## NHSGGC Mental Health Inpatient Step 5 Management Guideline

**MUST OF 1**

Check if assistance required with eating and drinking and if any additional aids or equipment is required and also consider patient position / postural management (refer to OT if appropriate)

Check any swallowing recommendations such as textured modified diets / thickened fluids and offer meals/ fluids with these recommended consistencies

Check with patient/carer normal eating patterns and preferences

Use a **Food First Approach (Note: only if patient is not a Refeeding Risk)**

* Offering mid-morning, mid-afternoon and supper snack from ward supplies (e.g. bread with butter/jam or cereal)
* Offer full cream milk with and between meals
* Order additional MUST snack daily of patients choice (refer to catering dept locally)
* Encourage family and friends to bring Inpatient preferred snacks
* Complete a food and drink recording chart, including all food and fluid consumed and refused, encouraging patient and family to complete where appropriate
* Review and evaluate the above daily, clearly documenting issues actioned

Is there documented evidence that the above steps have been completed over a 72 hour period?

## YES NO

Is the patient’s intake normal or improved for them?

Complete the above steps

## YES NO

Discontinue food and drink recording chart documenting reason in the nursing notes Continue with Food First Approach Rescreen every

7 days

Encourage higher calorie menu choices indicated with a symbol

✪

Continue with food and drink recording chart for 4 days, and if no improvement in intake, rescreen

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**MUST OF 2 OR GREATER**

**Refer to Dietitian**

**In addition -** Complete a food and drink recording chart, including all food and fluid consumed and refused, encouraging patient and family to complete where appropriate

Check with patient/carer normal eating patterns and preferences

Use a **Food First Approach** until Dietitian review **(Note: only if patient is not a Refeeding Risk)**

* Offering mid-morning, mid-afternoon and supper snack from ward supplies (e.g bread with butter/jam or cereal)
* Offer full cream milk with and between meals
* Order additional MUST snack daily of patients choice (refer to catering dept locally)
* Encourage family and friends to bring Inpatient preferred snacks
* Complete a food and drink recording chart, including all food and fluid consumed and refused, encouraging patient and family to complete where appropriate
* Review and evaluate the above daily, clearly documenting issues actioned

Encourage oral food and fluid intake or higher calorie menu choices indicated with a symbol ✪ and document

## Assistance with eating and drinking:

Check if assistance required with eating and drinking and if any additional aids or equipment is required and also consider patient position / postural management (refer to OT if appropriate)

Check any swallowing recommendations such as textured modified diets and thickened fluids are recommended or if swallowing is deteriorating please consult or refer to the **NHSGGC Mental Health Speech and Language Therapy Dysphagia Pathway if appropriate**