



**Sample of
nutrition
training packages
on offer**



Elaine Lane is a self employed independent healthcare professional who is an experienced Dietitian, particularly in community and mental health settings. As a registered, reliable, diligent, experienced, team player with a holistic view of nutritional care, she is able to;

- Tailor, compliment, build or strengthen what the organisation has already done to improve nutrition
- Use a flexible approach, using either participative learning, a lecture conference style of delivery or a mixture of both elements
- Relate scientific theory on nutrition into practical based application founded through experience in practice as a clinician within the NHS

Share your training needs from initial brief through to delivery and final evaluation. From one day workshops to three day courses; from lunchtime meetings to weekly group sessions, this is designed for frontline workers, client groups, or members within a workplace.

Bespoke nutrition courses

If you are interested in training on a food related topic not covered in this leaflet, please contact to discuss your ideas and requirements.

Additional fees may apply for developing new / bespoke courses, depending on course length and content and on the complexity of the requests.

Contact: info@elainelane.co.uk

Training values and principles

Yes, we all eat and therefore have views about food. However when it comes to working alongside others, this needs a professional approach. An understanding of food and its nutritional components is a skill, which is required to support any practical food centred advice. A basic level 2 (GCSE) supporting theory can be found within the Department of Health (2012), 12th Edition of the Manual of Nutrition.

We also know that lecturing individuals is not often effective and rarely results in sustained action. Good communication skills are considered essential and inseparable from nutrition and health knowledge for effective practice. A core part of a Dietitian's training is an understanding of behaviour change. A national programme known as Making Every Contact Count (MECC) encourages conversations based on behaviour change methodologies, empowering healthier lifestyle choices and exploring the wider social determinants that influence our health. Everyone who comes into contact with members of the public has the opportunity to have a conversation to improve health. Most local authorities offer this training.

To be eligible for some of these courses, a basic understanding of behaviour change and common food sources of the main nutrients is highly recommended for attendees. This can be by completion of both a basic Making Each Contact Count and Hydration & Nutrition Awareness session or its equivalent or completion of a survey monkey quiz to evidence an understanding of the food sources of main nutrients.

An openness to challenge any food beliefs, myths and attitudes is important so that any nutrition behaviour change is based on evidence, with consistent practical food messages supported by all. This is why 'Partnership in Nutrition' is key.



Quality Assurance Evaluation of Training

A model for evaluating training known as the Kirkpatrick Model¹ notes that; **Level 1: Reaction** - is the degree attendees react favorably to the training (customer satisfaction, engagement, relevance) i.e. 'happy sheets'

Level 2: Learning - is the degree attendees acquire the intended knowledge (I know it), skills (I can do it right now), attitudes (I believe this will be worthwhile to do on the job), confidence (I think I can do it on the job) and commitment (I intend to do it on the job) based on their participation in a training event

Level 3: Behaviour— is the degree participants apply what they learned during training when they are back on the job. Required drivers are processes and systems that reinforce, encourage and reward performance of critical behaviours on the job.

Level 4: Results—is the degree targeted outcomes occur as a result of the training event and subsequent reinforcement. Leading indicators - short term observations and measurements suggesting that critical behaviours are on track to create a positive impact on the desired results. Can include 'Return on Investment'.

To support the impact of training **to achieve level 2 and above, the following pre and post interventions could be used**

- Attendees completion of a survey monkey of current nutritional challenges, nutritional knowledge and practices
- Outcomes of service users experiences in practice
- Clear initial learning outcome expectations, with post written case reflections, observations, feedback evidencing learning within team meetings
- Changes in nutritional care/practice/behaviors evidencing application and ownership of practice with service users care which the organisational benefits having shared learning objectives and aims
- Meal time observations or benchmarks which support evidence for compliance with Health & Social Care Regulations 14 on nutrition

The content of these courses can be tailored to support the Care Certificate (2015) e.g. Standard 8 on fluids and nutrition.

¹ <http://www.kirkpatrickpartners.com/OurPhilosophy/tabid/66/>

Hydration & Nutrition Awareness (Basic Level 2/GSCE)

Audience:

A general introductory course to the UK Eatwell Guide.

Content:

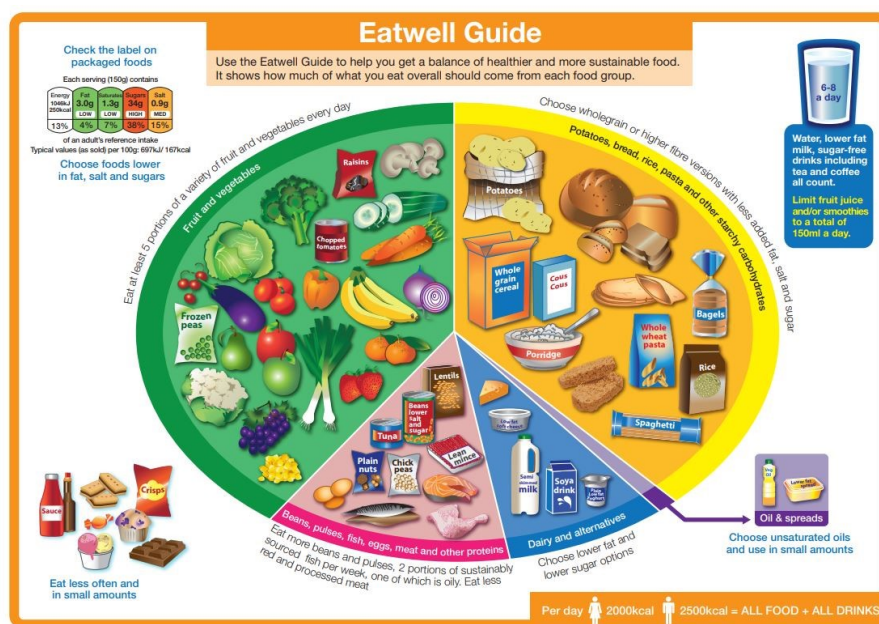
Delivered by a registered Dietitian, the content can support the Care Certificate Standard 8 on fluids and nutrition. Food plays a vital role in maintaining and improving an individual's health and well-being. There will be an interactive presentation supported with a few group activities. This face to face encounter allows interactive dialogue and clarification to support myth busting. This course will develop a basic understanding of healthy eating and the role of food in maintaining health. The course will cover practical aspects based on the UK Eatwell Guide. Raise awareness of limitations and need for signposting for medical related dietetic needs.

