

# Model Curriculum

## Diet Assistant

SECTOR: HEALTHCARE

SUB-SECTOR: ALLIED HEALTH & PARAMEDICS

OCCUPATION: DIET ASSISTANT

REF ID: HSS/Q5201, VERSION 1.0

NSQF LEVEL: 4

 <p>Skill India शिक्षण क्षेत्र - कुशल क्षेत्र</p>	 <p>Healthcare Sector Skill Council</p>	 <p>N · S · D · C National Skill Development Corporation Transforming the skill landscape</p>
<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: <b>'Diet Assistant'</b> QP No. <b>'HSS/Q 5201 NSQF Level 4'</b>		
Date of Issuance:	<b>November 30<sup>th</sup>, 2016</b>	 Authorised Signatory (Healthcare Sector Skill Council)
Valid up to:	<b>March 31<sup>st</sup>, 2018</b>	
* 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>	<b>&lt;Diet Assistant &gt;</b>		
<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>• Exhibit 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>		

This course encompasses 11 out of 11 National Occupational Standards (NOS) of “Diet Assistant” Qualification Pack issued by “SSC: Healthcare Sector Skill Council”.

S.No	Module	Key Learning Outcomes	Equipment Required
1	<p><b>Introduction to healthcare systems</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> Bridge Module</p>	<ul style="list-style-type: none"> <li>Understanding Healthcare Service Providers (primary, secondary &amp; tertiary)</li> <li>Understanding Hospital Functions</li> <li>Understanding Food and Dietetics Department and it's facilities</li> </ul>	Model healthcare systems, visit to healthcare facility
2	<p><b>Role of diet assistant</b></p> <p><b>Theory Duration</b> (hh:mm) 04:00</p> <p><b>Practical Duration</b> (hh:mm) 06:00</p> <p><b>Corresponding NOS Code</b> Bridge Module</p>	<ul style="list-style-type: none"> <li>To develop broad understanding of the functions to be performed by Diet Assistant</li> <li>To identify Food Storage Equipment, Kitchen Equipment and articles needs to be taken care by Diet Assistant</li> <li>To develop Understanding of Patient Comforts and Safety</li> <li>To develop understanding of Diet Regulations, Food Handling, Safety and Sanitary Standards</li> <li>To exhibit Ethical Behavior and understanding of certain administrative functions</li> </ul>	E modules reference
3	<p><b>Introduction to human body-structure &amp; function</b></p> <p><b>Theory Duration</b> (hh:mm) 04:00</p> <p><b>Practical Duration</b> (hh:mm) 01:00</p> <p><b>Corresponding NOS Code</b> Bridge Module</p>	<ul style="list-style-type: none"> <li>Understanding different parts of body</li> <li>Understanding different types of body systems</li> </ul>	Manikins, demonstrative models for various body parts
4	<p><b>Introduction to food and nutrition</b></p>	<ul style="list-style-type: none"> <li>Understand the definition to Food , Nutrition and Dietetics</li> </ul>	Chart demonstration presentation,

S.No	Module	Key Learning Outcomes	Equipment Required
	<p><b>Theory Duration</b> (hh:mm) 06:00</p> <p><b>Practical Duration</b> (hh:mm) 04:00</p> <p><b>Corresponding NOS Codes</b> HSS/N5204, HSS/N5201, HSSC/N5206</p>	<ul style="list-style-type: none"> <li>Understand the various functions of nutrients – Macro and Micro</li> <li>Comprehend Balanced Diet and Food Groups</li> </ul>	sample food and vegetable items, kitchen mock presentation
5	<p><b>Introduction to dietetics related medical terminology</b></p> <p><b>Theory Duration</b> (hh:mm) 04:00</p> <p><b>Practical Duration</b> (hh:mm) 02:00</p> <p><b>Corresponding NOS Codes</b> HSS/N5201, HSS/N5202, HSS/N5203, HSS/N5205, HSS/N5206</p>	<ul style="list-style-type: none"> <li>Understand appropriate use of Dietetics related medical terminology in daily activities with colleagues, patients and family</li> </ul>	Reference E Modules
6	<p><b>Personnel hygiene</b></p> <p><b>Theory Duration</b> (hh:mm) 05:00</p> <p><b>Practical Duration</b> (hh:mm) 03:00</p> <p><b>Corresponding NOS Codes</b> HSS/N/9606</p>	<ul style="list-style-type: none"> <li>To develop understanding of the concept of Healthy Living</li> <li>To develop understanding &amp; procedures of Hand Hygiene</li> <li>To develop techniques of Grooming</li> <li>To be equipped with Techniques of Use of PPE</li> <li>To ensure vaccination against common infectious diseases</li> </ul>	E-modules
7	<p><b>Role of diet assistant- sanitation , safety &amp; first aid</b></p>	<ul style="list-style-type: none"> <li>To develop understanding and precautions to maintain food hygiene and safety</li> <li>Describe common emergency conditions and</li> </ul>	Patient safety tools such as wheel chairs, trolleys, side rails,

