

Nutrition Resource Pack for Care Homes - Summary Guidance

Who is the Resource Pack for?

The resource pack has been designed as a reference document for all care home staff.

What information does the Resource Pack contain?

It summarises key nutritional problems care homes face but with a strong emphasis on identifying and treating malnutrition.

What are the key elements?

It is very important that prescribers and care home staff read the linked full document to ensure receiving the complete information.

- 1) All care homes should screen individuals for malnutrition using local MUST (Malnutrition Universal Screening Tool) guidance.
<http://bswformulary.nhs.uk/chaptersSub.asp?FormularySectionID=22>
- 2) All individuals identified as 'at risk' of malnutrition should be treated using a 'Food First' approach which includes;
 - Fortified milk and nourishing drinks
 - Nourishing snacks
 - Food fortification
- 3) Should individuals continue to be at risk of malnutrition despite following 'Food First' advice, oral nutritional supplements can be considered using first line powdered supplements (Foodlink Complete or Aymes Shake) as appropriate. Local oral nutritional supplement formulary should be adhered to as much as possible.
<http://bswformulary.nhs.uk/chaptersSub.asp?FormularySectionID=22>
- 4) Please refer the following groups to your local community dietetic teams e.g. individuals with dysphagia, intolerances, not improving on food first and/or first line supplements. If you have a question or concern about an individual's nutrition, always contact your local community dietetic team to discuss.

Who produced the Resource Pack?

The original document produced by Frimley Park dietitians has been adapted with permission in line with local BSW MUST guidelines. All the dietetic teams within BSW (community and acute) have agreed this information.

Local Dietitians in Somerset have produced a 25 minute webinar on identifying and managing malnutrition within care homes. This supports much of the information on malnutrition provided within the document and can be accessed on the following link:

<https://youtu.be/oXzu4EKG1aI>

Watching and understanding this video is an excellent training resource for carers, managers and other health care professionals. Doing so will meet the training needs for nutrition support within a care home environment.

Bath Community Dietitians

Base: St. Martins Hospital, Clara Cross Lane, Bath, BA2 5RP
No: **01225 833916**
At present, a referral from the GP to community dietitians is required: ruh-tr.referralssmhdiatitians@nhs.net

Swindon Community Dietitians

Referrals can be made to the Swindon Community Team on gwh.swindoncommunitydietitians@nhs.net

Wiltshire Community Dietitians

Telephone number: **01722 746781** (Wilton) or **01249 456512** (Chippenham)
Community Team email for referrals: whc.wiltshiredietetics@nhs.net