

# Model Curriculum

## Diet Assistant

**SECTOR: HEALTHCARE**

**SUB-SECTOR: ALLIED HEALTH & PARAMEDICS**

**OCCUPATION: DIET ASSISTANT**

**REF ID: HSS/Q5201, VERSION 1.0**

**NSQF LEVEL: 4**

 Skill India शिक्षण क्षेत्र - कौशल क्षेत्र	 Healthcare Sector Skill Council	 N.S.D.C. National Skill Development Corporation Transforming the skill landscape
<h1>Certificate</h1>		
<h2>CURRICULUM COMPLIANCE TO QUALIFICATION PACK – NATIONAL OCCUPATIONAL STANDARDS</h2>		
is hereby issued by the		
<b>HEALTHCARE SECTOR SKILL COUNCIL</b>		
for the		
<b>MODEL CURRICULUM</b>		
Complying to National Occupational Standards of Job Role/ Qualification Pack: ' <u>Diet Assistant</u> ' QP No. ' <u>HSS/Q 5201 NSQF Level 4</u> '		
Date of Issuance:	November 30 <sup>th</sup> , 2015	 Authorised Signatory (Healthcare Sector Skill Council)
Valid up to:	November 29 <sup>th</sup> , 2016	
* Valid up to the next review date of the Qualification Pack		

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# Diet Assistant

## CURRICULUM / SYLLABUS

This program is aimed at training candidates for the job of a “Diet Assistant”, in the “Healthcare” Sector/Industry and aims at building the following key competencies amongst the learner

<b>Program Name</b>	<Diet Assistant >		
<b>Qualification Pack Name &amp; Reference ID.</b>	HSS/Q5201, version 1.0		
<b>Version No.</b>	1.0	<b>Version Update Date</b>	15 – 12 – 2015
<b>Pre-requisites to Training</b>	Class X		
<b>Training Outcomes</b>	<p><b>After completing this programme, participants will be able to:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate knowledge and understanding about the role of diet assistant in the healthcare settings.</li> <li>• Demonstrate the ability to perform clinical skills essential in providing basic diet services such as supervising preparation of food &amp; serving meals to the patient.</li> <li>• Demonstrate safe handling and management of food by following quality assurance process.</li> <li>• Demonstrate understanding patient education on dietary requirements under supervision.</li> <li>• Demonstrate techniques to show safe disposal of food waste.</li> <li>• Practice infection control measures.</li> <li>• Demonstrate maintenance and cleanliness of all equipment, utensils and tools coming in contact with food.</li> <li>• Demonstrate techniques to maintain the personal hygiene needs</li> <li>• Demonstrate professional behavior, personal qualities and characteristics of a Diet Assistant</li> <li>• Demonstrate good communication and team worker ability in the role of Diet Assistant.</li> </ul>		







S.No	Module	Key Learning Outcomes	Equipment Required
10	<p><b>Soft Skills &amp; Communication - I</b></p> <p><b>Theory Duration</b> (hh:mm) 03:00</p> <p><b>Practical Duration</b> (hh:mm) 02:00</p> <p><b>Corresponding NOS Code</b> Introductory</p>	<ul style="list-style-type: none"> <li>Understand Art of Effective Communication</li> <li>Able to handle effective Communication with Patients &amp; Family</li> <li>Able to handle effective Communication with Peers/ colleagues using medical terminology in communication</li> </ul>	Self learning and understanding
11	<p><b>Introduction To Therapeutic Diets And It's Importance</b></p> <p><b>Theory Duration</b> (hh:mm) 09:00</p> <p><b>Practical Duration</b> (hh:mm) 09:00</p> <p><b>Corresponding NOS Code</b> HSS/N 5204</p>	<ul style="list-style-type: none"> <li>Describe importance of Therapeutic Diet</li> <li>Describe types of Therapeutic Diet</li> <li><u>Enlist and state the importance of various types of Therapeutic Diet</u></li> <li>Clear Liquid Diet</li> <li>Full Liquid Diet</li> <li>Semi solid/soft Diet</li> <li>Calorie Controlled Diet</li> <li>Diabetic Diets</li> <li>Sodium Restricted Diet</li> <li>Low Fat/Cholesterol Diet</li> <li>High Fiber Diet /Low residue Diet</li> <li>Renal Diets</li> <li>Tube Feedings.</li> <li>To develop broad understanding of religion, regional and cultural background during menu selection for the patient.</li> <li>To understand patient's nutritional requirement while menu selection</li> </ul>	Visit to dietetic department, Use of internet to learn best practises across the world
12	<p><b>Food Contamination; Prevention Methods</b></p> <p><b>Theory Duration</b> (hh:mm) 06:00</p>	<ul style="list-style-type: none"> <li>To develop understanding of Food Contamination</li> <li>To develop broad understanding of various sources which may lead to food contamination and impact of contaminated food to the patient</li> <li>Understanding the impact of Air, Water and Soil in food contamination and ways to prevent it.</li> <li>Understanding the impact of other</li> </ul>	Self-learning and understanding, Ways to prevent food contamination etc



