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NUTRITION & HYDRATION CARE GUIDE

Seek family involvement at meal time

Identify & rule out contributing causes

- Environmental issues
- Food preferences – food & fluid of choice
- Dentition & oral health
- Dysphagia/SLT referral
- Mental health – depression?
- Faecal impaction
- Infection / UTI/URT/GI
- Decline in ADL/mobility
- Requires increased assistance
- Medication – iatrogenic causes
- Underlying pathology
- GI disturbance

Refusal to Eat

- Palliative approach to Residential Aged Care – (see p 59 - web address in Reference List at the back of this guide)
- Assess personal preferences and whether the resident is enjoying their meals
- Discuss care plan with the family/ EPOA

Dehydration Assessment

Indicators for dehydration

- Colour of urine & decreased urine output
- Assess: mouth/mucous membrane & skin
- Thickened secretions
- Postural hypotension
- Cramps
- Irritability
- Delirium

1st line treatment

- Input/output – chart for 3 days
- Minimum 1.6 litre/day (unless contra-indicated)
- Offer fluids of choice 2 hourly
- Non-ambulatory present with fluids every 1.5 hrs
- Encourage oral intake each medication round
- Review medication
- Reassess in 24 hours

2nd line treatment

- Contact GP who may follow up with one of the following investigations; blood urea/creatinine levels, electrolytes
- Continue fluids
- Reassess in 24 hours

3rd line treatment

- Re contact GP
- ?IV/SC fluids
- Reassess in 24 hours and contact GP if no improvement

Prevention

Explore fluids of choice and offer:

- Jelly
- Tea / coffee
- Ice blocks
- Soup
- See "Eating Well" MoH

Nutrition

Indicators for poor nutrition

Regular monthly weighs

- Weight loss >5% in past 3 months MNA<11 (next page)
- BMI≤ 21 (next page)
- Patient leaving 25% food each meal/ assess over 7 days & use food intake chart
- Patient acutely unwell – no food intake > 5 days

Assess nutrition risk
See screening tool on next page
Refer to dietitian

1st line treatment

- Treat contributing factors e.g. constipation
- Implement basic oral nutrition support; small, nutrient dense, frequent, meals and snacks; extra assistance or prompting to eat; food charts; fortified meals
- Weekly weighs for 4 weeks
- Reassess – if weight loss continues move to 2nd line treatment

2nd line treatment

Continue weekly weighs

- Contact GP who may follow up with the following investigations; thyroid/FBC/serum transferase/ albumin
- SLT referral if appropriate
- Dietitian referral
- Increase energy and protein intake with nutritious fluids, smoothies, complan, sustagen
- Reassess if weight loss continues; move to 3rd line treatment

3rd line treatment

- Refer to GP
- Refer to Dietitian

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Initial screening in Mini Nutritional Assessment (MNA©) for the elderly

A **Has food intake declined over the past 3 months due to loss of appetite, digestive problems, chewing or swallowing difficulties?**
0 = severe loss of appetite
1 = moderate loss of appetite
2 = no loss of appetite
Score:

B **Weight loss during last 3 months?**
0 = weight loss greater than 3 kg
1 = does not know
2 = weight loss between 1 and 3 kg
3 = no weight loss
Score:

C **Mobility?**
0 = bed or chair bound
1 = able to get out of bed/chair but does not go out
2 = goes out
Score:

D **Has suffered physical stress or acute disease in the past 3 months?**
0 = yes
1 = no
Score:

E **Neuropsychological problems?**
0 = severe dementia or depression
1 = mild dementia
2 = no psychological problems
Score:

F **Body Mass Index (BMI) {weight in kg} / [height in m]**
0 = BMI < 19
1 = BMI 19 to < 21
2 = BMI 21 to 23
3 = BMI > 23
Score:

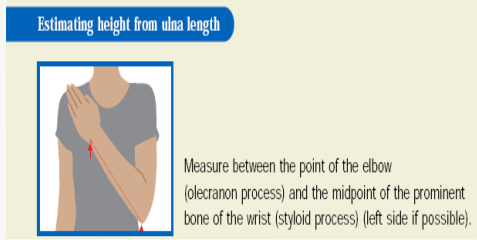
Screening score (total max 14 points):
>12 – normal, not at risk, no need to complete assessment
<11 – possible malnutrition – continue to assessment

The D-E-N-T-A-L Self Report Questionnaire

Assessment item	Point value
Dry mouth	2
Eating difficulty	1
No recent dental care within 2 years	1
Tooth or mouth pain	2
Alternation or change in food selection	1
Lesions, sores or lumps in the mouth	2

A score greater than 2 points indicates that a dental problem exists that might affect the resident's well-being.

BMI



HEIGHT (m)	Men (<65 years)	1.94	1.93	1.91	1.89	1.87	1.85	1.84	1.82	1.80	1.78	1.76	1.75	1.73	1.71
	Men (>65 years)	1.87	1.86	1.84	1.82	1.81	1.79	1.78	1.76	1.75	1.73	1.71	1.70	1.68	1.67
	Ulna length (cm)	32.0	31.5	31.0	30.5	30.0	29.5	29.0	28.5	28.0	27.5	27.0	26.5	26.0	25.5
HEIGHT (m)	Women (<65 years)	1.84	1.83	1.81	1.80	1.79	1.77	1.76	1.75	1.73	1.72	1.70	1.69	1.68	1.66
	Women (>65 years)	1.84	1.83	1.81	1.79	1.78	1.76	1.75	1.73	1.71	1.70	1.68	1.66	1.65	1.63
HEIGHT (m)	Men (<65 years)	1.69	1.67	1.66	1.64	1.62	1.60	1.58	1.57	1.55	1.53	1.51	1.49	1.48	1.46
	Men (>65 years)	1.65	1.63	1.62	1.60	1.59	1.57	1.56	1.54	1.52	1.51	1.49	1.48	1.46	1.45
	Ulna length (cm)	25.0	24.5	24.0	23.5	23.0	22.5	22.0	21.5	21.0	20.5	20.0	19.5	19.0	18.5
HEIGHT (m)	Women (<65 years)	1.65	1.63	1.62	1.61	1.59	1.58	1.56	1.55	1.54	1.52	1.51	1.50	1.48	1.47
	Women (>65 years)	1.61	1.60	1.58	1.56	1.55	1.53	1.52	1.50	1.48	1.47	1.45	1.44	1.42	1.40

WEIGHT lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
kgs	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7
HEIGHT in/cm	Underweight					Healthy					Overweight					Obese					Extremely obese			
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
5'2" - 157.4	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34
5'7" - 170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33
5'8" - 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32
5'9" - 175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31
5'10" - 177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30
5'11" - 180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30
6'0" - 182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29
6'1" - 185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28
6'2" - 187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27
6'3" - 190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26
6'4" - 193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26