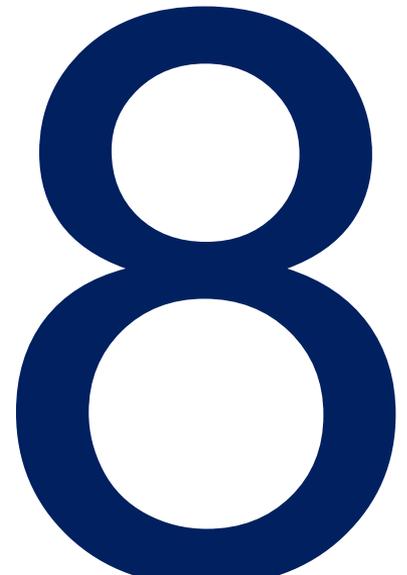
8.2 Support individuals to have access to fluids in accordance with their plan of care

8.3 Support individuals to have access to food and nutrition in accordance with their plan of care.

Standard



2



Food safety

- **Food safety is essential when preparing and handling food**
- **Not all substances and objects that can cause harm or illness can be seen**
- **People can become ill from eating food that tastes normal and looks safe.**



Food hazards

Food must be prepared and stored in ways that prevent contamination. Contaminants could be:

Physical

Objects that could be in food when it is bought or introduced when preparing food e.g. bones or bits of packaging. Look for objects which should not be in the food

Chemical

Chemicals that could be harmful if eaten such as pesticides, weed killers or cleaning chemicals. Wash fruit and vegetables before preparation and avoid spraying cleaning products near food.



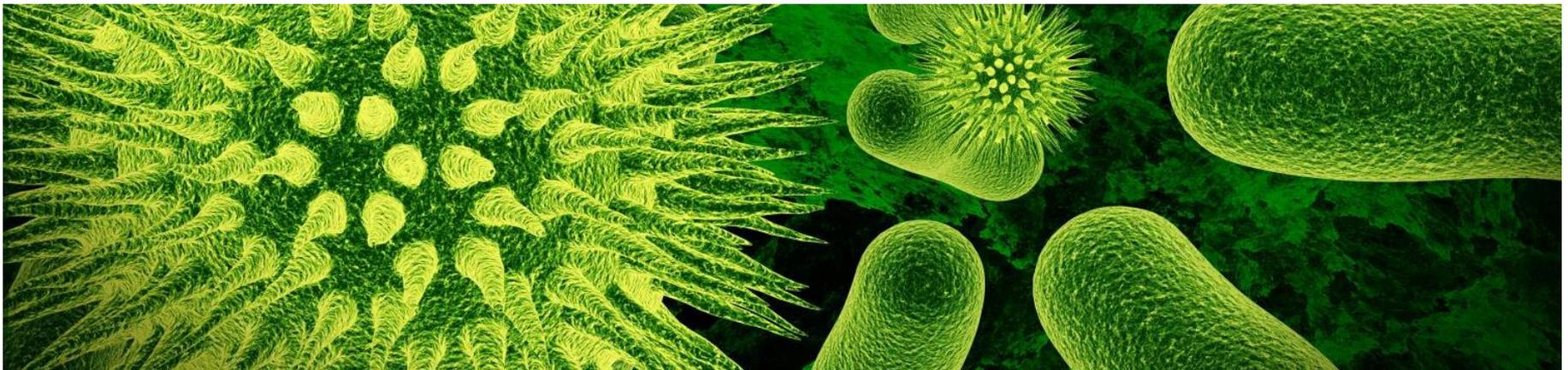
Food hazards

Allergenic

Substances which cause extreme reactions in individuals allergic to them. Examples include nuts, eggs, shellfish, gluten and milk. Foods containing allergens should be prepared and stored separately to those which don't

Bacterial

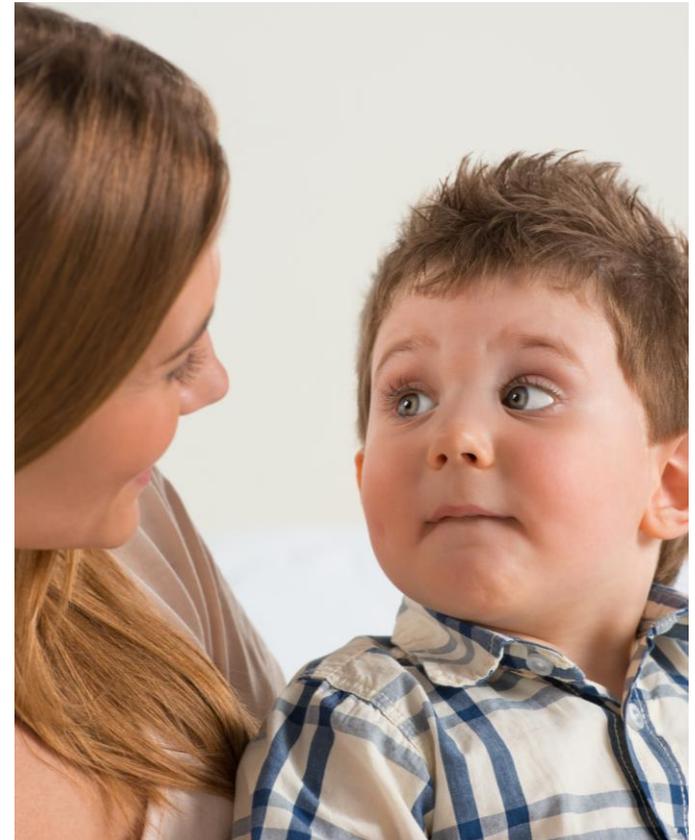
Pathogenic bacteria can be transferred to food during storage, handling and preparation. They can multiply to harmful levels if the conditions are right. Effective food safety principles should be followed to remove these risks.



