

### **3:18 Fluid, Food and Nutritional Care within Adult Learning Disability Services/ and Forensic Services :**

There are currently four services for inpatient's across the board area and MUST is routinely used in assessment within these Specialist Learning Disability Services. Additionally there is Specialist Learning Disability service representation at the Mental Health FFN Group and also a local Food, Fluid and Nutrition Learning Disability Group. Learning Disability Teams ensure there is representation at local FFN Groups and representatives are tasked with ensuring that information from this meeting is disseminated to all other Team members.

There is considerable evidence that people with learning disabilities (LD) are more likely than those in the general population to have nutritionally- related ill health. Difficulties with eating, drinking and swallowing have consequences for health, safety and wellbeing among adults with learning disabilities. It is suggested that as many as, 2/5 of people with dysphagia experience recurrent respiratory tract infections. Other risks linked with this include asphyxia, dehydration and poor nutrition status (Chadwick & Jolliffe 2009).

High rates of Gastro –Oesophageal Reflux Disorder, helicobacter pylori and gastrointestinal cancers occur among this cohort (48-59% as opposed to 25% in general population). Less than 1/10 adults with learning disabilities in supported accommodation eat a balanced diet, with poor intake of fruit and vegetables. Carers as a whole have poor understanding about public health endorsements on dietary intake. People with learning disabilities are much more likely to be either underweight or obese than the general population. Links between diabetes and obesity are well documented and there is an increasing risk of such in this population (Emerson & Baines 2010).

#### **MUST WITHIN COMMUNITY LEARNING DISABILITY TEAMS:**

A MUST Training for Trainers programme was facilitated by the FFN Community Practice Development Nurse and the Learning Disability Practice Development Nurse in 2016 to the eight community learning disability Teams across Greater Glasgow and Clyde. Trainers went through the programme and are now taking forward Learning Disability MUST team training within their respective geographical locations. They will encourage and support all team members to complete the Community LD MUST patient profile and nutritional learn pro module prior to taking forward the LD MUST Training within their teams. Please note: the MUST profile for NHSGGC Community Learning Disabilities differs to the mental health in patient MUST Nutritional care profile and has been specifically adapted for this client group.

**MUST WITHIN LEARNING DISABILITY IN PATIENT SERVICES:**

MUST is adopted in these wards and follows the same profile as the mental health in patient MUST Nutritional care profile

**MUST WITHIN FORENSIC SERVICES:**

The NHSGGC mental health forensic services have adopted a different nutritional screening Tool to MUST called “The State Hospital Nutritional Screening Tool” which measures under nutrition and obesity also within their patient client group.

**NHSGGC**

**MH NRM: April 2020**