

Model Curriculum

Dietetic Aide

SECTOR: HEALTHCARE

SUB-SECTOR: ALLIED HEALTH and PARAMEDICS

OCCUPATION: DIETETIC AIDE

REF ID: HSS/Q5201, v2.0

NSQF LEVEL: 3



Certificate

CURRICULUM COMPLIANCE TO QUALIFICATION PACK – NATIONAL OCCUPATIONAL STANDARDS

is hereby issued by the

HEALTHCARE SECTOR SKILL COUNCIL

for the

MODEL CURRICULUM

Complying to National Occupational Standards of
Job Role/ Qualification Pack: 'Dietetic Aide' QP No. 'HSS/Q 5201, v2.0 NSQF Level 3'

Date of Issuance: December 16th, 2019

Valid up to: December 16th, 2024

* Valid up to the next review date of the Qualification Pack



Authorised Signatory
(Healthcare Sector Skill Council)

TABLE OF CONTENTS

1. Curriculum	01
2. Trainer Prerequisites	12

Dietetic Aide

CURRICULUM / SYLLABUS

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

Program Name	Dietetic Aide		
Qualification Pack Name and Reference ID.	HSS/Q5201, v2.0		
Version No.	1.0	Version Update Date	07/01/2021
Pre-requisites to Training	Class 10th Pass		
Training Outcomes	<p>After completing this programme, participants will be able to:</p> <ul style="list-style-type: none"> • Plan the menu according to specific dietary and nutritional needs as per prescription • Employ different food preparation techniques as appropriate to the plan • Maintain food hygiene • Apply safe food handling techniques • Describe the various safe food storage methods • Provide the dietary information to the patient as per instructions from dietician • Comply with approved food waste management practices • Maintain interpersonal relationships with co-workers, patients and their family members • Maintain professional and medico-legal conduct at all times in accordance with legislation, protocols and guidelines set up by the healthcare provider • Maintain a safe, healthy and secure working environment • Apply biomedical waste disposal and infection control policies and procedures in the healthcare organization 		

This course encompasses 7 out of 7 National Occupational Standards (NOS) of “Dietetic aide” Qualification Pack issued by “SSC: Healthcare Sector Skill Council”.

S.No	Module	Key Learning Outcomes	Equipment Required
1	<p>Introduction to healthcare systems</p> <p>Theory Duration (hh:mm) 03:00</p> <p>Practical Duration (hh:mm) 00:00</p> <p>Corresponding NOS Code HSS/N5201</p>	<ul style="list-style-type: none"> • Differentiate between the primary, secondary and tertiary healthcare service providers. • Identify various departments in a hospital. • Explain the functions of various departments in the hospital. • Describe the functions of food and dietetics department in a hospital. 	
2	<p>Role of Dietetic Aide</p> <p>Theory Duration (hh:mm) 05:00</p> <p>Practical Duration (hh:mm) 05:00</p> <p>Corresponding NOS Code Bridge Module</p>	<ul style="list-style-type: none"> • Describe the role and responsibilities of a dietetic aide. • List the various equipment used in kitchen, food storage and food serving trolley. • Demonstrate the usage of the various food storage and kitchen equipment. • Explain the importance of ensuring the patient safety and comfort. • Explain the importance of complying with the diet regulations, food handling, safety and sanitary standards. • Carry out the functions to be performed by the dietetic aide in the dietetic department. • Discuss the importance of using correct terminologies related to dietetics. • Demonstrate usage of the appropriate dietetics related medical terminology during role plays depicting conversations with colleagues, patients and family. • Describe various precautions to be taken for maintaining food hygiene and safety during food preparation, handling and storage. 	