Vulnerable groups

Some groups of people are more vulnerable to food-related illnesses because of a weakened immune system. These groups can include:

- **Babies, toddlers, children and teenagers**
- **Pregnant and breastfeeding women**
- **Elderly people**
- **Those who are living on a low income**
- **People in prison**
- **People in hospital.**



Preparing food safely



Which of the following statements are true and which are false?



True



False

Remove jewellery before preparing food



Wash your hands thoroughly before touching food



Wipe equipment with dry cloth between uses



Ensure food is cooked thoroughly



Store food in sealed containers



Food stored in a fridge should be labelled, dated and kept at or below 5°C



Store raw meat above ready-to-eat food



Prepare raw and cooked foods at the same time in the same area



Wash equipment in hot, soapy water or in a dishwasher if available



The importance of nutrition for health and wellbeing



To stay healthy we need a diet that includes the correct balance of the following:

Carbohydrates

Good sources include bread, potatoes, rice and pasta

Vitamins

Fruit and vegetables are good sources of vitamins

Protein

Good sources of protein include milk products but also in meat, fish and beans

Fibre

Fruit, vegetables, wholemeal bread, nuts and seeds are high in fibre

Minerals

Milk products are good providers of calcium and liver and shellfish are full of iron



The eatwell plate

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Public Health England in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

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Identifying poor nutrition



Around a third of people admitted to hospital or care in the UK are malnourished or at risk of becoming so.

Muscle weakness

Increased infections

Constipation

Gaining or losing weight

Depression

Feeling tired all the time

More falls

Lack of energy

Changes in behaviour

Poor wound healing



Malnourished

An individual whose diet does not contain the right balance of nutrients can become malnourished. This could be under nutrition, when a person does not get enough nutrients or over nutrition, when a person has more nutrients than they need.



Supporting people to eat



Equipment is available to support independent eating and drinking, and to promote dignity and respect.

Technology such as clocks or reminder messages

Cutlery with shaped and padded handles

Two-handled mugs

Cups with lids

One-way straws that help people to drink

Non-slip mats

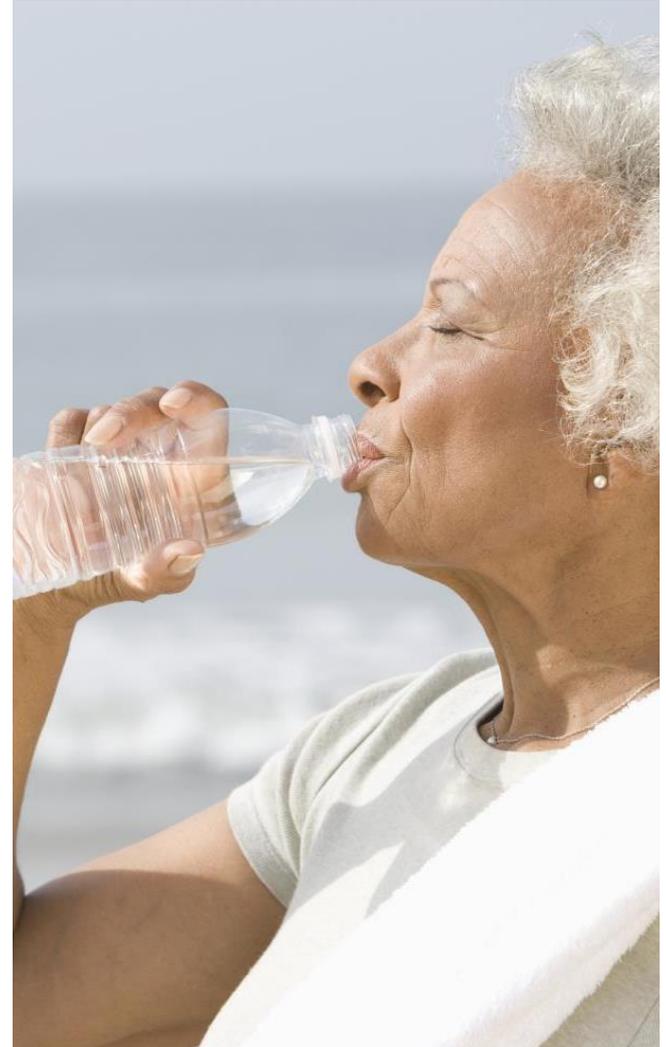
Plates and bowls with high sides



Fluid and hydration

The body needs fluids to carry out basic processes that enable it to function correctly. For example:

