# COMPETENCIES AND OBJECTIVES – Senior Nutrition Program

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<th>COMPETENCIES AND OBJECTIVES</th>
<th>LEARNING ACTIVITIES</th>
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<tr>
<td>1. <strong>Nutrition Program Overview</strong>&lt;br&gt; Describe the nutrition program, its goals/purposes, and delivery of services.</td>
<td>• Observes staff and volunteers in delivering the program services to participants and prepares a report on observations.&lt;br&gt; • Discusses Senior Nutrition Program procedures with preceptor.&lt;br&gt; • Determines eligibility for appropriate program services for 10 applicants.&lt;br&gt; • Familiarizes self with rules and regulations of Senior Nutrition Programs.</td>
<td>Report evaluation&lt;br&gt; Continuous feedback by preceptor&lt;br&gt; Mid-progress evaluation&lt;br&gt; Final performance evaluation</td>
<td><em>Site/Route monitoring form</em>&lt;br&gt; <em>Policy and Procedure Manual</em>&lt;br&gt; <em>OAA Manual</em>&lt;br&gt; <em>OCA Manual</em>&lt;br&gt; <em>Title 3 – Sect H Manual</em>&lt;br&gt; <em>COA Program Manual</em></td>
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<tr>
<td>Describes the goals and purpose of the nutrition program/agency.</td>
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<td>Identifies program-eligible population and their nutrition care needs.</td>
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<td>Describes the benefits as well as specific foods and services provided by the program.</td>
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<td>Follows established policies and procedures of the State and local agencies in providing program services.</td>
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<td>Upon instruction from the nutritionist, makes appropriate modifications to guidelines and regulations in the delivery of services.</td>
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<td>Uses basic procedures in implementing program services, e.g. enrollment, nutrition education, participant intake, etc.</td>
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<td>Follows established procedures in determining eligibility for the program.</td>
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<td>Describes the responsibilities of each staff member of the nutrition program.</td>
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### COMPETENCIES AND OBJECTIVES

#### 2. Nutrition Principles
Applies knowledge of basic nutrition principles in the provision of nutrition services.

- Uses knowledge of human nutrition to identify the nutritional requirements of senior participants.
- Uses dietary standards, e.g. Daily Food Guide, MyPyramid, dietary guidelines in evaluating and planning food intake.
- Applies knowledge of food groups and recommended serving sizes in assessing participants’ intake for nutrition adequacy.
- Uses basic nutrition and/or special diet principles in providing nutrition counseling to participants.
- Incorporates principles of nutrition and physical activity in counseling/classes.
- Takes into account participant’s cultural, social and economic needs in counseling.

### LEARNING ACTIVITIES

- Reviews literature on nutrition and aging and summarizes in a short report.
- Observes a nutrition counseling session.
- Provides group presentation on nutrition and physical activity.
- Assesses dietary intake of at least five participants using MyPyramid guidelines.
- Takes into account relevant dietary, anthropometric and biochemical parameters in counseling, if applicable.

### EVALUATION

- Short report
- Continuous feedback: preceptor to observe student and give oral feedback
- Feedback on completed dietary assessments
- Mid-progress evaluation
- Final evaluation based on progress evaluation and continuous assessment

### EXAMPLES OF RESOURCES

- Appropriate nutrition evaluation form
- SIS form
- MyPyramid & 2005 Dietary Guidelines for Americans
### COMPETENCIES AND OBJECTIVES

#### 3. Communication Skills
Uses appropriate communication skills.

- Communicates in clear concise manner, using terminology appropriate to target audience.
- Follows recommended procedures for obtaining participant information.
- Demonstrates sensitivity to participant’s cultural, social, economic background and beliefs relating to food and nutrition.
- Uses effective educational and counseling methods to recommend and promote behavior change.
- Records pertinent information in appropriate format using acceptable wording and correct medical terminology.
- Uses correct and professional telephone etiquette.

### LEARNING ACTIVITIES

- Observes staff and volunteers interacting with participants during service hours.
- Uses appropriate telephone etiquette.
- Interacts with participants in delivering program services.
- Gives short nutrition education program to participants.
- Conducts inservice to staff and volunteers on assigned topic.

### EVALUATION

- Continuous evaluation and feedback
  - Nutrition education evaluation form
  - Mid-progress evaluation
  - Final performance evaluation

### EXAMPLES OF RESOURCES

- Policy and Procedure Manual
- Phone etiquette form
- Nutrition education evaluation form
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<td><strong>4. Program Eligibility</strong></td>
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| Determines program eligibility based on established criteria, if applicable. | • Completes nutrition evaluation form based on participant’s food intake, and assess intake using appropriate Daily Food Guide.  
• Observes staff and volunteers during screening of applicants, and nutrition assessment of participants.  
• Conducts nutrition screening and document results. | Observation and feedback from preceptor  
Feedback on completion of Nutrition Evaluation form or Nutrition Screening Initiative (NSI)  
Mid-progress evaluation  
Final performance evaluation | Brown Bag Manual  
PACE Manual  
Home Delivered Meals (HDM) Manual  
NSI (Nutrition Screening Initiative) Training Manual |
### COMPETENCIES AND OBJECTIVES

5. & 6. **Nutrition Screening & Assessment**  
Administer nutrition screening and follow up to participants, where applicable. Assist in nutrition assessment and documentation, if applicable.

**NOTE:** All students will achieve these two competencies during the mini-rotation through the Nutrition Clinics at Student Health Center or Fitness Center.