S.No	Module	Key Learning Outcomes	Equipment Required
3	<p>Introduction to human body-structure and function</p> <p>Theory Duration (hh:mm) 05:00</p> <p>Practical Duration (hh:mm) 03:00</p> <p>Corresponding NOS Code Bridge Module</p>	<ul style="list-style-type: none"> • Explain the organisation of body cells, tissues, organs, organ systems, membranes and glands in the human body. • Describe cell and various types of tissues. • Describe different types of organ systems. • Identify different types of body fluids, secretions and excretions. • Identify different parts of the body using charts and models. • Explain the structure and functioning of human body systems using charts and models. 	3D models and structures of various body parts and system
4	<p>Introduction to dietetics</p> <p>Theory Duration (hh:mm) 06:00</p> <p>Practical Duration (hh:mm) 05:00</p> <p>Corresponding NOS Codes HSS/N5201</p>	<ul style="list-style-type: none"> • Define the scope of dietetics. • Explain the concept of health and nutrition • Explain the terms nutrition, nutrients and calories. • List the various sources of nutrition • Categorise the various macro and micro nutrients along with their functions. • Categorise different food items such as vegetables, legumes/beans, fruits, meat, poultry, fish, eggs, nuts, seeds, beverages, etc. • Describe the importance and components of the balanced diet. • Differentiate between various types of food groups. • Plan the samples of diet menu applying the concept of balanced diet using the combination of various types of meals. 	Flip Books and Models for Food Groups and Nutritional Brochures. Charts of Food Groups , Portion Sizes , Nutrient Sources etc., Sample Diet Chart for practice, Sample Forms and Formats,
5	<p>Introduction to therapeutic diet and its importance</p> <p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration</p>	<ul style="list-style-type: none"> • Explain the importance of therapeutic diet. • List various types of therapeutic diet, such as clear liquid diet, full liquid diet, semi solid/soft diet, calorie controlled diet, diabetic diet etc. • Identify the type of diet to be given to the patients as per their medical condition. • Plan the menu using sample diet 	Flip books, brochures and models for food groups, therapeutic diet and nutrition. Charts of Food Groups, Portion Sizes, Nutrient Sources etc., Sample Diet Chart

S.No	Module	Key Learning Outcomes	Equipment Required
	(hh:mm) 00:00 Corresponding NOS Code HSS/N5207	<p>prescription.</p> <ul style="list-style-type: none"> Explain the relevance of taking into account of patients' cultural and religious preferences while planning the menu. 	for practice, Sample Forms and Formats,
6	Diet preparation Theory Duration (hh:mm) 10:00 Practical Duration (hh:mm) 15:00 Corresponding NOS Codes HSS/N5207	<ul style="list-style-type: none"> Discuss about the food preparation practices. Explain the importance of food preparation practices for food safety. Identify food items that are decayed or expired applying safe food preparation practices at all times. Inspect the cleanliness of kitchen utensils and equipment before stating them fit-for-use in mock kitchen set-up. Describe the safe cooking practices to be followed for different food items. Describe safe serving practices to be followed for different food items. Perform temperature maintenance checks as per food item using safe cooking practices while its preparation, serving and storage. Describe the various methods of food preparation. Determine appropriate food preparation technique to be used as per sample case study depicting patient's nutritional and medical requirements. Compare normal and contaminated food items with respect to colour, texture or odour. Inspect the kitchen and surrounding for its cleanliness and safety for cooking in mock kitchen set-up. 	Sinks for Utensil Washing, Food Trolley, Refrigerator, Cooking Stove And Burners and Lighters with one stand by apparatus, Microwave, Dining Utensils, Measuring Cups and Spoons, Weighing machine For Food-10-50 Gram Sensitivity, Blenders, Kitchen Utensils And Equipment for Cooking/Processing, Stadiumeter, Measuring Tape, Gas Cylinder, Food Models For Portion Size -2 Sets, Cutlery – Cooking And Serving, Storage And Garbage Bins At All Cooking Stations, Aprons And Head Scarfs, Gloves (Disposable)
7	Food safety and its waste management Theory Duration (hh:mm) 10:00	<ul style="list-style-type: none"> Differentiate between the raw, semi-cooked and cooked meal. Explain the importance of optimum temperature control for food safety and food hygiene. Describe the importance of maintaining personal hygiene and grooming. Describe the importance of 	Refrigerator, Storage shelves, temperature measuring device, food waste disposal bins

