

## **Healthcare Worker Online Nutrition Course**

### ***Aims of the course***

To inform the healthcare worker about the various aspects of anatomy, nutrition and applied nutrition in relation to a patient in hospital.

### ***Objectives of the course***

1. To provide the healthcare worker with a working detail of anatomy of the human digestive system.
2. To make the healthcare worker understand the process of digestion in humans.
3. To teach the healthcare worker what constitutes a healthy diet and how to inform patients about such a diet.
4. To highlight the main nutritional requirements and concerns when dealing with children.
5. To highlight the main concerns of elderly people with regards to their nutritional requirements and problems.
6. To identify what constitutes a healthy diet which prevents heart problems or helps to treat such problems.
7. To emphasise the causes and consequences of obesity.
8. To emphasise the degree of malnutrition, plus how to identify it, its consequences and ways of treating it.
9. To outline what athletes and sports people need to eat before, during and after exercise sessions to maintain health and stamina.
10. To teach healthcare workers which nutrients and vitamins are important to promote wound healing and tissue growth and repair.
11. To explain when nasogastric tube feeding is indicated, the correct technique for insertion and checking of the position of the tube, in patients requiring such treatment.
12. To explain when percutaneous endoscopic gastrostomy feeding is indicated, the technique for insertion and appropriate way to care for the tube, in patients requiring such treatment.

### ***At the end of the course the student would be able to:***

1. Show a thorough understanding of the modules studied.
2. Identify a healthy diet plan for a person or patient, whether a child or an adult, while maintaining the correct balance of nutrients and vitamins and a balanced diet.
3. Explain to anyone how best to maintain a healthy weight, while highlighting the risks of over and under-nutrition.