S.No	Module	Key Learning Outcomes	Equipment Required
	<p><b>Theory Duration</b> (hh:mm) 08:00</p> <p><b>Practical Duration</b> (hh:mm) 07:00</p> <p><b>Corresponding NOS Codes</b> HSS/N9606, HSS/N9610, HSS/N9609</p>	<p>what to do in medical emergencies</p> <ul style="list-style-type: none"> <li>Describe basics of first aid</li> <li>To develop understanding and precautions to ensure self-safety</li> </ul>	PPE, First Aid kit, betadine, cotton, bandages, sanitizers, disinfectants etc.
8	<p><b>Bio Medical Waste Management</b></p> <p><b>Theory Duration</b> (hh:mm) 03:00</p> <p><b>Practical Duration</b> (hh:mm) 03:00</p> <p><b>Corresponding NOS Code</b> HSS/N9609</p>	<ul style="list-style-type: none"> <li>To gain understanding of importance of proper and safe disposal of bio-medical waste &amp; treatment</li> <li>To gain understanding of categories of bio-medical waste</li> <li>To learn about disposal of bio-medical waste – colour coding, types of containers, transportation of waste, etc.</li> <li>To gain broad understanding of standards for bio-medical waste disposal</li> <li>To gain broad understanding of means of bio-medical waste treatment</li> </ul>	Different coded color bins, different variety of bio medical waste management, Visit to treatment plan of bio medical waste etc.
9	<p><b>Basic Understanding of Emergency Medical Response - I</b></p> <p><b>Theory Duration</b> (hh:mm) 02:00</p> <p><b>Practical Duration</b> (hh:mm) 03:00</p> <p><b>Corresponding NOS Code</b> HSS/N9606</p>	<ul style="list-style-type: none"> <li>Describe chain of survival</li> <li>Demonstrate CPR</li> <li>Rescue of a child</li> <li>Demonstrate two rescuer CPR</li> </ul>	Emergency tool kit, AED, patient trolley
10	<p><b>Soft skills &amp; communication - I</b></p>	<ul style="list-style-type: none"> <li>Understand Art of Effective Communication</li> <li>Able to handle effective Communication with</li> </ul>	E-Modules

S.No	Module	Key Learning Outcomes	Equipment Required
	<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> Bridge Module</p>	<p>Patients &amp; Family</p> <ul style="list-style-type: none"> <li>• Able to handle effective Communication with Peers/ colleagues using medical terminology in communication</li> </ul>	
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/N5204</p>	<ul style="list-style-type: none"> <li>• Describe importance of Therapeutic Diet</li> <li>• Describe types of Therapeutic Diet</li> <li>• Enlist and state the importance of various types of Therapeutic Diet</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>	<p>Visit to dietetic department, Use of internet to learn best practises across the world</p>
12	<p><b>Food contamination; prevention methods</b></p> <p><b>Theory Duration</b> (hh:mm) 06:00</p> <p><b>Practical Duration</b> (hh:mm)</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 environmental contaminants on food and ways to prevent it</li> </ul>	<p>E-Modules with content on prevention of food contamination etc</p>



