

**Don’t forget :-**

* Good communication it is a multidisciplinary approach

      Documentation

* In the patients notes
* Weight chart

You may need:-

* A Fluid chart
* A Food chart

Don’t forget to set a review date

To calculate percentage (%) weight loss

Usual Weight (kg) **–** current weight (kg) x 100

                       Usual weight in Kg

Body mass index (BMI)

* Weigh patients in kilograms (kg)
* Measure height in metres(m)
* BMI = weight kg ÷ height (m)2

If you are unable to measure height estimate using ulna length (see attached instructions or visit [www.bapen.org.uk/pdfs/must/must\_page6.pdf](http://www.bapen.org.uk/pdfs/must/must_page6.pdf)

Supplements

* Best served chilled but savoury flavours can be warmed (not boiled)
* Recipes available to make supplements into savoury dishes, puddings, cakes and drinks
* Patient information leaflet ‘Ideas for using your nutritional supplements’ available from Dietetic Department

Document that patient needs assistance.

Use the ‘Gold Tray’ to highlight patient needs assistance

Hydration is important – all patients should have access to fresh water (best served chilled) to drink at all times unless contraindicated

* Poor hydration doubles the likelihood of developing pressure ulcers
* Dehydration reduces the padding over bony points
* Good hydration increases levels of tissue oxygen and enhances healing (Stotts and Hoff 2003)

Inform patients about the importance of good nutrition.

Patient information leaflets Helping you Choose High Protein High Energy Meals from the menu

Explore factors that are important to the patient

Document :-

* **food allergies**
* Cultural and religious beliefs which effect diet
* Personal preferences

Decide the appropriate menu and document

Why do we need to do a Nutritional Risk Assessment?

* It’s vital to have a baseline to work from
* A risk score helps to identify possible risk of malnutrition
* From this score appropriate action can be identified
* Referrals can be made this should be a multidisciplinary approach involving Nurses, Doctors and Dieticians