

3:2 NUTRITIONAL ASSESSMENT AND SCREENING IN NHSGGC MENTAL HEALTH SERVICES:

In conjunction with Standard 2 of the Healthcare Improvement Scotland (2014) Clinical Standards for Food, Fluid and Nutritional Care to ascertain a patient's nutritional status a nutritional assessment must be undertaken and recorded on the Mental Health in patient Food, Fluid and Nutrition Profile within 1 day of admission.

This includes:-

- Height and weight
- Recent unplanned weight loss
- Evidence of recent weight loss
- Dietary requirements and need for a therapeutic diet or texture modified diet
- Food allergies
- Eating and drinking likes and dislikes
- Cultural/ ethnic/ religious requirements
- Social/ environmental mealtime requirements
- Physical difficulties with eating and drinking
- The need for equipment to help with eating and drinking

It may be necessary to involve relatives and carers as well as the patient to collect all this information.

Healthcare Improvement Scotland (2014) Standard 2 Food, Fluid and Nutritional Care Standards states that “***When a person is admitted to hospital, or to a community caseload, a nutritional care assessment is carried out***”

NHSGGC
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