

# NUTRITION & HYDRATION CARE GUIDE

## Dehydration Assessment

## Nutrition

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/URTI/GI
- ❖ Decline in ADL/mobility
- ❖ Requires increased assistance
- ❖ Medication – iatrogenic causes
- ❖ Underlying pathology
- ❖ GI disturbance

### Refusal to Eat

Assess personal preferences and whether the resident is enjoying their meals

Discuss care plan with the family/ EPOA

Guidelines for a palliative approach to residential aged care: Page 59 (see under references)

### 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
- ❖ 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

### 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

- ❖ Notify GP
- ❖ 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 2<sup>nd</sup> line treatment

### Refer to dietitian

### Continue weekly weighs

- ❖ Contact GP who may follow up with the following investigations; thyroid/FBC/serum transferrase/albumin
- ❖ SLT referral if appropriate
- ❖ Dietitian referral if not already done
- ❖ Discuss at multidisciplinary meeting
- ❖ Increase energy and protein intake with nutritious fluids
- ❖ Reassess if weight loss continues; move to 3<sup>rd</sup> line treatment

### 1st line treatment

### 2nd line treatment

### 3rd line treatment

- ❖ Continue to monitor
- ❖ Consider referral to medical specialist

## Use Mini Nutritional Assessment (MNA©)

Complete the screen by filling in the boxes with the appropriate numbers.  
Total the numbers for the final screening score

### A Has food intake declined over the past 3 months due to loss of appetite, digestive problems, chewing or swallowing difficulties?

0 = severe decrease in food intake  
1 = moderate decrease in food intake  
2 = no decrease in food intake  
Score:

### B Weight loss during last 3 months?

0 = weight loss greater than 3 kg (6.6 lbs)  
1 = does not know  
2 = weight loss between 1 and 3 kg (2.2 & 6.6 lbs)  
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 2 = no  
Score:

### E Neuropsychological problems?

0 = severe dementia or depression  
1 = mild dementia  
2 = no psychological problems  
Score:

### F1 Body Mass Index (BMI) {weight in kg} / [height in m<sup>2</sup>]

0 = BMI less than 19  
1 = BMI 19 to less than 21  
2 = BMI 21 to less than 23  
Score:

**If BMI is not available replace question F1 with question F2. Do not answer question F2 if question F1 is already completed.**

### F2 Calf circumference (CC) in cm

0 = CC less than 31 3 = CC 31 or greater  
Score:

### Screening score (total max 14 points):

12 – 14 points: normal nutritional status  
8 – 11 points: at risk of malnutrition  
0-7 points: malnourished

Total Score

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

### Assessment item

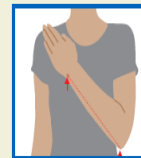
### Point value

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

### Estimating height from ulna length



Measure between the point of the elbow (olecranon process) and the midpoint of the prominent bone of the wrist (styloid process) (left side if possible).

HEIGHT (m)	Men (<65 years)	Men (>65 years)	Ulna length (cm)	Women (<65 years)	Women (>65 years)
1.94	1.93	1.91	1.89	1.87	1.85
1.84	1.82	1.81	1.79	1.77	1.76
1.74	1.73	1.71	1.70	1.68	1.67
1.64	1.63	1.62	1.61	1.59	1.58
1.54	1.52	1.51	1.49	1.48	1.46
1.44	1.42	1.41	1.40	1.38	1.37
1.34	1.33	1.31	1.30	1.28	1.27
1.24	1.23	1.21	1.20	1.18	1.17
1.14	1.13	1.11	1.10	1.08	1.07
1.04	1.03	1.01	1.00	0.98	0.97
0.94	0.93	0.91	0.90	0.88	0.87
0.84	0.83	0.81	0.80	0.78	0.77
0.74	0.73	0.71	0.70	0.68	0.67
0.64	0.63	0.61	0.60	0.58	0.57
0.54	0.53	0.51	0.50	0.48	0.47
0.44	0.43	0.41	0.40	0.38	0.37
0.34	0.33	0.31	0.30	0.28	0.27
0.24	0.23	0.21	0.20	0.18	0.17
0.14	0.13	0.11	0.10	0.08	0.07
0.04	0.03	0.01	0.00	0.00	0.00

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	
kg	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	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	