

MALNUTRITION AWARENESS WEEK



UK MALNUTRITION AWARENESS WEEK

#UKMAW2023



6th-12th November 2023

MALNUTRITION IN CARE HOMES

Older adults account for 52% of Health Care costs, with malnutrition being more common in Care Homes. Data suggests it affects about 14-35% of residents.

MALNUTRITION UNIVERSAL SCREENING TOOL (MUST)

In NHS Greater Glasgow and Clyde, the clinical screening tool used is the Malnutrition Universal Screening Tool. MUST is used to categorise resident for their risk of malnutrition using BMI, percentage weight loss and acute disease. This has been found to be easy, rapid, reproducible, and consistent.

MUST should be completed monthly for residents with a low malnutrition risk and weekly for those with a medium or high malnutrition risk.

PREVENTING MALNUTRITION

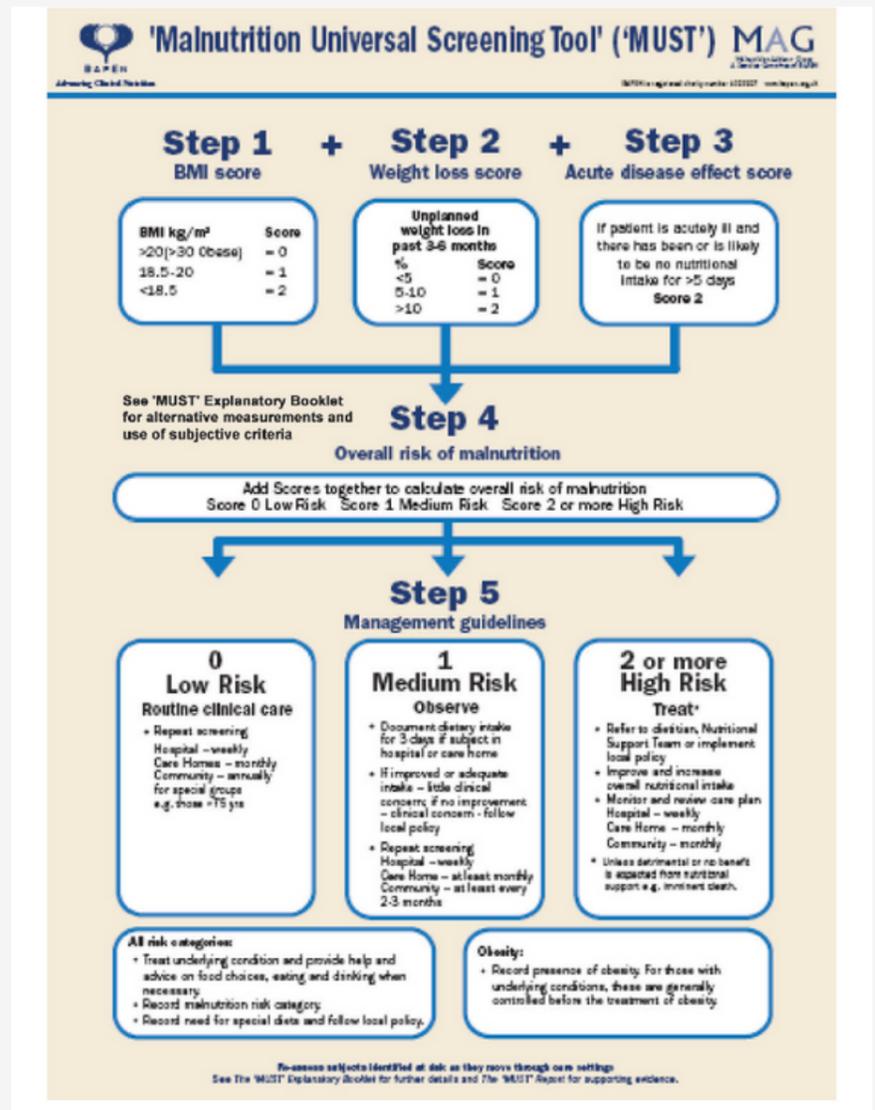
Malnutrition is often unrecognised and therefore under-treated yet it can be both a cause and consequence of disease.



One of the ways we can reduce malnutrition is to identify it early and intervene. Screening for malnutrition allows us to tell which older adults are at risk.



Screening allows us to identify risk early and this put in place an individualised nutritional care plan



ON ADMISSION TO A CARE HOME..

All residents should be screened for malnutrition. Screening, identification and management of malnutrition are necessary steps to ensure residents get the appropriate treatment.

#INTERACTIVETUESDAY

Today's theme for 'Malnutrition Awareness Week' is interactive Tuesday! What are you doing? What challenges have you faced and your solutions for this? How have you been innovative in supporting residents with malnutrition? There is no 'one size fits all' for supporting care home residents with malnutrition. They is to think outside the box, offer personalised nutritional intervention and change/ adapt nutritional care plans to support your resident!