

Reference No.																	
---------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

## SELF-ASSESSMENT GUIDE

Qualification	<b>COMMUNITY NUTRITION SERVICES NC II</b>		
Units of Competency Covered	<ul style="list-style-type: none"> <li>Assess the nutritional status of children under five years old</li> <li>Assist the Barangay Nutrition Committee perform its functions</li> <li>Assist in the delivery of nutrition and related services</li> <li>Promote adoption of positive nutrition behaviors</li> <li>Monitor and evaluate community nutrition programs</li> </ul>		
<b>Instruction:</b>			
<ul style="list-style-type: none"> <li>Read each question and check the appropriate column to indicate your answer.</li> </ul>			
<b>Can I?</b>	<b>YES</b>	<b>NO</b>	
<b>ASSESS THE NUTRITIONAL STATUS OF CHILDREN UNDER FIVE YEARS OLD</b>			
<ul style="list-style-type: none"> <li>Interview client (e.g., pregnant, lactating mothers, caregivers with children under 5 y/o) on his/her family profile using the Family/Household Profile Form (BNS Form No. 1A)</li> </ul>			
<ul style="list-style-type: none"> <li>Prepare and/or update family/household profile and master list of children under five years of age based on the given data*</li> </ul>			
<ul style="list-style-type: none"> <li>Perform measurements of length/height, weight, and mid-upper arm circumference (MUAC) values of with children under 5 y/o*</li> </ul>			
<ul style="list-style-type: none"> <li>Compute the age-in-days based on the Operation <i>Timbang</i> (OPT) Plus Guidelines</li> </ul>			
<ul style="list-style-type: none"> <li>Classify the nutritional status of children according to ECCD Card and Mid-Upper-Arm Circumference (MUAC) value interpretation*</li> </ul>			
<ul style="list-style-type: none"> <li>Enumerate preparations to be done when conducting Operation <i>Timbang</i> (OPT) Plus with the OPT team, in accordance with the guidelines*</li> </ul>			
<ul style="list-style-type: none"> <li>Calibrate the weighing scale before taking measurements*</li> </ul>			
<ul style="list-style-type: none"> <li>Encode anthropometric data in the e-OPT Plus tool and describes the information generated by the tool*</li> </ul>			
<ul style="list-style-type: none"> <li>Describe growth monitoring activities, according to Operation <i>Timbang</i> Plus (OPT) Guidelines*</li> </ul>			
<ul style="list-style-type: none"> <li>Demonstrate how to assist clients in plotting child's length/height and weight values in the ECCD card and interprets/explains the growth line to the client.</li> </ul>			
<ul style="list-style-type: none"> <li>Identify child with severe acute malnutrition and conduct referral according to Philippine Integrated Management of Acute Malnutrition (PIMAM) guidelines*</li> </ul>			
<b>ASSIST THE BARANGAY NUTRITION COMMITTEE PERFORM ITS FUNCTIONS</b>			
<ul style="list-style-type: none"> <li>Describe the preparations when organizing or reactivating the Barangay Nutrition Committee through coordination with Barangay Captain, according to local/national policies*</li> </ul>			
<ul style="list-style-type: none"> <li>Discuss the functions of BNC and its officials, according to LNC functionality Checklist</li> </ul>			
<ul style="list-style-type: none"> <li>Identify the information needed when documenting the organization of Barangay Nutrition Committee</li> </ul>			