S.No	Module	Key Learning Outcomes	Equipment Required
	<p><b>Practical Duration</b> (hh:mm) 05:00</p> <p><b>Corresponding NOS Code</b> HSS/N 5203</p>	<ul style="list-style-type: none"> <li>To understand the importance of checking expiry date of food products or items or decayed food.</li> </ul>	
16	<p><b>Soft Skills And Communication li</b></p> <p><b>Theory Duration</b> (hh:mm) 05:00</p> <p><b>Practical Duration</b> (hh:mm) 06:00</p> <p><b>Corresponding NOS Code</b> HSS/N 5206</p>	<ul style="list-style-type: none"> <li>Learn basic reading and writing skills</li> <li>Learn basic sentence formation</li> <li>Learn basic grammar and composition</li> <li>Learn how to enhance vocabulary</li> <li>Learn Goal setting, team building, team work, time management, thinking and reasoning &amp; communicating with others</li> </ul>	Self learning and understanding
17	<p><b>Food Preparation Practices</b></p> <p><b>Theory Duration</b> (hh:mm) 05:00</p> <p><b>Practical Duration</b> (hh:mm) 10:00</p> <p><b>Corresponding NOS Code</b> HSS/N 5205</p>	<ul style="list-style-type: none"> <li>Understand the need of preparing food ( Raw food, cooked or uncooked food)</li> <li>Understand various techniques of food preparation</li> <li>To develop broad understanding of cooking practices as specified for different food items</li> <li>To identify food preparation technique as per patient's nutritional and medical requirement</li> </ul>	Visit to Hospital Dietitic department, gas bruner, microwave, refrigerator etc
18	<p><b>Common Ailments Associated With Intake Of Contaminated Food</b></p> <p><b>Theory Duration</b> (hh:mm) 10:00</p>	<ul style="list-style-type: none"> <li>To develop broad understanding of common ailments/ symptoms associated with food contamination</li> <li>Understanding the interpretation of unusual symptoms associated with consumption of contaminated food</li> <li>To develop understanding for patient follow up for various activities</li> <li>To develop understanding of management</li> </ul>	Visit to Hospital, Use of internet to learn food related diseases







