

# 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:

- Use simple screening tool (eg MUST) to document nutritional status.
- 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

- Assist patients who find eating meals difficult.
- Ensure patients have a choice with variations day to day.
- Encourage participation in the activities surrounding preparing and serving meals.
- Supplement meals using nutritional supplements.
- Ensure patients have regular drinks.

### 3 Review regularly to maintain high standards of nutritional care.



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