

Malnutrition Monday

Malnutrition is defined as ‘a deficiency, excess or imbalance of energy, protein and other nutrients’ which can lead to adverse effects on the body, how it functions and clinical outcomes

Signs of Malnutrition

Include but are not limited to:

- Unplanned weight loss - which can cause clothing, dentures, belts or jewellery to become loose
- Loss of appetite
- Lack of interest in food and /or fluids
- Loss of muscle strength
- Tiredness/ fatigue
- Alterations in mood



Consequences of malnutrition

Including and not limited to:

- Increased risk of illness and infection
- Slow wound healing
- Increased risk of falls
- Low mood
- Reduced energy levels
- Reduced muscle strength and therefore reduced mobility
- Reduced quality of life
- Reduced independence and ability to carry out daily activities



Preventing Malnutrition

It is possible for malnutrition can be avoided and treated. As malnutrition contributes to physical and functional decline, there is good reason to identify, treat and prevent it. Investing time and resources in screening, assessment and appropriate nutritional care is crucial.



Did you know?! Malnutrition costs the UK health and social care system more than £23.5 billion each year. This equates to 15% of total expenditure!

Malnutrition Screening

Within NHSGGC, the Malnutrition Universal Screening Tool (MUST) is used to screen residents for risk of malnutrition. Once MUST scoring is complete, care homes use a MUST management plan known as MUST Step 5. This step is started by care staff for residents with a MUST score of 1 or above. MUST Step 5 helps highlight nutritional risk and creates a nutritional action plan.



You can help!

Person centered interventions to reduce malnutrition risk can improve nutritional status, clinical outcomes, and most importantly quality of life. Tips include:

- Offer residents nourishing versions of familiar foods to support with intake
- Small and often - offer smaller versions of nourishing meals and snacks throughout the day
- Fortify regular meals with nourishing foods such as dried milk powder, cheese and cream