S.No	Module	Key Learning Outcomes	Equipment Required
	<p><b>Practical Duration</b> (hh:mm) 07:00</p> <p><b>Corresponding NOS Code</b> HSS/N 9607, HSS/N 9609, HSS/N 9610</p>	<ul style="list-style-type: none"> <li>Understand importance of conservation of resources</li> </ul>	
28	<p><b>Basic Computer Knowledge</b></p> <p><b>Theory Duration</b> (hh:mm) 05:00</p> <p><b>Practical Duration</b> (hh:mm) 10:00</p> <p><b>Corresponding NOS Code</b> Introduction</p>	<ul style="list-style-type: none"> <li>To gain broad understanding about Application of computers in</li> <li>Practice</li> </ul>	Computer with internet facility
	<p><b>Total Duration</b></p> <p><b>Theory Duration (hh:mm)</b> <b>158:00</b></p> <p><b>Practical Duration (hh:mm)</b> <b>142:00</b></p> <p><b>OJT Duration (hh:mm)</b> <b>180:00</b></p>	<p><b>Unique Equipment Required:</b></p> <p>Food preparation lab, Sinks for utensil washing, Food Trolley, Storage cupboards, Refrigerator, Cooking gas and burners &amp; lighters, Microwave, Dinning utensils, Measuring cups, Weight machine for food-10-50 gram sensitivity, Blenderizers, Kitchen Utensils and Equipment- cooking/processing, Measuring Spoons, Stadiometer, Measuring Tape, Gas burner, Cylinder, Common House hold measures, Flip books and models for Food Groups, Food models for portion size -2 sets, Cutlery – cooking and serving, Storage and Garbage bins at all cooking stations, Charts of food groups , portion sizes , nutrient sources etc, Dry and fresh cooking ingredients with storage, Internet access, Computer, Teaching board (Preferably smart board), Sample forms &amp; formats, Aprons and head scarfs, Gloves (disposable) – packet, Gloves (surgical) – packet, Liquid Soap Bottle, Nutritional brochures, Bio degradable Plastic Bags (Red, Blue, Black and Yellow 10 each)with dustbins, Registers (attendance 2, records etc,) Pens, Pencils Erasers, Sharpeners, Marker pens 12 each, charts paper, drawing board etc, Dusters, Paper (Ream of 500), Cleaning Solution (Colin), Flip charts on diet preparation&amp; management, Scrubbers and Liquid soap for cleaning utensils etc, Paper Tissues, Fire Extinguisher 5 KG ABC type, Weighing Machine, Replacement battery, Electric or Induction Cooking stove ( for emergency use)</p> <p><b>Class Room equipped with following arrangements:</b></p> <ul style="list-style-type: none"> <li>Interactive lectures &amp; Discussion</li> <li>Brain Storming</li> </ul>	

S.No	Module	Key Learning Outcomes	Equipment Required
		<ul style="list-style-type: none"> <li>Charts &amp; Models</li> <li>Activity</li> <li>Video presentation</li> </ul> <p><b>Skill lab equipped with following arrangements:</b></p> <ul style="list-style-type: none"> <li>Unique equipment as enlisted at the last</li> <li>Practical Demonstration of various functions</li> <li>Case study</li> <li>Role play</li> </ul> <p><b>Visit to Diagnostic Center &amp; Hospital</b></p> <ul style="list-style-type: none"> <li>Field assignment</li> </ul>	

**Grand Total Course Duration: 480:00 Hours (300 Hours for Class Room & Skill Lab Training + 180 Hours OJT/Internship/Clinical or Laboratory Training)**

*(This syllabus/ curriculum has been approved by SSC: Healthcare Sector Skill Council)*

## Trainer Prerequisites for Job role: “Diet Assistant” mapped to Qualification Pack: “HSS/Q5201 version 1.0”

Sr. No	Area	Details
1	<b>Description</b>	To deliver accredited training service, mapping to the curriculum detailed above, in accordance with the Qualification Pack “HSS/Q5201”.
2	<b>Personal Attributes</b>	Aptitude for conducting training, and pre/ post work to ensure competent, employable candidates at the end of the training. Strong communication skills, interpersonal skills, ability to work as part of a team; a passion for quality and for developing others; well-organised and focused, eager to learn and keep oneself updated with the latest in the mentioned field.
3	<b>Minimum Educational Qualifications</b>	Dietitians with at least two years of experience or B.Sc. (Nursing) with three years of experience in Dietary Department or GNM with five years of experience in Dietary Department
4a	<b>Domain Certification</b>	Certified for Job Role: “Diet Assistant” mapped to QP: “HSS/Q5201 version 1.0” with scoring of minimum 85%.
4b	<b>Platform Certification</b>	Recommended that the Trainer is certified for the Job Role: “Trainer”, mapped to the Qualification Pack: “SSC/Q1402” with scoring of minimum 90%.
5	<b>Experience</b>	Minimum 2 years site experience with Dietetic Department or MS Ophthalmology or MBBS with two year of experience under MS Ophthalmology in ophthalmology department Or Minimum 3 years site experience for Diet Assistant Level 4 certified Diet Assistant HSS/Q5201, version 1.0

## Annexure: Assessment Criteria

Assessment Criteria for Diet Assistant	
Job Role	Diet Assistant
Qualification Pack Code	HSS/Q5201, version 1.0
Sector Skill Council	Healthcare Sector Skill Council

