

COMMUNITY CARE SKILLS STANDARDS FRAMEWORK FOR SUPPORT CARE ROLES

Skill Domain	Personal Care
Skill Category	Feeding
Skill Standard Title	Assess for Malnutrition
Skill Standard Descriptor	Identify clients at risk of malnutrition using nutritional assessment tools.
Proficiency Level	Level 3 <i>Previously 'Advanced under CCSSF'</i>
Source Code	CCSSF-PC-F-4003-1
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 ○ Explaining process ○ Having conversations ○ Checking on client readiness and mental state ○ Creating small talk ○ Acquiring information ○ Checking history (e.g. past events, actions, etc.) • Lifestyle of clients, which may include: ○ Activities ○ Sleeping ○ Snacking ○ Food intake ○ Dietary history • Causes of malnutrition, which may include: ○ Health problems ○ Medicines ○ Low income ○ Disability ○ Social issues ○ Alcoholism ○ Depression • Malnutrition and its effects • Effects of medication in food and fluids intake, which may include: ○ Loss of appetite ○ Increase appetite ○ Impaired nutrition absorption • Food services in vicinity, which may include:

	○ Vendors ○ Choice of food ○ Timing of consumption ○ Volume of food • Malnutrition prevention & control, which may include: ○ Oral care ○ Encourage healthier food choice ○ Snacking ○ Making food tasty again ○ Addition supplements to your daily intake • Nutritional Assessment tools, which may include: ○ Malnutrition Screening Tool (MST) ○ Mini Nutritional Assessment (MNA®) ○ Malnutrition Universal Screening Tool (MUST) ○ Nutrition Risk Screening (NRS-2002) ○ 3-minute Nutritional Screening Tool ○ Seniors in the Community: Risk Evaluation for Eating and Nutrition (SCREEN©) ○ Subjective Global Assessment (SGA) • Role of support care staff in assessing malnutrition • Conduct of a Nutrition Assessment, which may include: ○ In-depth evaluation of both objective and subjective ○ Data related to an individual's food and nutrient intake ○ Lifestyle ○ Medical history • Organisational procedures relating to: ○ Identifying signs of malnutrition ○ Clarifying with client on reasons of suspected malnutrition ○ Communicating with qualified staff on changes to nutrition plan ○ Communicating with relevant stakeholders on changes to nutrition plan ○ Documenting and reporting observations for further investigation ○ Reviewing actions taken to address malnutrition • 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</i>	The ability to: • Identify possible signs of malnutrition in accordance with organisational evidence requirements • Clarify with client on reasons of suspected malnutrition in

<i>occupation, and the ability to react to and manage the changes at work.</i>	accordance with organisational requirements (e.g. e • Conduct malnutrition assessment in accordance with organisational policies and procedures • Communicate with qualified staff on compliance with nutrition plan in accordance with organisational policies and procedures • Document and report observations for further investigation in accordance to organisational procedures • Review actions taken to address malnutrition in accordance with organisational policies and procedures
Person Centred Care <i>This refers to having a person centred care mindset to drive the caregiver to respect and recognise the decisions/choices of the person they are taking care of.</i>	Underlying principles: • Treating clients with dignity and respect by being aware of and supporting personal perspectives, values, beliefs, 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 signs of malnutrition based on established knowledge in the market • Document and report observations for further investigation