

**COMPETENCIES AND OBJECTIVES – Nutrition Clinics at CCSF Student Health Center & PE Department**

COMPETENCIES AND OBJECTIVES	LEARNING ACTIVITIES	EVALUATION	EXAMPLES OF RESOURCES
<p><b>1. <u>Dietary Screening and Assessment</u></b> <b>Performs dietary screening/assessment and identifies needs.</b></p> <ul style="list-style-type: none"> <li>• Collects appropriate anthropometric data on clients.</li> <li>• Evaluates weight status of each client using BMI.</li> <li>• Interviews clients to obtain dietary history.</li> <li>• Analyzes nutrient content of clients’ food intake using a nutrient analysis software program.</li> <li>• Completes dietary assessment and identifies nutrition needs; cultural and socioeconomic factors that affect clients’ food choices.</li> </ul>	<ul style="list-style-type: none"> <li>• Measures height and weight using correct techniques</li> <li>• Obtains BMI by calculation or by using nomogram and compares to standards.</li> <li>• Interviews each client on food/nutrition practices.</li> <li>• Completes and evaluates results of computerized nutrient analysis for nutrition adequacy.</li> <li>• Evaluates all available data and assesses each client’s nutrition needs.</li> </ul>	<p>Accurate measurements.</p> <p>Correct evaluation of weight status.</p> <p>Use of acceptable interviewing techniques.</p> <p>Complete/accurate data gathered.</p> <p>Accurate nutrient analysis .</p> <p>Thorough evaluation and needs identified.</p>	<p>BMI nomogram</p> <p>Dietary history form with 24 hr. recall.</p> <p><i>Interviewing &amp; Counseling Skills, Sec 1-3 in Life Span Nutrition &amp; Assessment Manual.</i></p> <p><i>ESHA Food Processor SQL</i> diet analysis software.</p>

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<p><b>2. <u>Nutrition Counseling and Education</u></b> <b>Counsels/teaches participants, as appropriate, based on assessed nutrition needs.</b></p> <ul style="list-style-type: none"> <li>• Prioritizes identified nutrition needs of clients.</li> <li>• Formulates recommendations to address one to two top priority needs.</li> <li>• Provides one-to-one counseling to clients on recommendations and other concerns.</li> <li>• Helps clients establish one or two goals for nutrition related behavior change.</li> <li>• Tailors counseling to client’s educational, cultural, socioeconomic, and other special needs.</li> <li>• Follows-up on clients’ progress in implementing recommendations and in achieving goals.</li> <li>• Evaluates effectiveness of counseling based on clients’ achievement of goals, actual learning, and evaluation.</li> </ul>	<ul style="list-style-type: none"> <li>• Gives feedback to clients on results of dietary assessment.</li> <li>• Plans recommendations to address clients’ nutrition needs.</li> <li>• Gives individual counseling using recommended methods and appropriate teaching materials.</li> <li>• Discusses suggested goal(s) with each client.</li> <li>• Prepares appropriate teaching materials or selects from available pre-printed materials.</li> </ul>	<p>Preceptor observation and feedback on counseling session.</p> <p>Preceptor feedback on nutrition care plan.</p> <p>Final performance evaluation.</p>	<p><i>Interviewing &amp; Counseling Skills, Sec. 1-3 in Life Span Nutr &amp; Assessment Manual.</i></p> <p>Counseling materials “tool box” file.</p> <p>Goal setting form in <i>Life Span Nutr &amp; Assessment Manual</i>, page 18.</p> <p><i>Basic Skills in Nutr Education</i> ,Lessons II-1 &amp; II-2 in <i>Clinical and Community Nutr Manual.</i></p> <p>Brief Negotiations</p>