Sr. No.	Guidelines for Assessment
1.	Criteria for assessment for each Qualification Pack will be created by the Sector Skill Council. Each Performance Criteria (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down proportion of marks for Theory and Skills Practical for each PC
2.	The assessment for the theory part will be based on knowledge bank of questions created by the SSC
3.	Individual assessment agencies will create unique question papers for theory part for each candidate at each examination/training center (as per assessment criteria below)
4.	Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/training center based on this criteria
5.	To pass the Qualification Pack, every trainee should score as per assessment grid.
6.	In case of successfully passing only certain number of NOS's, the trainee is eligible to take subsequent assessment on the balance NOS's to pass the Qualification Pack

Skills Practical and Viva (80% weightage)	
	Marks Allotted
Grand Total-1 (Subject Domain)	400
Grand Total-2 (Soft Skills and communication)	100
Grand Total-(Skills Practical and Viva)	500
Passing Marks (80% of Max. Marks)	400
Theory (20% weightage)	
	Marks Allotted
Grand Total-1 (Subject Domain)	80
Grand Total-2 (Soft Skills and communication)	20
Grand Total-(Theory)	100
Passing Marks (50% of Max. Marks)	50
Grand Total-(Skills Practical and Viva + Theory)	600
<b>Overall Result</b>	<b>Criteria is to pass in both theory and practical individually. If fail in any one of them, then candidate is fail</b>
<b>Detailed Break Up of Marks</b>	<b>Skills Practical &amp; Viva</b>
<b>Subject Domain</b>	<b>Pick any 2 NOS each of 200 marks totaling 400</b>

Assessable Outcomes	Assessment Criteria for the Assessable Outcomes	Total Marks (400)	Out Of	Marks Allocation	
				Viva	Skills Practical
1.HSS / N 5201: Maintain hygiene & food safety	PC1. Explain and implement temperature control techniques	<b>200</b>	20	10	10
	PC2. Maintain personal hygiene and ensure others maintain the same		10	2	8
	PC3. Maintain cleanliness of food handling, storage and serving areas		10	2	8
	PC4. Maintain cleanliness of all equipment, utensils and tools coming in contact with food		10	5	5
	PC5. Ensure food waste is removed promptly from food handling, storage and serving areas		20	2	8
	PC6. Ensure food waste is not allowed to contaminate other areas/ items in the food handling, storage or serving areas		10	5	5
	PC7. Follow cooking and serving practices as specified for different food items		20	5	5
	PC8. Follow proper disposal techniques for food waste, contaminated food or expired food		20	3	7
	PC9. Follow proper serving practices for cooked and raw food		10	3	7
	PC10. Prevent cross contamination or direct contamination of food		10	5	5
	PC 11. Keep hands clean and wash them after unhygienic activities		10	3	7
	PC 12. Maintain storage areas in a clean and hygienic condition		20	10	10
	PC 13. Report deliveries of food items promptly to the proper person		10	5	5
	PC 14. Deal with unexpected situations effectively and inform the proper person where appropriate		20	40	10
<b>Total</b>			200	100	100
2. HSS / N 5202: Store food safely and prevent contamination	PC1. Understand and implement different food storage practices for different types of foods	<b>200</b>	50	20	30
	PC2. Use and operate storage equipment		50	20	30
	PC3. Follow hygiene and sanitation protocols		40	20	20
	PC4. Explain inventory management processes such as FIFO to prevent food wastage		30	10	20
	PC5. Identify signs of decay and contamination of food		30	10	20
	<b>Total</b>			200	80
3.HSS/ N 5203: Handle food safely to avoid contamination	PC1. Explain temperature control techniques	<b>200</b>	50	15	35
	PC2. Maintain personal hygiene and ensure others maintain the same		40	15	25
	PC3. Follow cooking and serving practices as		50	20	30