S.No	Module	Key Learning Outcomes	Equipment Required
	07:00 <b>Corresponding NOS Codes</b> HSS/N 5202, HSS/N5203, HSS/N 5205	<ul style="list-style-type: none"> <li>Understanding the impact of food contamination which could occur due to materials used for packaging of food and alternative ways to prevent it</li> <li>Practice hand hygiene and self hygiene</li> <li>Understanding basic concept of cross contamination of food due to various factors</li> <li>To develop an understanding to find signs of decayed or contaminated food</li> </ul>	
13	<b>Food safety &amp; hygiene</b>  <b>Theory Duration</b> (hh:mm) 07:00  <b>Practical Duration</b> (hh:mm) 06:00  <b>Corresponding NOS Codes</b> HSS/N5201, HSS/N5202, HSS/N5203, HSS/N5205	<ul style="list-style-type: none"> <li>Describe the nature of food item in term of raw, semi cooked or cooked meal</li> <li>Describe the importance of optimum temperature control for food safety and food hygiene</li> <li>Describe the importance of hygienic personal grooming and cleanliness of surrounding</li> </ul>	Visit to dietetic department, Use of internet to learn best practises across the world
14	<b>Food storage practices</b>  <b>Theory Duration</b> (hh:mm) 05:00  <b>Practical Duration</b> (hh:mm) 05:00  <b>Corresponding NOS Codes</b> HSS/N5202, HSS/N5203	<ul style="list-style-type: none"> <li>Describe broad understanding of food classification as per storage practices</li> <li>Describe types of storage practices</li> <li>Describe types of storage practices</li> </ul>	Refrigeration, preservatives, microwave etc, Visit to dietetic department, Use of internet to learn best practises across the world
15	<b>Food handling</b>  <b>Theory Duration</b> (hh:mm) 07:00	<ul style="list-style-type: none"> <li>Describe correct food handling techniques and serving practices so as to maintain optimum temperature to prevent bacterial growth and nutritional loss.</li> <li>Describe the need of personal hygiene while handling food</li> </ul>	Visit to dietetic department, Use of internet to learn best practises across the world

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/N5203</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 II</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/N5206</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>	E-modules
17	<p><b>Food preparation practices</b></p> <p><b>Theory Duration</b> (hh:mm) 08:00</p> <p><b>Practical Duration</b> (hh:mm) 10:00</p> <p><b>Corresponding NOS Code</b> HSS/N5205</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) 05:00</p> <p><b>Corresponding NOS Code</b> HSS/N5202</p>	<p>of diet for liver disease due to contaminated food</p> <ul style="list-style-type: none"> <li>To develop understanding to rightly identify symptoms associated with electrolyte imbalance</li> <li>To develop understanding of identification of symptoms associated with gastro intestinal distress</li> </ul>	
19	<p><b>Inventory &amp; Kitchen Management</b></p> <p><b>Theory Duration</b> (hh:mm) 08:00</p> <p><b>Practical Duration</b> (hh:mm) 05:00</p> <p><b>Corresponding NOS Codes</b> HSS/N 5202, HSS/N 9603</p>	<ul style="list-style-type: none"> <li>To develop understanding about inventory management</li> <li>To develop understanding of need to manage kitchen articles</li> <li>To develop understanding of patient indents</li> </ul>	Visit to hospital kitchen, mock environments, utensils etc
20	<p><b>Patients right &amp; environment</b></p> <p><b>Theory Duration</b> (hh:mm) 05:00</p> <p><b>Practical Duration</b> (hh:mm) 05:00</p> <p><b>Corresponding NOS Codes</b> Bridge Module</p>	<ul style="list-style-type: none"> <li>Describe necessary arrangements to ensure patient safety and comfort while taking food</li> <li>Describe importance of cleanliness, and hygiene environment while preparing and serving food to the patients</li> <li>Understand sensitivities involved in patient's right</li> <li>Learn dietary assistant role in maintaining patient's rights</li> </ul>	E- modules references
21	<p><b>Safety &amp; First Aid</b></p> <p><b>Theory Duration</b> (hh:mm) 05:00</p>	<ul style="list-style-type: none"> <li>To develop understanding for precautions to ensure Patient's Safety</li> <li>To develop understanding regarding precautions to be taken to ensure food preservation while transporting</li> </ul>	Patient safety tools such as wheel chairs, trolleys, side rails, PPE, First Aid kit, betadine, cotton,

