

MALNUTRITION AWARENESS WEEK



UK MALNUTRITION
AWARENESS
WEEK

#UKMAW2023

NHS
Greater Glasgow
and Clyde

6th-12th November 2023

#THIRSTYTHURSDAY

It is day 4 of 'Malnutrition Awareness Week' and today's theme is 'Thirsty Thursday'. Today we will showcase the importance of nourishing hydration to reduce risk and incidence of malnutrition.

MALNUTRITION AND NOURISHING FLUIDS

If you have a resident that is at risk of malnutrition, use of milk and milky drinks to support intake can be beneficial:

- Encourage nourishing fluids - this will provide fluid, extra calories and protein
- Nourishing drinks include full fat milk, hot chocolate, horlicks, fortified milkshakes, fruit smoothies and milky coffee
- Your resident may take fluids better than eating solid food so nourishing drinks are a great way to ensure your resident is nourished

TIPS TO SUPPORT WITH HYDRATION

- Support residents to decide which drink they would like 
- Provide residents with sufficient drinking opportunities
- What cup, mug, glass, water bottle etc does your resident like to drink from? 
- Does your resident need assistance? What systems do you have in place? 
- Consider sensory needs: glasses, hearing aids etc
- Visual changes – e.g. colour contrast in dementia 
- Understand why your resident may be reluctant to drink e.g. fear of incontinence
- Encourage visitors and socialise with residents 
- Make it fun!! Drinking should not feel like a chore

NOURISHING FOODS WITH HIGH WATER CONTENT

Sometimes, for various reasons, it may be difficult to persuade your resident to drink enough. If your resident is also at risk of malnutrition, it may be an option to offer nourishing foods with high water content, these include:

- Full fat yoghurt
- Nourishing soup with added cream and dried milk powder
- Porridge
- Fortified gravy



FLUID PREFERENCES

Do your residents have access to drinks that they enjoy? This can be a factor in poor fluid intake. Ensure that you have a fluid 'likes and dislikes' section within each resident's care plan so this information is readily accessible for all staff.

FLUID CHARTS

Sometimes using a chart for a short period of time when there is concern rather than routinely, can be more effective. Remember to record what has actually been drunk by the resident and have a plan in place. All staff need to be aware of the care plan to ensure that the fluid chart is accurate. The chart can be completed for 3 days initially to give an initial picture of fluid intake, and continued if needed.