Assessable Outcomes	Assessment Criteria for the Assessable Outcomes	Total Marks (400)	Out Of	Marks Allocation	
				Viva	Skills Practical
	specified for different food items				
	PC4. Follow serving practices for cooked and raw food		30	10	20
	PC5. Prevent cross contamination or direct contamination of food		30	10	20
	<b>Total</b>		200	70	130
4. HSS / N 5204: Select a therapeutic diet/ menu	PC1. Understand patients' nutritional requirement and design a diet accordingly	<b>200</b>	50	20	30
	PC2. Understand patients' cultural and religious preference and modify diet accordingly		30	10	20
	PC3. Avoid foods or products that can lead to allergies or intolerance among patients		30	15	15
	PC4. Select menu and plan it in congruence with the medical treatment plan		40	15	25
	PC5. Report progression and modify diet accordingly		50	20	30
	<b>Total</b>		200	80	120
5. HSS / N 5205: Prepare food safely to maintain nutritive value and avoid contamination	PC1. Use different food preparation techniques	<b>200</b>	50	20	30
	PC2. Use kitchen utensils and equipment		30	10	20
	PC3. Maintain temperature control from the time to food is prepared to the time it is served		50	15	35
	PC4. Follow personal hygiene and protect the food from contamination		40	10	30
	PC5. Record changes in colour, texture or odour of food being used for preparation and discard it as per specified guidelines.		30	10	20
	<b>Total</b>		200	65	135
6. HSS / N 5206: Educate patient on dietary restrictions	PC1. Design dietary menu and educational brochures for a patient depending upon their health condition	<b>200</b>	100	30	70
	PC2. Customise dietary education based on the food preferences of the patients		100	40	60
	<b>Total</b>		200	70	130
<b>Soft Skills and Communication</b>		<b>Pick one field from both parts each carrying 50 marks totaling 100</b>			

Assessable Outcomes	Assessment Criteria for the Assessable Outcomes	Total Marks (100)	Out Of	Marks Allocation	
				Viva	Observation/ Role Play
<b>Part 1 (Pick one field randomly carrying 50 marks)</b>					
<b>1. Attitude</b>					
HSS/ N 9603 (Act within the limits of one's competence and authority)	PC1. Adhere to legislation, protocols and guidelines relevant to one's role and field of practice	<b>10</b>	1	0	1
	PC2. Work within organisational systems and requirements as appropriate to one's role		1	0	1
	PC3. Recognise the boundary of one's role and responsibility and seek supervision when situations are beyond one's competence and authority		2	1	1
	PC4. Maintain competence within one's role and field of practice		1	0	1
	PC5. Use relevant research based protocols and guidelines as evidence to inform one's practice		1	0.5	0.5
	PC6. Promote and demonstrate good practice as an individual and as a team member at all times		2	0	2
	PC7. Identify and manage potential and actual risks to the quality and safety of practice		1	0	1
	PC8. Evaluate and reflect on the quality of one's work and make continuing improvements		1	0	1
	<b>Total</b>			10	1.5
HSS/ N 9607 (Practice Code of conduct while performing duties)	PC1. Adhere to protocols and guidelines relevant to the role and field of practice	<b>10</b>	1	0	1
	PC2. Work within organisational systems and requirements as appropriate to the role		1	0	1
	PC3. Recognise the boundary of the role and responsibility and seek supervision when situations are beyond the competence and authority		1	0	1
	PC4. Maintain competence within the role and field of practice		1	0	1
	PC5. Use protocols and guidelines relevant to the field of practice		2	1	1
	PC6. Promote and demonstrate good practice as an individual and as a team member at all times		1	0	1
	PC7. Identify and manage potential and actual risks to the quality and patient safety		1	0	1
	PC8. Maintain personal hygiene and contribute actively to the healthcare ecosystem		2	0	2
	<b>Total</b>			10	1
<b>Attitude Total</b>		<b>20</b>	20	2.5	17.5
<b>2. Safety management</b>					
HSS/ N 9606 (Maintain a safe, healthy, and	PC1. Identify individual responsibilities in relation to maintaining workplace health safety and security requirements	<b>10</b>	1	0	1