- Compares anthropometric measurements to reference standards to determine nutrition risk, if applicable.
- Compares pertinent biochemical data, e.g. hemoglobin and hematocrit, to established criteria to determine nutrition risk, if applicable.
- Performs nutrition screening of participants using established procedures.
- Identifies factors affecting nutritional status, e.g. food and medication interactions, dietary intake.
- Identifies nutrition risk factors using program nutrition risk criteria.
- Determines types of nutrition education contacts to be provided to participants.
- Assesses and enrolls program eligible participants to receive program services and determines what diet type is appropriate, with approval from nutritionist.
- Differentiates between high nutrition risk and low nutrition risk participants, as needed.
- Completes nutrition assessment and documents nutritional needs of at risk participants.

### LEARNING ACTIVITIES

- Conducts assessment of participants to program, and documents as needed.
- Enrolls eligible participants for participation in program.
- Plans and implements nutrition education for the same applicants.

### EVALUATION

- Continuous feedback: preceptor to observe student enrolling participants
- Mid-progress evaluation
- Final Performance evaluation

### EXAMPLES OF RESOURCES

- NSI
- SIS form
- Nutrition Evaluation form
### 7. Nutrition Education

Educates participant as appropriate, based on assessed nutrition needs.

- Refers high risk participants to nutritionist for nutrition care and counseling, if applicable.
- Provides nutrition education to participants through individual counseling or group classes.
- Educates participants on possible health implications of certain food/nutrition practices.
- Provides information on the benefits of nutrition and physical activity.
- Helps participants establish goal for nutrition related behavior change.
- Evaluates effectiveness of nutrition education and counseling based on participant acceptance, achievement of goals and actual learning and behavior changes.
- Uses appropriate nutrition education materials in nutrition counseling and classes.
- Tailors education activities to individual’s educational, cultural, ethnic, economic and other special needs.
- Participates in staff training as recommended by the nutritionist.

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<tr>
<td>Observes counseling of participants by health workers and nutritionists.</td>
<td>Continuous feedback</td>
<td>Community Nutrition Student Manual</td>
</tr>
<tr>
<td>Plans and provides nutrition counseling to participants.</td>
<td>Lesson plan for nutrition education class(es)</td>
<td>Nutrition for Older Adults Health <a href="http://noahnet.myweb.uga.edu/">http://noahnet.myweb.uga.edu/</a></td>
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<tr>
<td>Plans and presents nutrition education class(es).</td>
<td>Final evaluation based on progress evaluation and continuous assessment</td>
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<td><strong>8. Food Delivery System</strong>&lt;br&gt;Demonstrates knowledge of food delivery system.</td>
<td>- Assists in serving congregate meals or home delivered meals.&lt;br&gt;- Carries out quality/quantity control procedures.&lt;br&gt;- Compares five regular and five special diet menus and notes differences.&lt;br&gt;- Plans at least one week of menus that meet Title IIIC guidelines.</td>
<td>- Oral evaluation on differences between regular and special diets&lt;br&gt;- Continuous feedback&lt;br&gt;- Mid-progress evaluation&lt;br&gt;- Final performance evaluation</td>
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### COMPETENCIES AND OBJECTIVES

**9. Referral and Community Outreach**
Refers participant to appropriate community services.

- Describes names, services offered and eligibility requirements of community health, social service and financial support agencies, including Senior Centrals.
- Following agency protocol, identifies/refers participants needing referrals.
- Documents in participant’s records referrals made or received and referral follow up, if applicable.
- Assists the nutritionist in planning and implementation of community outreach activities to increase awareness about the program.
- Effectively presents information about the Senior Nutrition Program to target audiences in outreach activities.

### LEARNING ACTIVITIES

- Observes staff and volunteers referring participants to community services.
- Discusses outreach activities with staff and volunteers.
- Prepares and gives a short presentation to selected group discussing the Senior Nutrition Program.
- Visits one Senior Central site and report on resources available for seniors.

### EVALUATION

- Observation, discussion and feedback from preceptor
- Evaluation of community outreach presentation
- Report on available resources for seniors
- Mid-progress evaluation
- Final performance evaluation

### EXAMPLES OF RESOURCES

Senior Centrals

*Clinical & Community Nutrition Student Manual*
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<td><strong>10. Computer Skills</strong></td>
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<td>Use appropriate computer skills to carry out job responsibilities.</td>
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<td>• Understands the principles of SIS.</td>
<td>• Enters relevant senior participant data from intake form.</td>
<td>Preceptor to review records entered by student as to completeness and accuracy</td>
<td>SIS Training Manual</td>
</tr>
<tr>
<td>• Enters data into computer accurately.</td>
<td>• Analyzes nutrient content of a one week menu cycle, where appropriate.</td>
<td>Mid-progress evaluation</td>
<td>Diet Analysis Plus, EHSA Food Processor SQL, or similar nutrient analysis software</td>
</tr>
<tr>
<td>• Uses the computer to input/update pertinent data in participant’s records using appropriate software, e.g. SIS.</td>
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<td>Nutrient analysis of one week menu cycle.</td>
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<td>• Communicates effectively by e-mail.</td>
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<td>Final performance evaluation</td>
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<td>• Demonstrates competence in various computer software programs (i.e. word processing, spreadsheets, database management, presentation software, desktop publishing).</td>
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<td>• On a weekly basis, students will post their weekly work log summaries to the discussion board of WebCT to share with other students.</td>
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<td>• As a culminating project, students will create a multimedia presentation, “The Learning Journey”, to document achievement of the core competencies. They will post it to WebCT to share their unique learning experiences with all students and program faculty.</td>
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