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/N9606</p>	<ul style="list-style-type: none"> <li>Describe common emergency conditions encountered during food management of the patient. Identify common medical emergencies to raise an alarm.</li> <li>Describe basics of first aid</li> </ul>	bandages, sanitizers, disinfectants etc
22	<p><b>Soft Skills And Communication III</b></p> <p><b>Theory Duration</b> (hh:mm) 05:00</p> <p><b>Practical Duration</b> (hh:mm) 05:00</p> <p><b>Corresponding NOS Code</b> HSS/N5206</p>	<ul style="list-style-type: none"> <li>Learn problem solving</li> <li>Understand need for customer service and service excellence in Medical service</li> <li>Understand work ethics in hospital set up</li> <li>Learn objection handling</li> <li>Learn Telephone and Email etiquettes</li> <li>Learn Basic computer working like feeding the data, saving the data and retrieving the data.</li> <li>Learn to analyze, evaluate and apply the information gathered from observation, experience, reasoning, or communication to act efficiently</li> </ul>	E-modules
23	<p><b>Sensitization towards organization policies &amp; procedure</b></p> <p><b>Theory Duration</b> (hh:mm) 06:00</p> <p><b>Practical Duration</b> (hh:mm) 04:00</p> <p><b>Corresponding NOS Codes</b> Bridge Module</p>	<ul style="list-style-type: none"> <li>Understand the need to follow organization policies and procedures</li> <li>Understand techniques to remove spills in accordance with policies and procedures of the organization</li> </ul>	Self learning and understanding, se of internet to learn best practises, visit to healthcare facility
24	<p><b>Dietary education</b></p> <p><b>Theory Duration</b> (hh:mm) 07:00</p> <p><b>Practical Duration</b></p>	<ul style="list-style-type: none"> <li>To develop an understanding regarding nutritional information of different food items</li> <li>To develop broad understanding of underlying medical condition of the patient and required diet</li> <li>Understand the importance of dietary prescription as stipulated by Dietician /Physician</li> <li>Understand common drug and nutrient</li> </ul>	E-modules references

S.No	Module	Key Learning Outcomes	Equipment Required
	(hh:mm) 08:00 <b>Corresponding NOS Codes</b> HSS/N5206	<p>interaction</p> <ul style="list-style-type: none"> <li>Understand the need of giving consideration to personal preferences, cultural aspects and religious restrictions while providing dietary education</li> <li>To develop an understanding to develop dietary menu and education brochures for patients in consultation with registered dietician</li> </ul>	
25	<b>Observing and reporting</b>  <b>Theory Duration</b> (hh:mm) 05:00  <b>Practical Duration</b> (hh:mm) 05::00  <b>Corresponding NOS Codes</b> Bridge Module	<ul style="list-style-type: none"> <li>Understand the importance of observing and reporting while food preparation and food handling</li> <li>Understanding the importance of verbally informing the person in authority</li> </ul>	Sample performa
26	<b>Documentation &amp; records</b>  <b>Theory Duration</b> (hh:mm) 05:00  <b>Practical Duration</b> (hh:mm) 05:00  <b>Corresponding NOS Codes</b> Bridge Module	<ul style="list-style-type: none"> <li>Understand guidelines for documentation</li> <li>Learn various types of records of importance for diet assistant</li> <li>Understand use and importance of records.</li> <li>Understand abbreviations and symbols</li> <li>Enter, transcribe, record, store, or maintain information in written or electronic/magnetic form</li> </ul>	Sample performa
27	<b>Professional behaviour in healthcare setting</b>  <b>Theory Duration</b> (hh:mm) 08:00  <b>Practical Duration</b>	<ul style="list-style-type: none"> <li>How to maintain restful environment</li> <li>Learn General and Specific etiquettes to be observed on duty</li> <li>Understand need for compliance of organizational hierarchy and reporting</li> <li>Understand the legal and ethical issues</li> <li>Understand importance of conservation of</li> </ul>	E-modules

S.No	Module	Key Learning Outcomes	Equipment Required
	(hh:mm) 07:00  <b>Corresponding NOS Codes</b> HSS/N 9607, HSS/N 9603	resources	
28	<b>Basic computer knowledge</b>  <b>Theory Duration</b> (hh:mm) 05:00  <b>Practical Duration</b> (hh:mm) 05:00  <b>Corresponding NOS Code</b> Bridge Module	<ul style="list-style-type: none"> <li>To gain broad understanding about Application of computers in practice</li> </ul>	Computer with internet facility
	<b>Total Duration</b>  <b>Theory Duration</b> (hh:mm) <b>158:00</b>  <b>Practical Duration</b> (hh:mm) <b>142:00</b>  <b>OJT Duration</b> (hh:mm) <b>180:00</b>	<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, Dining 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> <li>Charts &amp; Models</li> </ul>	