Assessable Outcomes	Assessment Criteria for the Assessable Outcomes	Total Marks (100)	Out Of	Marks Allocation	
				Viva	Observation/ Role Play
secure working environment)	PC2. Comply with health, safety and security procedures for the workplace		1	0	1
	PC3. Report any identified breaches in health, safety, and security procedures to the designated person		2	0	2
	PC4. Identify potential hazards and breaches of safe work practices		1	0	1
	PC5. Correct any hazards that individual can deal with safely, competently and within the limits of authority		1	0	1
	PC6. Promptly and accurately report the hazards that individual is not allowed to deal with, to the relevant person and warn other people who may get affected		1	0	1
	PC7. Follow the organisation's emergency procedures promptly, calmly, and efficiently		1	0	1
	PC8. Identify and recommend opportunities for improving health, safety, and security to the designated person		1	0.5	0.5
	PC9. Complete any health and safety records legibly and accurately		1	0	1
	<b>Total</b>			10	0.5
HSS/ N 9610: Follow infection control policies and procedures	PC1. Perform the standard precautions to prevent the spread of infection in accordance with organisation requirements	30	1	0	1
	PC2. Perform the additional precautions when standard precautions alone may not be sufficient to prevent transmission of infection		1	0	1
	PC3. Minimise contamination of materials, equipment and instruments by aerosols and splatter		1	0	1
	PC4. Identify infection risks and implement an appropriate response within own role and responsibility		1	0	1
	PC5. Document and report activities and tasks that put patients and/or other workers at risk		1	0	1
	PC6. Respond appropriately to situations that pose an infection risk in accordance with the policies and procedures of the organization		1	0	1
	PC7. Follow procedures for risk control and risk containment for specific risks		1	0.5	0.5
	PC8. Follow protocols for care following exposure to blood or other body fluids as required		1	0.5	0.5
	PC9. Place appropriate signs when and where appropriate		1	0.5	0.5
	PC10. Remove spills in accordance with the policies		1	0.5	0.5



Assessable Outcomes	Assessment Criteria for the Assessable Outcomes	Total Marks (100)	Out Of	Marks Allocation	
				Viva	Observation/ Role Play
	detergent and warm water solution before and after each session or when visibly soiled				
	PC28. Decontaminate equipment requiring special processing in accordance with quality management systems to ensure full compliance with cleaning, disinfection and sterilisation protocols		1	0	1
	PC29. Dry all work surfaces before and after use		1	0	1
	PC30. Replace surface covers where applicable		1	0	1
	PC31. Maintain and store cleaning equipment		1	0	1
	<b>40</b>		<b>30</b>	<b>4</b>	<b>26</b>
<b>3. Waste Management</b>					
HSS/ N 9609 (Follow biomedical waste disposal protocols)	PC1. Follow the appropriate procedures, policies and protocols for the method of collection and containment level according to the waste type	<b>40</b>	6	3	3
	PC2. Apply appropriate health and safety measures and standard precautions for infection prevention and control and personal protective equipment relevant to the type and category of waste		6	2	4
	PC3. Segregate the waste material from work areas in line with current legislation and organisational requirements		4	2	2
	PC4. Segregation should happen at source with proper containment, by using different colour coded bins for different categories of waste		6	1	5
	PC5. Check the accuracy of the labelling that identifies the type and content of waste		2	1	1
	PC6. Confirm suitability of containers for any required course of action appropriate to the type of waste disposal		2	1	1
	PC7. Check the waste has undergone the required processes to make it safe for transport and disposal		4	2	2
	PC8. Transport the waste to the disposal site, taking into consideration its associated risks		4	1	3
	PC9. Report and deal with spillages and contamination in accordance with current legislation and procedures		4	2	2
	PC10. Maintain full, accurate and legible records of information and store in correct location in line with current legislation, guidelines, local policies and protocols		2	1	1
	<b>Total</b>		<b>40</b>	<b>16</b>	<b>2</b>
<b>Grand Total-2 (Soft Skills and communication)</b>			<b>100</b>		

Detailed Break Up of Marks	Theory	
1.HSS / N 5201: Maintain hygiene & food safety	PC1. Explain and implement temperature control techniques	1
	PC2. Maintain personal hygiene and ensure others maintain the same	0
	PC3. Maintain cleanliness of food handling, storage and serving areas	0
	PC4. Maintain cleanliness of all equipment, utensils and tools coming in contact with food	0
	PC5. Ensure food waste is removed promptly from food handling, storage and serving areas	1
	PC6. Ensure food waste is not allowed to contaminate other areas/ items in the food handling, storage or serving areas	1
	PC7. Follow cooking and serving practices as specified for different food items	0
	PC8. Follow proper disposal techniques for food waste, contaminated food or expired food	1
	PC9. Follow proper serving practices for cooked and raw food	0
	PC10. Prevent cross contamination or direct contamination of food	1
	PC 11. Keep hands clean and wash them after unhygienic activities	0
	PC 12. Maintain storage areas in a clean and hygienic condition	0
	PC 13. Report deliveries of food items promptly to the proper person	1
	PC 14. Deal with unexpected situations effectively and inform the proper person where appropriate	1
	TOTAL	20
3.HSS / N 5202: Store food safely and prevent contamination	PC1. Understand and implement different food storage practices for different types of foods	3
	PC2. Use and operate storage equipment	0
	PC3. Follow hygiene and sanitation protocols	2
	PC4. Explain inventory management processes such as FIFO to prevent food wastage	2
	PC5. Identify signs of decay and contamination of food	3
	TOTAL	10
HSS/ N 5203: Handle food safely to avoid contamination	PC1. Explain temperature control techniques	3
	PC2. Maintain personal hygiene and ensure others maintain the same	2
	PC3. Follow cooking and serving practices as specified for different food items	3
	PC4. Follow serving practices for cooked and raw food	1
	PC5. Prevent cross contamination or direct contamination of food	1
	TOTAL	10
HSS / N 5204: Select a therapeutic diet/ menu	PC1. Understand patients' nutritional requirement and design a diet accordingly	5
	PC2. Understand patients' cultural and religious preference and modify diet accordingly	5
	PC3. Avoid foods or products that can lead to allergies or intolerance among patients	3