S.No	Module	Key Learning Outcomes	Equipment Required
	<p>Practical Duration (hh:mm) 10:00</p> <p>Corresponding NOS Codes HSS/N5201</p>	<p>maintaining cleanliness of surroundings, food handling equipment, tools, and utensils.</p> <ul style="list-style-type: none"> Identify various sources of food contamination in kitchen environment, materials and consumables. Describe the possible impact of contaminated food on the patient. Explain the ways to prevent food contamination. Explain the concept of cross contamination of food. Identify the various factors that cause cross contamination of food. Detect the signs of decayed or contaminated food. Distinguish between the disposal techniques for leftover/ unconsumed, raw, spoiled and expired food items/ ingredients. Explain about the guidelines and procedures for safe disposal of food waste. Inspect that the waste is removed from food handling, storage and serving areas by applying the food waste management practices. Explain the adverse impact of keeping food waste for longer duration in the kitchen. 	
8	<p>Food storage practices</p> <p>Theory Duration (hh:mm) 08:00</p> <p>Practical Duration (hh:mm) 10:00</p> <p>Corresponding NOS Codes HSS/N5207</p>	<ul style="list-style-type: none"> Classify food items as per storage practices. Describe various types of storage practices. Utilize appropriate equipment for food storage Explain the importance of following manufacturer's recommendations while using the equipment. Demonstrate implementation of safe food storage practices according to different types of foods mentioned in the sample case study. Demonstrate application of hygiene and sanitation protocols for mock food storage areas. 	Storage Cupboards, Storage Box for storing Dry And Fresh Cooking Ingredients
9	Food handling and	<ul style="list-style-type: none"> Describe the ways to prevent bacterial 	Aprons and Head

S.No	Module	Key Learning Outcomes	Equipment Required
	<p>serving practices</p> <p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 10:00</p> <p>Corresponding NOS Code HSS/N5207</p>	<p>growth and nutritional loss while handling food.</p> <ul style="list-style-type: none"> Describe the standard food handling and serving practices. Implement the temperature control techniques using the standard practices while handling the food. Apply standard serving practices for cooked and raw food. Explain the importance of maintaining personal hygiene while handling food. Apply standard food handling and serving practices to prevent cross contamination or direct contamination of food. Demonstrate the problem-solving skills to deal with unexpected food safety situations effectively. Explain the importance of checking expiry date of food products/items or decayed food. Define situations during which the food safety matters escalated to concerned authority. 	<p>Scarfs, Gloves (Disposable)</p>
10	<p>Common ailments associated with intake of contaminated food</p> <p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 05:00</p> <p>Corresponding NOS Code HSS/N5208</p>	<ul style="list-style-type: none"> Describe the common ailments and associated symptoms caused by consumption of contaminated food. Identify the symptoms associated with electrolyte imbalance, blood sugar imbalance or gastro-intestinal diseases. Describe the modifications required in the therapeutic diet plan for patients suffering from food-borne illness. 	
11	<p>Inventory and kitchen management</p> <p>Theory Duration (hh:mm)</p>	<ul style="list-style-type: none"> Describe the inventory management practices such as FIFO (First In First Out) used in dietetics department. Describe the importance and need of inventory management of kitchen equipment, materials and 	<p>Case studies</p>

S.No	Module	Key Learning Outcomes	Equipment Required
	<p>10:00</p> <p>Practical Duration (hh:mm) 10:00</p> <p>Corresponding NOS Codes HSS/N5207</p>	<p>consumables.</p> <ul style="list-style-type: none"> • Prepare an estimate of kitchen supplies to be procured on regular basis using sample case study. • Demonstrate use of FIFO (First In First Out) using sample inventory checklist in mock food storage area. 	
12	<p>Dietary education</p> <p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 10:00</p> <p>Corresponding NOS Codes HSS/N5208</p>	<ul style="list-style-type: none"> • Identify the nutritional information to be shared with patient and their relatives. • Discuss the importance of following diet chart as per instructions of dietician with patients and their relatives. • Discuss the impact of cultural aspects and religious restrictions on diet menu with patients and their relatives. • Discuss the planned dietary menu with the patient as per prescription • Discuss about cooking method as per diet chart to be adopted at home settings with patients and their relatives. • List the frequently asked questions and answers related to diet plan commonly raised by patients. • Demonstrate usage of appropriate Information, Education and Communication (IEC) materials such as brochures, pamphlets, leaflets for the patient education about the diet plan. • Identify the sources of information on best practices useful in dietary education. • Discuss about the safe disposal techniques of food waste, especially non-vegetarian food items at home settings. 	IEC material such as brochures, pamphlets, leaflets of balanced diet
13	<p>Personal hygiene</p> <p>Theory Duration (hh:mm) 05:00</p>	<ul style="list-style-type: none"> • Explain the concept of healthy living. • Describe the hand-hygiene guidelines and procedures used in healthcare-settings. • Demonstrate the procedures of hand 	Personal Protective Equipment (PPE), vaccination kits, latest hand hygiene protocols

