



# Chronic Conditions and Nutrition

COURSE INFORMATION

## Course snapshot

|                                  |                                                                                                                                                                                                                                                                                             |
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| <b>COURSE TITLE</b>              | <b><u>Chronic Conditions and Nutrition</u></b>                                                                                                                                                                                                                                              |
| <b>COURSE SUMMARY</b>            | The Chronic Conditions and Nutrition course is nationally accredited and aims to provide students with the skills and knowledge required to interpret and use basic information about nutritional principles and healthy diet.                                                              |
| <b>VALUE FOR ORGANISATIONS</b>   | Develop an understanding of the key principles of nutrition and associated chronic conditions and create an overall understanding of how a healthy diet can support patient care.                                                                                                           |
| <b>UNITS OF COMPETENCY</b>       | HLTHPS010 Interpret and use information about nutrition and diet.                                                                                                                                                                                                                           |
| <b>COST</b>                      | Fully Funded                                                                                                                                                                                                                                                                                |
| <b>PRE-READING</b>               | It is recommended students review the Foundations of Chronic Disease Course prior to attendance at the workshop.                                                                                                                                                                            |
| <b>DELIVERY &amp; ASSESSMENT</b> | One day face to face workshop and in-class activities assessed by a qualified assessor                                                                                                                                                                                                      |
| <b>ESTIMATED HOURS OF STUDY</b>  | 7 hours of active learning.                                                                                                                                                                                                                                                                 |
| <b>CPD HOURS</b>                 | As a general guide, one (1) hour of active learning equates to one (1) hour of CPD. It is the responsibility of the individual student to calculate how many hours of active learning have been completed. The hours of active learning estimated above should act as a guide to CPD hours. |
| <b>ENTRY REQUIREMENTS</b>        | To view entry requirements please refer to the next page.                                                                                                                                                                                                                                   |
| <b>TERMS AND CONDITIONS</b>      | <a href="http://benchmarquegroup.com.au/terms-and-conditions">Visit <u>benchmarquegroup.com.au/terms-and-conditions</u></a><br><a href="#">View Student Handbook</a>                                                                                                                        |

## Course outline

The Chronic Conditions and Nutrition course aims to provide students with the skills and knowledge required to interpret and use basic information about nutritional principles and healthy diet, using Eat For Health (new Australian Dietary Guidelines).

The course provides foundation knowledge on energy needs, basic food groups, identifying good food choices, special diet groups, obesity, client interactions for BMI management and introduces the student to the concept of Aboriginal and/or Torres Strait Islander foods, which is an emerging evidence base.

The Course is supported by funding from the Australian Government Department of Health under the Chronic Disease Support Project.

## Course outcome

Upon successful completion of the course students should have the ability to:

- Access nutritional and dietary information
- Use information about diet and nutrition
- Maintain own knowledge of nutrition.

## Course content

The face to face workshop includes a lecture and practical workshop activities around identifying good food choices relevant to both the health professional and the client.

## Course structure

To achieve competency students must demonstrate successful completion of:

- Case studies, scenarios and oral questioning in the classroom.

## Course entry requirements

Entrants to the Chronic Conditions and Nutrition course must provide evidence of a relevant professional role.

Relevant roles would include:

- Aboriginal and/or Torres Strait Islander Health Workers or Practitioners
- Registered Nurses
- Enrolled Nurses
- General Practitioners
- General Practice Registrars
- Allied Health Professionals
- Nutritionists
- Dietitians
- Personal Trainers
- Social and Emotional Wellbeing Workers
- Others on request.

Students must complete the Foundations of Chronic Disease prior to entry to this course.

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# About Benchmark Group

Benchmark Group is a Registered Training Organisation (RTO 21824) delivering a range of clinical skills courses to meet the needs of a broad range of health professionals across Australia.

As an RTO working in the health sector, our focus is on the delivery of courses designed to provide healthcare professionals with the opportunity to expand their skills and careers. We concentrate on skills and knowledge that can be immediately implemented in a vocational context.

Skills learnt today can be used tomorrow.



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