<ul style="list-style-type: none"> <li>Describe the tools/information (ex. lessons learned from previous efforts, problem tree analysis, the prevalence of nutrition status) needed by Barangay Nutrition Committee in the formulation of the Barangay Nutrition Action Plan (BNAP) *</li> </ul>		
<ul style="list-style-type: none"> <li>Interpret Barangay Spot Map of nutrition status by identifying the location of malnourished child/children and describing the situation of the household based on identified legends*</li> </ul>		
<ul style="list-style-type: none"> <li>Develop a simple problem tree based on the given sample data of the barangay*</li> </ul>		
<ul style="list-style-type: none"> <li>Identify the basic components/outline of a BNAP*</li> </ul>		
<ul style="list-style-type: none"> <li>Discuss how to promote the adoption, financing and mainstreaming of BNAP in other plans of Barangay</li> </ul>		
<ul style="list-style-type: none"> <li>Identify essential component/outline of a “BNC minutes of meeting” document*</li> </ul>		
<ul style="list-style-type: none"> <li>Discuss how to assist the BNC in the conduct of its meetings*</li> </ul>		
<b>ASSIST IN THE DELIVERY OF NUTRITION AND RELATED SERVICES</b>		
<ul style="list-style-type: none"> <li>Identify target clients for nutrition intervention and clients needing referral to other service providers, based on (a) BNAP Targets and (b) updated master lists*</li> </ul>		
<ul style="list-style-type: none"> <li>Discuss the actions to be done when vulnerable groups are referred to appropriate nutrition and related services based on Philippine Plan of Action on Nutrition (PPAN)*</li> </ul>		
<ul style="list-style-type: none"> <li>Describe how to assist in the delivery of nutrition and related services with the appropriate personnel during normal situations and emergencies*</li> </ul>		
<ul style="list-style-type: none"> <li>Describe nutrition policies and guidelines (ex. The Milk Code, Republic Act 11148, PPAN)</li> </ul>		
<ul style="list-style-type: none"> <li>Describe how to encourage and mobilize clients to participate in the implementation of nutrition and related programs*</li> </ul>		
<ul style="list-style-type: none"> <li>Monitor recipients of nutrition and related services following field activity guidelines on nutrition intervention*</li> </ul>		
<ul style="list-style-type: none"> <li>Describe key activities and their roles in dietary supplementation programs for target clients*</li> </ul>		
<ul style="list-style-type: none"> <li>Describe key activities and their roles in home and community food gardening for target clients*</li> </ul>		
<ul style="list-style-type: none"> <li>Describe key activities and their roles in Philippine Integrated Management of Acute Malnutrition for target clients*</li> </ul>		
<ul style="list-style-type: none"> <li>Describe the documentation of nutrition and related services implementation and reporting of accomplishments per intervention*</li> </ul>		
<b>PROMOTE ADOPTION OF POSITIVE NUTRITION BEHAVIORS</b>		
<ul style="list-style-type: none"> <li>Demonstrate giving counsel to an identified client on infant and young child feeding, using correct counseling methods, key messages and tools*</li> </ul>		
<ul style="list-style-type: none"> <li>Identify steps in organizing IYCF support groups for mothers including possible partners*</li> </ul>		

<ul style="list-style-type: none"> <li>Identify assistance needed by team leader when organizing possible partners/support groups*</li> </ul>		
<ul style="list-style-type: none"> <li>Describe basic steps (before, during, after) in conducting nutrition education classes*</li> </ul>		
<ul style="list-style-type: none"> <li>Identify roles and responsibilities of BNS when nutrition education classes are conducted by nutrition team*</li> </ul>		
<ul style="list-style-type: none"> <li>Describe the existing nutrition education modules based on its purpose, content, implementation strategies and target audience</li> </ul>		
<ul style="list-style-type: none"> <li>Describe existing Information, Education and Communication (IEC) materials on nutrition and its target clients*</li> </ul>		
<ul style="list-style-type: none"> <li>Answer possible questions/feedback from target clients who will receive the IEC material*</li> </ul>		
<ul style="list-style-type: none"> <li>Identify and describe the content of national and international guidelines on physical activities and reducing sedentary behaviors</li> </ul>		
<ul style="list-style-type: none"> <li>Demonstrate giving advice to target clients in adopting healthy behavior, such as regular physical activities*</li> </ul>		
<b>MONITOR AND EVALUATE COMMUNITY NUTRITION PROGRAMS</b>		
<ul style="list-style-type: none"> <li>Enumerate the activities to be done when monitoring and evaluating community nutrition programs/projects*</li> </ul>		
<ul style="list-style-type: none"> <li>Identify data collection methods to monitor progress of the project*</li> </ul>		
<ul style="list-style-type: none"> <li>Consolidate, analyze data and write BNS Accomplishment Report based on the information provided from a sample of a project case, using BNS Forms*</li> </ul>		
<ul style="list-style-type: none"> <li>Consolidate, analyze data and write BNAP Accomplishment Report based on the information provided from a sample of a project case, using BNAP Forms*</li> </ul>		
<ul style="list-style-type: none"> <li>Identify appropriate offices to submit the required reports and frequency of submission*</li> </ul>		
<ul style="list-style-type: none"> <li>Give examples of “strengths and areas for improvement” based on the information provided from a sample of a project case *</li> </ul>		
<ul style="list-style-type: none"> <li>Describe the MELLPI Pro Tool for Barangays and BNS (purposes, users, criteria, and cut-offs)*</li> </ul>		
<ul style="list-style-type: none"> <li>Describe the result of the sample MELLPI Pro Tool for Barangays and BNS*</li> </ul>		
<ul style="list-style-type: none"> <li>Describe the purpose and information included in the wall chart</li> </ul>		
<ul style="list-style-type: none"> <li>Demonstrate how to update a spot map*</li> </ul>		
<p>I agree to undertake the assessment with the knowledge that the information gathered will only be used for professional development purposes and can only be accessed by concerned assessment personnel and my manager/supervisor.</p>		
<p><b>Candidate’s Name and Signature</b></p>		<p><b>Date</b></p>