



## Course Overview

We all have different needs, wishes and desires. One thing for sure is that we all need to eat and drink the right things to maximise our health and wellbeing. For some of the people we support, eating and drinking can present huge challenges and choking risks. People who are unwell and have medical conditions can sometimes struggle to eat and drink properly. Some people may struggle to feed themselves and need support. Too often, people do not understand the implications of poor nutrition and hydration or the importance of the nutrients our bodies need.

This course will look at the challenges people experience in eating and drinking and how to overcome them. We look at how care workers can appropriately provide support prioritising individual's wishes, needs and dignity.

## Course Content

1. Food and drink choices
2. Hygiene and PPE
3. Preparing for eating and drinking
4. Challenges people experience with eating and drinking
5. Consuming the right amounts
6. Promoting dignity, comfort and enjoyment
7. After eating and drinking
8. Monitoring and recording

**Course Duration** 30 Minutes

**Developed** in partnership with a nurse, trainer, expert.

### Accessibility

To change your accessibility settings or translate the course into another language, sign into your Click account before taking this course.

### Assessment and Certification

Sign in to your Click account before you take this course to take the assessment and immediately access/download your certificate upon successful completion.

### Quality Marks