Detailed Break Up of Marks	Theory	
	PC4. Select menu and plan it in congruence with the medical treatment plan	5
	PC5. Report progression and modify diet accordingly	2
	TOTAL	20
HSS / N 5205: Prepare food safely to maintain nutritive value and avoid contamination	PC1. Use different food preparation techniques	5
	PC2. Use kitchen utensils and equipment	1
	PC3. Maintain temperature control from the time to food is prepared to the time it is served	2
	PC4. Follow personal hygiene and protect the food from contamination	1
	PC5. Record changes in colour, texture or odour of food being used for preparation and discard it as per specified guidelines.	1
	TOTAL	10
HSS/ N 5206: Educate patient on dietary restrictions	<b>PC1. Design dietary menu and educational brochures for a patient depending upon their health condition</b>	8
	<b>PC2. Customise dietary education based on the food preferences of the patients</b>	2
	<b>Total</b>	<b>10</b>
<b>Soft Skills and Communication Domain</b>	<b>Select any 40 PCs each carrying 2 marks totalling 80</b>	

Assessable Outcomes	Assessment Criteria for the Assessable Outcomes	Marks Allocation
		Theory
HSS/ N 9603 (Act within the limits of one's competence and authority)	PC1. Adhere to legislation, protocols and guidelines relevant to one's role and field of practice	0
	PC2. Work within organisational systems and requirements as appropriate to one's role	0
	PC3. Recognise the boundary of one's role and responsibility and seek supervision when situations are beyond one's competence and authority	1
	PC4. Maintain competence within one's role and field of practice	0
	PC5. Use relevant research based protocols and guidelines as evidence to inform one's practice	0
	PC6. Promote and demonstrate good practice as an individual and as a team member at all times	0.5
	PC7. Identify and manage potential and actual risks to the quality and safety of practice	0.5
	PC8. Evaluate and reflect on the quality of one's work and make continuing improvements	0
	TOTAL	2
HSS/ N 9607 (Practice Code of conduct while performing duties)	PC1. Adhere to protocols and guidelines relevant to the role and field of practice	0
	PC2. Work within organisational systems and requirements as appropriate to the role	1
	PC3. Recognise the boundary of the role and responsibility and seek supervision when situations are beyond the competence and authority	1
	PC4. Maintain competence within the role and field of practice	0
	PC5. Use protocols and guidelines relevant to the field of practice	0
	PC6. Promote and demonstrate good practice as an individual and as a team member at all times	0
	PC7. Identify and manage potential and actual risks to the quality and patient safety	1
	PC8. Maintain personal hygiene and contribute actively to the healthcare ecosystem	0
	TOTAL	3
HSS/ N 9606 (Maintain a safe, healthy, and secure working environment)	PC1. Identify individual responsibilities in relation to maintaining workplace health safety and security requirements	1
	PC2. Comply with health, safety and security procedures for the workplace	0
	PC3. Report any identified breaches in health, safety, and security procedures to the designated person	0
	PC4. Identify potential hazards and breaches of safe work practices	1
	PC5. Correct any hazards that individual can deal with safely, competently and within the limits of authority	0

