

Feed me well



Five things you should know about nutrition and hydration

1 Adequate nutrition is important for preventing as well as healing pressure ulcers. Hydration is also important.

2 A nutritional assessment will identify patients who are not receiving enough nutrition in the form of calories, protein, hydration and vitamins and minerals.

3 For patients who are unable to take in enough nutrients through regular meals, other methods must be considered.

4 Consider nutritional supplements, particularly those with high protein content.

5 Malnutrition is a common feature in people with dementia. They may refuse to eat, forget to chew or swallow, or are easily distracted.



GREEN

Patient is well nourished and eating well:
Maintain current healthy eating plan.



AMBER

Patient is not eating well or has recent weight loss:
Review eating plan and supplement with protein drinks and watch fluid levels.



RED

Patient is malnourished:
Refer to dietician for full assessment and implement diet plan.

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How to ensure adequate nutrition

- 1 Carry out a nutritional assessment:**
 - a. Use simple screening tool (eg **MUST**) to document nutritional status.
 - b. Very high-risk patients should be referred for a comprehensive nutritional assessment and an individualised dietetic treatment plan.

- 2 Encourage patients to eat a healthy balanced diet**
 - a. Assist patients who find eating meals difficult.
 - b. Ensure patients have a choice with variations day to day.
 - c. Encourage participation in the activities surrounding preparing and serving meals.
 - d. Supplement meals using nutritional supplements.
 - e. Ensure patients have regular drinks.

- 3 Review regularly to maintain high standards of nutritional care.**



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