- **Digesting food and enabling nutrients to be absorbed**
- **Enabling blood to circulate around the body**
- **Removing waste products via urine and faeces**
- **Keeping cells and tissues moist, helping to avoid infection**
- **Controlling body temperature by perspiration**
- **Maintaining brain function.**



Staying hydrated



An individual's fluid requirement will be included in their care plan.

- **Most individuals should have about 1.5-2 litres of fluid each day**
- **Individual's with some medical conditions will need to drink less**
- **Sometimes an individual must not eat or drink anything for a set period of time.**

Identifying poor hydration



Untreated dehydration can lead to problems with blood circulation or kidney failure.

Feelings of thirst

Dark coloured urine

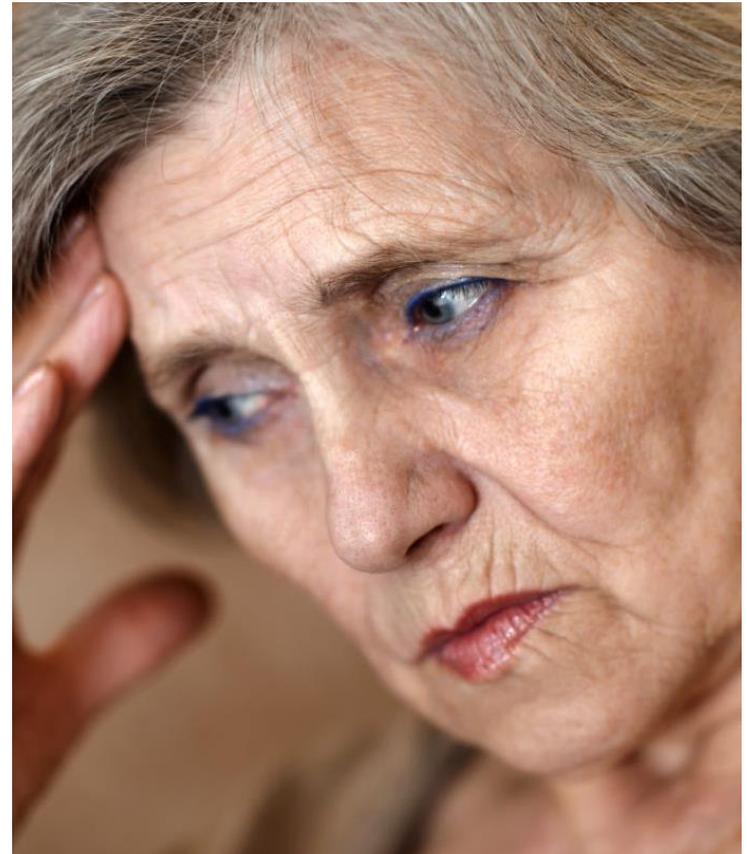
Headaches, tiredness and confusion

Constipation

Kidney stones and infections

Poor wound healing

Urinary tract infections



Promoting adequate nutrition and hydration



It is important to work in person centred ways to ensure that food and drinks provided meet individuals' needs.

Do they have beliefs or preferences that affect the foods that they eat?

Are there any foods they should not have because of health conditions or medication?

Do they need support to eat and/or drink?



Supporting good hydration

Individuals' care plans will state how to support them to maintain their hydration.

- **Individuals should have access to fluid at all times, unless it is restricted for medical reasons**
- **Individuals should be encouraged not to wait until they are thirsty to drink**
- **Individuals should be offered drinks to remind them to drink**
- **Drinks need to be refreshed regularly**
- **Drinks should be within easy reach for those with restricted movement or mobility.**



Knowledge check



Which action below will help to prevent contamination with allergens, bacteria, physical objects and chemicals?

- A** Wiping equipment with a dry cloth between uses
- B** Storing food in a fridge
- C** Washing hands after preparing food
- D** Storing food in covered containers

Click to reveal answer



Knowledge check



Which of the following is a sign that an individual is dehydrated?

- A** Dark coloured urine
- B** Gaining weight
- C** Depression
- D** Muscle weakness

Click to reveal answer



Knowledge check



Which of the following are the best sources of protein?

Click to reveal answer

- A** Fruit and vegetables
- B** Meat, fish and beans
- C** Oils, butter and sugary drinks
- D** Bread, pasta and potatoes

