

# Session 5: Step II. Preparation of the Nutritional Care Plan

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**Purpose:** In this step, participants will learn how to make and use a nutrition care plan during the process of nutritional care and support of PLHIV.

**Objectives:** By the end of the section, participants should be able to:

1. Discuss different tools for documenting the nutrition assessment and management/plan of the patient.
2. State the importance of a nutritional care plan in nutritional management of a patient in the CCC.
3. Make a nutritional care plan.

**Advance preparations:**

- Be familiar with the *Patient Weight Monitoring Chart* and the *Patient Nutrition Management Form* in the Tool Kit pp. 43–45.
- Have the session objective(s) written on a flip chart or PowerPoint.

**Proposed Session Time: 1 hour**

**Topic 5.1: Review the objectives of Session 5** (Listed above; use PowerPoint or flip chart.) (5 minutes)

**Topic 5.2: Tools used to decide on the mode of care and needed support**

**Brainstorm** on tools participants have used to elicit information from patients, to record findings of the assessments, and to document the care provided.

**Group Work** (30 minutes)

- Refer participants to the *Weight Monitoring Chart* in the Tool Kit p. 43
- Refer also to the *Patient Evaluation and Management Form* in the Tool Kit pp. 44-45.
- Ask groups to familiarize themselves with the content of the two tools and discuss how each can be used in the CCC.
  - Discuss how each may be used to determine the intervention the patient may require.
- Present a slide showing the issues to consider when making a care plan for the client.

**Note:** In planning what to do with the client, consider:

- Findings of the health and nutrition assessment, including the dietary and medical history
- The client's knowledge/experience of the clients, e.g. their needs and what they have learned in the past
- Any targets clients have set in the past and what they have done to meet the targets
- The resources clients have
- Other care/support that clients can access
- Resources the health provider has access to

### **Topic 5.3 Making a Nutritional Care Plan**

This activity provides an opportunity to understand a nutritional care plan and its importance.

#### **Plenary Group** (25 minutes)

- Present the PowerPoint on Session 5.
- Ask one of the participants to read to the larger group the case study used in the session.
- Next ask the following questions:
  - a. What nutritional problems do you think this patient has?
  - b. What additional nutrition assessments would be needed and why?
  - c. What nutritional care would you give this patient?

#### **Example of a Case Study**

A 46-year-old man comes to the clinic because he feels weak. This is his second visit since he learned he was HIV-positive. He is a shopkeeper. He has had watery diarrhoea on and off during the past 3 weeks; he has lost 7 kilograms over the past six months. He is now 68 kg (with a height of 180 cm). His mouth is painful, and he has difficulty swallowing. His mouth has extensive whitish exudates, and he has a very red pharynx. Examination shows a skinny, depressed and worried man.

- Show participants how a nutritional care plan consists of activities to help the client improve his/her nutritional status and symptoms.