

## **RSPH Level 4 Certificate in Nutrition for Institutional Food Services**

Unit NUT 4.2a: Nutrition for Institutional Food Services (Hospitals) (Reference No. J/504/4262)

### **Assignment**

#### **Hospitals - Nutrition for Institutional Food Services**

You have been newly appointed as the catering manager at a hospital.

The hospital has units for maternity, children, general surgery, orthopaedics and geriatrics. Most of the patients have only a short stay in the hospital but some of the orthopaedic and geriatric patients may remain in the hospital for several weeks or even months. In addition to the geriatric patients a large proportion of those in the orthopaedic unit are elderly.

You have a well equipped kitchen. Supplies are brought daily. A choice pre-select menu is in operation. You can also buy in any ready made specialist meals or indeed items like sandwiches that you require.

There is a full dietetic service as a number of patients have a need for special diets like allergies, diabetes, high protein and calorie requirements. There are also differing cultural requirements, mostly due to religion.

#### **Task One**

**Outline, with reasons and reference to dietary reference values, the likely nutritional requirements for patients in each of the following units:**

- **Children's unit**
- **Orthopaedic unit**
- **Geriatric unit**

#### **Task Two**

**Plan a day's menu with a minimum of 3 choices per meal that is appropriate for all patients that do not have special dietary needs due to their condition. Choices should be suitable for vegetarians and those with different cultural requirements. The same meals are served in the cafeteria used by staff and visitors to the hospital.**

- **Breakfast served between 7-8pm**
- **Lunch served 12-1.30pm**
- **Dinner served 6pm**

**Snacks plus out of hours service is required.**

**Explain how these menus might be varied to suit the needs of:**

- **Geriatric patients**
- **Orthopaedic patients**

The kitchen is well equipped with combination ovens, deep fat fryer, hobs, hot plates and industrial microwave ovens.

Two shifts of 10 staff plus 2 diet chefs per shift work in the kitchen to prepare and cook the meals detailed above as well as putting them on trolleys ready for distribution to the units and to the cafeteria.

### **Task Three**

**Outline any standards on nutrition for hospital diets which must be met. Include in this any standards as regards special diets and meal choices.**

### **Task Four**

**An area catering manager has the overall responsibility for the above service. Explain how the manager would check that the standards for the food service are being met.**

As the manager you regularly provide training. Among the kitchen staff are the following two individuals:

**Amy**-has worked in the kitchen for over 20 years. She is reluctant to do any training. Previously she used to specialise in operating the deep fat fryer and feels that this type of food should be the mainstay of the menus. She has no time for all of the variations of diets and does not understand why they are needed. Also she does not understand why there is a need for all of the “foreign diets” as she thinks of them.

**Miriam** –is trained in catering and has a real interest in healthy eating and believes that all patients should have low calorie diet as they are just staying in bed. She trains at a gym regularly and feel she knows about nutrition.

### **Task Five**

**With reference to the details of the chefs, determine what training is required for these staff members in order for them to assist with the provision of meals that meet nutritional principles and patient requirements.**

### **Task Six**

**Plan a one-day training course for these staff, you should include:**

- **details of course content**
- **information sources that you would use**

- details of how you would check the effectiveness of the training.

**When carrying out this assignment, candidates should ensure they refer to the learning outcomes, assessment criteria and content contained in the qualification specification.**

### **Coverage of Learning Outcome and Assessment Criteria**

The table below shows how the assignment provides candidates with opportunities to provide evidence for each of the assessment criteria for this unit. This list is not exhaustive; candidates may provide evidence for meeting the assessment criteria from other parts of their completed assignment.

Assessment Criterion	Possible Evidence
1.1 Outline the varying nutritional requirements of individuals using catering services operated by hospitals	Task 1
1.2 Explain the nutritional principles to be used in menu design by catering services operating in hospitals	Task 2
1.3 Design menus appropriate to the catering service operated by hospitals	Task 2
2.1 Outline the legislative requirements and/or guidelines in relation to nutrition and hydration for hospitals	Task 3
2.2 Explain methods by which the legislative requirements and/or guidelines may be met	Task 4
3.1 Explain how the current levels of staff knowledge and expertise may be assessed	Task 5
3.2 Develop a training course appropriate to the needs of staff	Task 6
3.3 Review the effectiveness of the staff training	Task 6