S.No	Module	Key Learning Outcomes	Equipment Required
	<p>Practical Duration (hh:mm) 10:00</p> <p>Corresponding NOS Codes HSS/N9618</p>	<p>hygiene to prevent cross infection.</p> <ul style="list-style-type: none"> • Explain the importance of using Personal Protective Equipment (PPE). • List the types of PPE. • Describe the process of wearing and removing each of the PPE. • Demonstrate the techniques of proper usage of PPE. • Explain various vaccinations against common infectious diseases. 	
14	<p>Safety, emergency medical response and first aid</p> <p>Theory Duration (hh:mm) 05:00</p> <p>Practical Duration (hh:mm) 05:00</p> <p>Corresponding NOS Code HSS/N9617</p>	<ul style="list-style-type: none"> • Explain the basics of first aid. • Identify precautions to be taken for self- safety. • Identify the hospital emergency codes. • Explain about disaster management techniques to deal with institutional emergencies. • Define Basic Life support and its components. • Demonstrate Cardio-Pulmonary Resuscitation (CPR). 	Crash cart trolley, first aid box, CPR manikin
15	<p>Reporting and documentation</p> <p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 10:00</p> <p>Corresponding NOS Codes HSS/N5207</p>	<ul style="list-style-type: none"> • Define the role and responsibilities for the dietetic aide in reporting and documentation. • Describe reporting matrix and its methods. • Explain various types of records to be maintained by the dietetic department. • Identify the method of storage and retrieval of records. • Explain the importance of documentation while food preparation, handling and storage. • Prepare a sample reflective report documenting the methods used in the role play for food preparation, handling and storage. 	Sample formats of reports and hospital documents
16	<p>Maintain interpersonal relationship with colleagues and others</p>	<ul style="list-style-type: none"> • Discuss the importance of effective communication with patients, relatives and colleagues without using jargons and colloquial terms. • Apply effective communication 	Case studies portraying effective networking amongst the team members

S.No	Module	Key Learning Outcomes	Equipment Required
	<p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 10:00</p> <p>Corresponding NOS Code HSS/N9615</p>	<p>methods using appropriate terminology as per policies and procedures in the role play.</p> <ul style="list-style-type: none"> Describe about the attributes of a team player. Apply confidentiality and privacy practices related to patient's information Apply skills of team-work, prioritization of work and time management during daily activities. Apply basic reading and writing skills. Apply grammar and composition. Apply problem solving and decision making skills within scope of work. Demonstrate effective patient-centric approach in medical service. 	
17	<p>Maintain professional and medico-legal conduct</p> <p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 10:00</p> <p>Corresponding NOS Code HSS/N9616</p>	<ul style="list-style-type: none"> Explain the importance of working in limits of competency and authority. Identify the effects of non-compliance Explain the importance of maintaining relationship with other departments in order to seek support if required. Explain work ethics in the hospital set up. Discuss objection handling. Apply rules and policies of organization for maintaining code of conduct. Demonstrate best practices in the field. Apply basic telephone and email etiquette. Analyse the information gathered from observation, experience, reasoning, or communication during the role play. Apply the information gathered from observation, experience, reasoning, or communication to act accordingly. Define rapidly changing situations Demonstrate adaptation with rapidly changing situations defined in sample case study. 	Sample case studies
18	<p>Basic computer knowledge</p> <p>Theory Duration</p>	<ul style="list-style-type: none"> Identify various parts of computer system. Discuss the foundation concept of operating systems and their functions. 	Computer with internet facility and latest version of software

