

Supporting Good Nutrition

Assess malnutrition

- Use a malnutrition screening tool, such as the malnutrition universal screening tool (MUST) to identify, review and plan
- Use on admission and review, at least monthly

Reduce malnutrition

- Implement a nutritional care plan, based on their malnutrition risk but centred on their desires and likes
- Offer a variety of nutrient dense, high calorie and high protein meals
- Offer assistance, where needed
- Allow time
- Position correctly
- Make them comfortable
- Offer encouragement
- Make small, frequent meals/snacks available
- Protect mealtimes

Don't forget oral health!

- Complete oral health assessment on admission and regularly review
- Assess if any eating/drinking problems are being caused by poor oral health
- Restrict the intake of sugar to two to three times a day, preferably at mealtimes
- Encourage drinking plenty of fluids (at least 6 to 8 glasses a day)

Become a nutrition & hydration advocates/champion:

- Raise the profile of nutrition and hydration with staff and service users
- Ask the chef to visit the 'resident of the day' to understand preferences
- Discuss nutrition and hydration concerns at daily handovers
- Set up nutrition and hydration quarterly meetings



Reinforce, Focus & Energise



For further information please see our website:

[Infection prevention and control - Lancashire County Council](#)

Contact Details:

Email:

infectionprevention@lancashire.gov.uk

Twitter: <https://twitter.com/lccipc>

**The IPC teams working hours are
Monday-Friday 08:00 – 17:00**



Nutrition & Hydration

A staff resource



Assessing Nutrition and Hydration Needs

- It is important to frequently assess service users nutritional and hydration needs to ensure they receive the correct level of support:
 - Independent
 - Needs prompting
 - Needs assistance
- It is important for care staff to enable service users to remain as independent as possible so that they do not lose their skills
- Assisting residents to eat and drink is a fundamental care task which ensures service users eat and drink enough to avoid malnutrition and dehydration
- If the right support is not given, service users can become easily dehydrated and malnourished:

Malnourished means poor or bad nutrition

- Most people who are malnourished will lose weight, but it is possible to be a healthy weight or even overweight and still be malnourished
- Service users can become malnourished if they do not eat well for as little as **2-5 days**

Dehydration means the body loses more fluid than is consumed and is usually caused by:

- Not drinking enough
- A sudden unexpected fluid loss, such as diarrhoea and/or vomiting

Remember that eating and drinking are social activities, and the right environment should be created:

Manage the environment to allow people to eat in a welcoming, clean, and tidy area

Ensure a relaxed atmosphere to enjoy the meal experience

Assist people who require help with eating and drinking

Limit non-essential interruptions to focus on providing support at mealtimes

Staff and visitors recognise the importance of mealtimes as part of basic care

Recognising Nutrition and Hydration Needs

Signs of dehydration

Use your 5 senses:



Sight - Does their skin look dry?

Smell - Do they have bad breath?

Taste - Do they have a dry mouth or cracked lips?

Listen - Are they confused? Are they complaining of a headache or feeling dizzy?

Touch - does their skin feel dry?



A quick way to check how well hydrated the service user is, is to check their urine colour

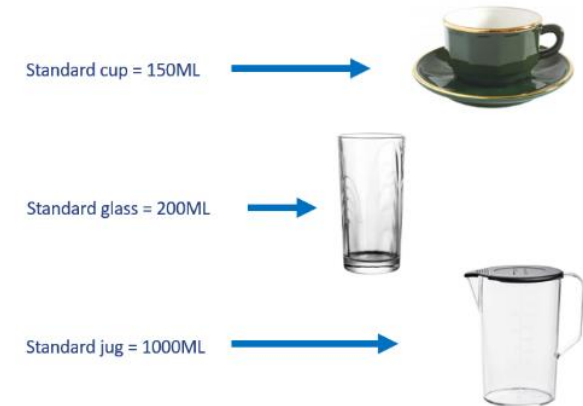
Signs of malnutrition

- | | |
|---|---|
| <ul style="list-style-type: none"> reduced appetite* lack of interest in food and drink* feeling tired all the time low mood, sadness, and depression* loose clothing, belts, and jewellery loose dentures* | <ul style="list-style-type: none"> getting ill often and taking a long time to recover wounds taking a long time to heal poor concentration feeling cold most of the time feeling weaker |
|---|---|

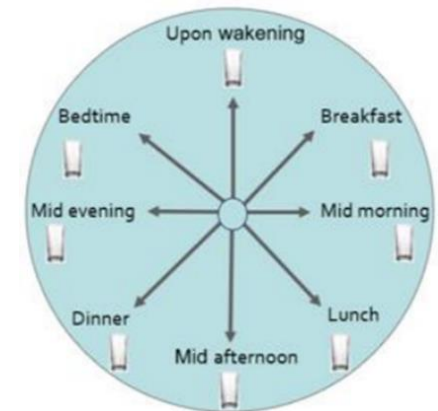
*Complete an oral health assessment

Supporting Good Hydration

- Are staff allocated to support and monitor what service users are drinking?
- Do some service users have a favourite cup or mug that helps them to drink independently?
- Do you know how many millilitres of fluid your service users should be having each day?



- Encourage service users to have 6-8 drinks a day (for those not on a fluid restriction)
- Offering 8 drink rounds a day, would allow service users to have a fluid intake between 1500mls - 2000mls



- Use a fluid balance chart to help keep track of the amount of fluids being consumed and voided (input/output) in a day:
 - short term use for those who appear dehydrated
 - for those who have to restrict their intake

