

MALNUTRITION AWARENESS WEEK



UK MALNUTRITION
AWARENESS
WEEK

#UKMAW2023

NHS
Greater Glasgow
and Clyde

6th-12th November 2023

#ASKLOOKLISTEN

For day 3 of 'Malnutrition Awareness Week' the theme is access to good nutrition. Today we will focus on 'ask, look and listen'. The idea is that malnutrition is everyone's business, so we need to spread awareness and communicate with residents the best we can.

ACCESS TO GOOD NUTRITION

All residents in a care home should have access to good quality and balanced nutrition.

This includes access to:

- A varied diet - avoiding repetition in a menu cycle
- Balance - different sources of carbohydrate, protein, fruit/ veg, dairy and fats throughout the day
- Food to meet individual needs - this involves providing specialist diets e.g. fortified, texture modified, coeliac etc.

ASK!

Communication with residents is key!



Ask about the following:

- What they like to eat and drink
- Their preferred meal pattern
- Where they like to eat and drink
- Who they like to eat and drink with



If your resident cannot communicate this with you, speak to their close family or friends to get an insight.

LOOK!

Always be on the look out!



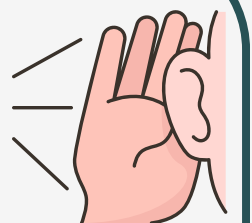
Observe for the following:

- Any unplanned weight loss (observe weight, clothing, jewellery and dentures)
- Changes in appetite or loss of appetite
- Any new resistance to eating or drinking
- Mood changes related to nutrition

Always try to keep an eye out for any nutrition changes that may put residents at risk of malnutrition

LISTEN!

Listen carefully to what residents are telling you! This may not be directly about nutrition or appetite but may indirectly effect it:



- Are they feeling unwell or tired all the time?
- Are they scared of drinking due to incontinence?
- Have they lost interest in food?

All of this information can be really important when trying to provide residents with the best nutrition

MALNUTRITION AND DEHYDRATION

Malnutrition and/ or dehydration are much easier to manage at an earlier stage. If everybody in health care asks, looks and listens to residents, there is a much higher chance of spotting malnutrition early and thus treating it.