S.No	Module	Key Learning Outcomes	Equipment Required
	(hh:mm) 10:00 Practical Duration (hh:mm) 10:00 Corresponding NOS Code Bridge Module	<ul style="list-style-type: none"> Discuss the utilities and basic operations of the latest version of software. Demonstrate working on computer systems as relevant in the dietetic department. Discuss basic computer working like feeding the data, saving the data and retrieving the data. 	
19	Bio medical waste management Theory Duration (hh:mm) 05:00 Practical Duration (hh:mm) 10:00 Corresponding NOS Code HSS/N9618	<ul style="list-style-type: none"> Categorize the different types of biomedical waste. Explain the importance of proper and safe disposal, transportation and treatment of bio-medical waste. Identify the various types of colour coded bins/containers used for disposal of biomedical waste Explain the local guidelines of biomedical waste disposal. Segregate the biomedical waste in the given situation applying the local guidelines. 	Different coded colour bins, chart for colour coding of bins
	Total Duration (hh:mm) 300:00 Theory Duration (hh:mm) 152:00 Practical Duration (hh:mm) 148:00	Unique Equipment Required: Sinks for Utensil Washing, Food Trolley, Storage Cupboards, Storage Box for storing Dry And Fresh Cooking Ingredients, Refrigerator, Cooking Stove And Burners and Lighters with one stand by apparatus, Microwave, Dinning Utensils, Measuring Cups and Spoons, Weight Machine For Food-10-50 Gram Sensitivity, Blenders, Kitchen Utensils And Equipment for Cooking/Processing, Stadiometer, Measuring Tape, Gas Cylinder, Flip Books And Models For Food Groups and Nutritional Brochures, 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., Sample Diet Chart for practice, Sample Forms and Formats, Aprons And Head Scarfs, Gloves (Disposable), Liquid Soap, Bio Degradable Plastic Bags (Red, Blue, Black And Yellow 10 Each) With Dustbins, Cleaning Solution (Colin), Flip Charts On Diet Preparation and Management, Scrubbers and soap For Cleaning Utensils etc. Paper Tissues, Fire Extinguisher, Weighing Machine, Replacement Battery, Uninterrupted RO Water Supply Class Room equipped with following arrangements:	

S.No	Module	Key Learning Outcomes	Equipment Required
		<ul style="list-style-type: none"> Interactive lectures and Discussion Brain Storming Charts and Models Activity Video presentation <p>Skill lab equipped with following arrangements:</p> <ul style="list-style-type: none"> Unique equipment as Listed at the last Demonstration of various functions Case study Role play <p>Visit to Diagnostic Center and Hospital</p> <ul style="list-style-type: none"> Field assignment 	

- Grand Total Course Duration: 1000:00 Hours (300 Hours for Class Room and Skill Lab Training + 700 Hours of mandatory OJT/Internship/Clinical or Laboratory Training)

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

Trainer Prerequisites for Job role: “Dietetic Aide” mapped to Qualification Pack: “HSS/Q5201 v2.0”

Sr. No	Area	Details
1	Description	Trainer is responsible for delivering accredited training service, mapped to the curriculum detailed above, in accordance with the Qualification Pack “ <u>HSS/Q5201, v2.0</u> ”.
2	Personal Attributes	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-organized and focused, eager to learn and keep oneself updated with the latest in the mentioned field.
3	Minimum Educational Qualifications	<ul style="list-style-type: none"> • Medical Graduate or • PhD Dietetics or Nutrition or • M.Sc Dietetics or Nutrition or • B.Sc. in Dietetics or Nutrition or • B.Sc. (Home Science) Or • Diploma in Dietetics or Nutrition
4a	Domain Certification	Certified for Job Role: “ <u>Dietetic aide</u> ” mapped to QP: “ <u>HSS/Q5201 v2.0</u> ” with scoring of minimum 80%.
4b	Platform Certification	Recommended that the Trainer is certified for the Job Role: “Trainer”, mapped to the Qualification Pack: “ <u>MEP/Q2601</u> ” with scoring of minimum 80%.
5	Experience	<ul style="list-style-type: none"> • Medical Graduate with at least 4 years (including 3 year of experience working in Dietetic Unit) and 1 year of teaching experience or • PhD Dietetics or Nutrition with at least 2 years (including 1 year of experience working in Dietetic Unit) and 1 year of teaching experience or • M.Sc Dietetics or Nutrition with 3 years (including 2 year of experience working in Dietetic Unit) and 1 months of teaching experience or • B.Sc. in Dietetics or Nutrition with 4 years (including 3 year of experience working in Dietetic Unit) and 1 year of teaching experience or

		<ul style="list-style-type: none">• B.Sc. in Home Science with 4 years (including 3 year of experience working in Dietetic Unit) and 1 year of teaching experienceor• Diploma in Dietetics or Nutrition with 6 years (including 5 year of experience working in Dietetic Unit) and 1 year of teaching experience
--	--	--

Assessment Criteria

For the Assessment Criteria, please refer to the QP PDF.