## Reference 0.3: NCST Competencies and Standards

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| Competency | Minimum Standards |
| Use anthropometric methods to assess and classify nutritional status | Measure weight |
| Measure height  |
| Calculate BMI |
| Look up BMI using reference tables or BMI wheel |
| Look up BMI-for-age of an adolescent using reference tables or BMI wheel |
| Measure MUAC  |
| Use biochemical methods to assess and classify nutritional status | Interpret blood haemoglobin results  |
| Take the needed action based on results  |
| Use clinical methods to assess and classify nutritional status | Identify medical conditions and complications that can affect nutritional status |
| Conduct RUTF appetite test for a client who is severely undernourished  |
| Identify physical signs of wasting |
| Assess and classify bilateral pitting oedema |
| Use dietary methods to assess food intake and respond to nutritional status | Use a 24-hour recall to assess a client’s food intake |
| Use findings of the dietary assessment to address nutrition-related problems |
| Use the ALIDRAA checklist to counsel a client on nutrition (ALIDRAA: Ask, listen, identify, discuss, recommend, agree, appointment)  | Establish rapport with a client |
| Ask questions about the client’s nutritional status, food intake, and nutrition problems and concerns |
| Listen and learn from the client |
| Identify nutrition-related problems |
| Discuss with the client different options to overcome a problem |
| Recommend and negotiate doable actions with the client |
| Agree with the client to try one or more options to overcome a problem |
| Make an appointment for a follow-up visit |
| Conduct a nutrition education session | Plan for a nutrition education session |
| Deliver a nutrition education session to adolescent and adult clients |
| Provide nutrition support to an adolescent or adult with normal nutritional status | Identify normal nutritional status in adolescents, adults, pregnant and lactating women (up to 6 months post-partum) |
| Provide medical care and support to a client |
| Provide nutrition care and support to a client |
| Refer and follow up a client |
| Provide nutrition support to an adolescent or adult with moderate undernutrition | Identify moderate undernutrition in adolescents, adults, pregnant and lactating women (up to 6 months post-partum) |
| Provide medical care and support to a client |
| Provide nutrition care and support to a client |
| Refer and follow up a client |
| Transition a client from the care plan for moderate undernutrition to normal nutritional status  |
| Provide nutrition support to an adolescent or adult with severe undernutrition without medical complications | Identify severe undernutrition without medical complications in adolescents, adults, and pregnant and lactating women (up to 6 months post-partum) |
| Provide medical care and support to a client |
| Provide nutrition care and support to a client |
| Refer and follow up a client |
| Transition a client from the care plan for severe undernutrition without medical complications to moderate undernutrition  |
| Provide nutrition care and support to an adolescent or adult with severe undernutrition with medical complications | Identify severe undernutrition with medical complications in adolescents, adults, and pregnant and lactating women (up to 6 months post-partum) |
| Provide medical care and support to a client  |
| Provide nutrition care during the initial phase of inpatient care |
| Transition a client from the initial phase to rehabilitation phase |
| Refer and follow up a client from inpatient to outpatient care  |
| Provide nutrition support to an adolescent or adult who is overweight or obese | Identify overweight and obesity in adolescents, adults, and pregnant and lactating women (up to 6 months post-partum) |
| Provide medical care and support to a client |
| Provide nutrition care and support to a client |
| Refer and follow up a client |
| Monitor and report on adolescents and adults receiving nutrition assessment, counselling, and support | Record client data in the adult and adolescent nutrition register |
| Monitor severely and moderately undernourished clients using the client management forms |
| Prepare and submit NCST monthly report |
| Use the ‘model for improvement’ method to improve quality of NCST service delivery | Identify a problem that needs to be addressed |
| Analyse available information on how the problem occurs, its causes, and its effects |
| Develop improvement ideas  |
| Test and implement change ideas using the PDSA cycle |
| Monitor quality improvement activities |