S.No	Module	Key Learning Outcomes	Equipment Required
		<ul style="list-style-type: none"> <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 " <u>HSS/Q5201</u> ".
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: " <u>Diet Assistant</u> " mapped to QP: " <u>HSS/Q5201 version 1.0</u> " with scoring of minimum 80%.
4b	<b>Platform Certification</b>	Recommended that the Trainer is certified for the Job Role: "Trainer", mapped to the Qualification Pack: "MEP/Q0102" with scoring of minimum 80%.
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 <u>HSS/Q5201, version 1.0</u>



## 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	200	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	200	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	PC1. Explain temperature control techniques	200	50	15	35
	PC2. Maintain personal hygiene and ensure others maintain the same		40	15	25

Assessable Outcomes	Assessment Criteria for the Assessable Outcomes	Total Marks (400)	Out Of	Marks Allocation	
				Viva	Skills Practical
contamination	PC3. Follow cooking and serving practices as specified for different food items		50	20	30
	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	200	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	200	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	200	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,	PC1. Identify individual responsibilities in relation to maintaining workplace health safety and security	<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
healthy, and secure working environment)	requirements				
	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

Assessable Outcomes	Assessment Criteria for the Assessable Outcomes	Total Marks (100)	Out Of	Marks Allocation	
				Viva	Observation/ Role Play
	PC10. Remove spills in accordance with the policies and procedures of the organization		1	0.5	0.5
	PC11. Maintain hand hygiene by washing hands before and after patient contact and/or after any activity likely to cause contamination		0.5	0	0.5
	PC12. Follow hand washing procedures		0.5	0	0.5
	PC13. Implement hand care procedures		1	0	1
	PC14. Cover cuts and abrasions with water-proof dressings and change as necessary		1	0	1
	PC15. Wear personal protective clothing and equipment that complies with Indian Standards, and is appropriate for the intended use		1	0	1
	PC16. Change protective clothing and gowns/aprons daily, more frequently if soiled and where appropriate, after each patient contact		1	0	1
	PC17. Demarcate and maintain clean and contaminated zones in all aspects of health care work		1	0	1
	PC18. Confine records, materials and medicaments to a well-designated clean zone		1	0.5	0.5
	PC19. Confine contaminated instruments and equipment to a well-designated contaminated zone		1	0	1
	PC20. Wear appropriate personal protective clothing and equipment in accordance with occupational health and safety policies and procedures when handling waste		1	0	1
	PC21. Separate waste at the point where it has been generated and dispose of into waste containers that are colour coded and identified		1	0	1
	PC22. Store clinical or related waste in an area that is accessible only to authorised persons		1	0.5	0.5
	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		1	0.5	0.5
	PC24. Dispose of waste safely in accordance with policies and procedures of the organisation and legislative requirements		1	0.5	0.5
	PC25. Wear personal protective clothing and equipment during cleaning procedures		1	0	1
	PC26. Remove all dust, dirt and physical debris from work surfaces		1	0	1

Assessable Outcomes	Assessment Criteria for the Assessable Outcomes	Total Marks (100)	Out Of	Marks Allocation	
				Viva	Observation/ Role Play
	PC27. Clean all work surfaces with a neutral detergent and warm water solution before and after each session or when visibly soiled		1	0	1
	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
	<b>TOTAL</b>	<b>20</b>
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
	<b>TOTAL</b>	<b>10</b>
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
	<b>TOTAL</b>	<b>10</b>
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
	PC4. Select menu and plan it in congruence with the medical treatment plan	5



Assessable Outcomes	Assessment Criteria for the Assessable Outcomes	Total Marks (100)	Out Of	Marks Allocation	
				Viva	Observation/ Role Play
	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				1

Assessable Outcomes	Assessment Criteria for the Assessable Outcomes	Total Marks (100)	Out Of	Marks Allocation	
				Viva	Observation/ Role Play
	the role				
	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
	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

Assessable Outcomes	Assessment Criteria for the Assessable Outcomes	Total Marks (100)	Out Of	Marks Allocation	
				Viva	Observation/ Role Play
	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-designated contaminated zone				0
	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

Assessable Outcomes	Assessment Criteria for the Assessable Outcomes	Total Marks (100)	Out Of	Marks Allocation	
				Viva	Observation/ Role Play
	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
	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
	<b>TOTAL</b>				<b>5</b>