Assessable Outcomes	Assessment Criteria for the Assessable Outcomes	Marks Allocation
		Theory
	PC6. Promptly and accurately report the hazards that individual is not allowed to deal with, to the relevant person and warn other people who may get affected	1
	PC7. Follow the organisation’s emergency procedures promptly, calmly, and efficiently	1
	PC8. Identify and recommend opportunities for improving health, safety, and security to the designated person	1
	PC9. Complete any health and safety records legibly and accurately	0
	TOTAL	5
HSS/ N 9610: Follow infection control policies and procedures	PC1. Perform the standard precautions to prevent the spread of infection in accordance with organisation requirements	0
	PC2. Perform the additional precautions when standard precautions alone may not be sufficient to prevent transmission of infection	0
	PC3. Minimise contamination of materials, equipment and instruments by aerosols and splatter	0
	PC4. Identify infection risks and implement an appropriate response within own role and responsibility	1
	PC5. Document and report activities and tasks that put patients and/or other workers at risk	0
	PC6. Respond appropriately to situations that pose an infection risk in accordance with the policies and procedures of the organization	0
	PC7. Follow procedures for risk control and risk containment for specific risks	0
	PC8. Follow protocols for care following exposure to blood or other body fluids as required	1
	PC9. Place appropriate signs when and where appropriate	0
	PC10. Remove spills in accordance with the policies and procedures of the organization	1
	PC11. Maintain hand hygiene by washing hands before and after patient contact and/or after any activity likely to cause contamination	0
	PC12. Follow hand washing procedures	0
	PC13. Implement hand care procedures	0
	PC14. Cover cuts and abrasions with water-proof dressings and change as necessary	0
	PC15. Wear personal protective clothing and equipment that complies with Indian Standards, and is appropriate for the intended use	1
	PC16. Change protective clothing and gowns/aprons daily, more frequently if soiled and where appropriate, after each patient contact	0
	PC17. Demarcate and maintain clean and contaminated zones in all aspects of health care work	0
	PC18. Confine records, materials and medicaments to a well-designated clean zone	0
	PC19. Confine contaminated instruments and equipment to a well-	0

Assessable Outcomes	Assessment Criteria for the Assessable Outcomes	Marks Allocation
		Theory
	designated contaminated zone	
	PC20. Wear appropriate personal protective clothing and equipment in accordance with occupational health and safety policies and procedures when handling waste	0
	PC21. Separate waste at the point where it has been generated and dispose of into waste containers that are colour coded and identified	1
	PC22. Store clinical or related waste in an area that is accessible only to authorised persons	0
	PC23. Handle, package, label, store, transport and dispose of waste appropriately to minimise potential for contact with the waste and to reduce the risk to the environment from accidental release	0
	Dispose of waste safely in accordance with policies and procedures of the organisation and legislative requirements	0
	PC26. Remove all dust, dirt and physical debris from work surfaces	0
	PC27. Clean all work surfaces with a neutral detergent and warm water solution before and after each session or when visibly soiled	0
	PC28. Decontaminate equipment requiring special processing in accordance with quality management systems to ensure full compliance with cleaning, disinfection and sterilisation protocols	0
	PC29. Dry all work surfaces before and after use	0
	PC30. Replace surface covers where applicable	0
	PC31. Maintain and store cleaning equipment	0
	<b>TOTAL</b>	<b>5</b>
HSS/ N 9609 (Follow biomedical waste disposal protocols)	PC1. Follow the appropriate procedures, policies and protocols for the method of collection and containment level according to the waste type	1
	PC2. Apply appropriate health and safety measures and standard precautions for infection prevention and control and personal protective equipment relevant to the type and category of waste	0
	PC3. Segregate the waste material from work areas in line with current legislation and organisational requirements	1
	PC4. Segregation should happen at source with proper containment, by using different colour coded bins for different categories of waste	1
	PC5. Check the accuracy of the labelling that identifies the type and content of waste	0
	PC6. Confirm suitability of containers for any required course of action appropriate to the type of waste disposal	0
	PC7. Check the waste has undergone the required processes to make it safe for transport and disposal	1
	PC8. Transport the waste to the disposal site, taking into consideration its associated risks	0
	PC9. Report and deal with spillages and contamination in accordance with current legislation and procedures	1

Assessable Outcomes	Assessment Criteria for the Assessable Outcomes	Marks Allocation
		Theory
	PC10. Maintain full, accurate and legible records of information and store in correct location in line with current legislation, guidelines, local policies and protocols	0
	TOTAL	5



## Healthcare Sector Skill Council

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