The session covers:

- Importance of a person-centred approach
- Signs & symptoms of poor nutrition & hydration
- Nutrition based on the UK Eatwell Guide
- Recognising signposting for medical related dietetic needs
- Sharing live scenarios with an opportunity for Q & A

Cost:

£300* for half day (2-3 hours) delivery. £20 for 15 people.



Poverty, Food & Nutrition Awareness

Audience:

Aimed at those supporting people experiencing food poverty. You need to have completed 'Key Messages' training to be eligible for this course i.e. Making Each Contact Count, Hydration & Nutrition Awareness or its equivalent which could include satisfactory completion of a Survey Monkey quiz.

Content:

An interactive presentation supported by a combination of discussion of life scenarios, with a few group activities. This course will develop an understanding of the link between poverty, food and nutrition. Raising the awareness of the vital role food plays in maintaining and improving individual's health and well-being.

The session covers:

- What food poverty means
- How to recognise food poverty and malnutrition
- The relationship of food poverty and other expenses
- The consequences of food poverty
- What advice can we give to people in needs? Solutions & resources.
- Sharing live scenarios with an opportunity for Q & A

Cost:

£300* for half day (2-3 hours) delivery. £20 for 15 people.



Improving Nutrition on a shoestring

Audience:

For those supporting people living on low incomes. You need to have completed 'Key Messages' training to be eligible for this course i.e. Making Each Contact Count, Hydration & Nutrition Awareness or its equivalent which could include satisfactory completion of a Survey Monkey quiz.

Content:

A quiz on myths about food and low income. A brief refresher only of the UK Eatwell model. The focus is on practical tips to improving **nutrition** on a shoestring.

The session covers:

- Myths about food and low income
- Refresher on UK Eatwell model
- Practical tips to improving nutrition on a shoestring
- What advice can we give to people in need? Solutions & resources
- Sharing live scenarios with an opportunity for Q & A

Cost:

£300* for half day (2-3 hours) delivery. £20 for 15 people.



‘Jonesy’ is not Eating Well...

Audience:

For those supporting people who are losing weight unintentionally. You need to have completed ‘Key Messages’ training to be eligible for this course i.e. Making Each Contact Count, Hydration & Nutrition Awareness or its equivalent which could include satisfactory completion of a Survey Monkey quiz.

Content:

An interactive course which explores together the many reasons why ‘Jonesy’ may be losing weight unintentionally from a nutritional perspective, with practical signposting. It briefly covers ways to increase the protein and energy content of diets and supports appropriate usage of oral nutritional supplements.

The session covers:

- An awareness of the signs and symptoms of malnutrition and dehydration to support signposting
- Reasons and barriers to eating well. Solutions & resources
- Ways to increase the protein and energy content of diets
- Sharing live scenarios with an opportunity for Q & A

Cost:

£300* for half day (2-3 hours) delivery. £20 for 15 people.



Improving Nutrition through Marvellous Mealtimes

Audience:

For those supporting people who are nutritionally vulnerable. You need to have completed 'Key Messages' training to be eligible for this course i.e. Making Each Contact Count, Hydration & Nutrition Awareness or its equivalent which could include satisfactory completion of a Survey Monkey quiz.

Content:

Mealtime is an important social interaction. An interactive course which explores practical ways of promoting Marvellous Mealtimes which supports good nutritional care.

The session covers:

- Reasons and barriers to eating well. Solutions & resources
- Shares ways to promote Marvellous Mealtimes which supports good nutritional care
- Sharing live scenarios with an opportunity for Q & A

Cost:

£300* for half day (2-3 hours) delivery. £20 for 15 people.



**Marvellous
Mealtimes**

Dementia, Dignity & Nutrition

Audience:

For those supporting people living with dementia within a caring environment. To be eligible for this course you need to already have a basic understanding of Dementia. This could be as a 'Dementia Friend ' and completion of Hydration & Nutrition Awareness training or its equivalent which, could include satisfactory completion of a Survey Monkey quiz.

Content:

An interactive half-day session based around sharing nutritional information and strategies with frontline community workers. Explores importance of incorporating individual's life story into nutrition interventions.

The session covers:

- Importance of a person-centred approach to Dementia & nutrition
- Practical nutritional tips for those living with Dementia which promotes dignity
- Sharing live scenarios with an opportunity for Q & A

Cost:

£300* for half day (2-3 hours) delivery. £20 for 15 people.



Other options available on request

Nutrition & the older person

Understanding weight changes,
screening & spotting the signs of malnutrition

Altered textures: from IDDSI framework to food
for carers supporting individuals living with dysphagia

Fibre, hydration &
constipation, bowel health

Calcium, Vitamin D & bone health
hydration, malnutrition & falls

Nutrition & wound care



Disclaimer

*Pricing and course content may be subject to change and can be modified or tailored according to need.
Additional costs may be incurred to cover additional costs incurred from room hire and refreshments.

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