

COMMUNITY CARE SKILLS STANDARDS FRAMEWORK FOR SUPPORT CARE ROLES

Skills Domain	Personal Care
Skills Category	Feeding
Skills Standard Title	Monitor adherence to diet plan
Skills Standard Descriptor	Observe, identify, record and report client's nutritional intake and adherence to diet plan.
Skills Proficiency Level	Level 2 <i>Previously 'Intermediate' under CCSSF</i>
Source Code	CCSSF-PC-F-3002-1
Knowledge <i>This refers to the gathering and cognitive processing of facts and information required to perform work tasks and activities.</i>	Underpinning Knowledge: • Communication with client, which may include: ○ Greeting ○ Having conversations ○ Checking on client readiness ○ Creating small talk ○ Acquiring information ○ Checking history (e.g. past events, actions, etc.) • Client's nutritional needs to aid in recovery • Importance of adherence to diet plan • Behavioural concerns, which may include: ○ Throwing tantrums ○ Refusal to eat ○ Spitting ○ Violent tendencies • Clients that may help in adherence to diet plans, which may include (not limited to): ○ Behavioural concerns ○ Elderly clients ○ Special needs • Types of non-adherences, which may include: ○ Over-consumption ○ Under-consumption ○ Consumption of non-approved foods / fluids • Stakeholders in relation to clarifications on client's nutritional plan • Possible effects of non-adherence with diet plan, which may include (not limited to): ○ Low blood sugar ○ Aspiration ○ High blood sugar

	○ Glucose level spikes / drops ○ Dehydration • Organisational procedures in relation to: ○ Checking on client's ability to consume food (e.g. ability to chew, etc) ○ Checking on non-consumption or non-adherence to diet plan ○ Investigating non-consumption or non-adherence with diet plan ○ Reporting non-adherence ○ Taking remedial actions • Interventions when diet plan are not adhered with, which may include: ○ Escalation to doctor ○ Escalation to dietician • Legal and/or Industrial requirements in relation to support care functions, which may include: ○ Implementation Guide to Guidelines for Home Care (Agency for Integrated Care, Singapore) ○ Implementation Guide to Guidelines for Centre-Based Care (Agency for Integrated Care, Singapore) ○ Workplace Safety and Health Guidelines (Workplace Safety and Health Council) ○ National Infection Prevention and Control Guidelines for Long-Term Care Facilities (Ministry of Health)
Ability <i>This refers to the ability to perform the work tasks and activities required of the occupation, and the ability to react to and manage the changes at work.</i>	The ability to: • Interpret information on diet plan in accordance with organisational policies and procedures (i.e. checking diet plans, quantities, etc.) • Check and clarify non-adherence to diet plans in accordance with organisational policies and procedures • Communicate with client in relation to non-adherence in accordance with organisational policies and procedures (e.g. clarifying reasons, checking understanding of instructions, etc.) • Encourage adherence to diet plans in accordance with organisational policies and procedures • Escalate requests for changes in diet plans in accordance with organisational policies and procedures • Check on alternative nutrition consumed by client in accordance with organisational policies and procedures • Document updates on non-adherence in accordance with organisational policies and procedures
Person Centred Care <i>This refers to having a person centred care mindset to drive the</i>	Underlying principles: • Treating clients with dignity and respect by being aware of and supporting personal perspectives, values, beliefs,

<i>caregiver to respect and recognise the decisions/choices of the person they are taking care of.</i>	culture and preferences; respecting their privacy while encouraging independence of the individual; and listening to each other and working in partnership to design and deliver services
Performance Outcome <i>This refers to the outcome of the task on the care recipient as indication of workplace success</i>	The support care staff is able to: • Identify, investigate and report adherence with diet plans • Investigate reasons for non-adherence to diet plans • Clarify instructions on diet plans • Provide advice on the need for adherence to diet plans • Complete reports / documents in accordance to legal requirements, organisational policies and procedures