

Managing Malnutrition in Care Homes

Dietetic service in Care Homes – Swindon

Includes:

- Assessment of **new referrals** in 24/48h
- **Monthly reviews** of residents in the caseload (patients at risk of malnutrition)
- To provide **dietetic support** for queries regarding food fortification or oral nutritional supplements.
- **Training** for Care Homes on food fortification and malnutrition screening.
- Ordering **Oral Nutritional Supplements** – in coordination with medication cycles.

We are currently undertaking all assessments and reviews via telephone in order to minimise risks associated with Covid. However, this is not affecting our intervention or capacity significantly.

Dietetic service in Care Homes

Dietetic intervention - Key points

- **Prevention:** early identification and treatment of malnutrition is critical. Continued use of 'MUST' nutritional screening is encouraged where possible. However, during a COVID-19 outbreak this advice may need to change.

- Oral Nutritional Supplements **should not be our first line strategy** to treat malnutrition:

Food is always part of the treatment whilst Oral Nutritional Supplements should only be considered where clinically indicated. Food fortification actions should be fully advised and implemented regardless of whether ONS have been prescribed alongside - **always refer to dietitians.**

- In the case Oral Nutritional Supplements are indicated, **adherence to the Formulary** is highly recommended. Use of powdered ONS should be encouraged (Vs ready-to-drink) as Caring staff are able to prepare the drinks. Formulary:

<http://bswformulary.nhs.uk/chaptersSubDetails.asp?FormularySectionID=9&SubSectionRef=09.04.02&SubSectionID=A100>

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Examples of food fortification advice

Product comparison, per portion	Calories	Protein	Carbohydrate	Fat
Homemade fortified milkshake	305	17g	44g	7.5g
Homemade fortified Horlicks	319	19.3g	43.8g	8.6g
Homemade fortified Ovaltine	319	18.4g	44.3g	7.9g

Most ready-to-drink ONS contain 300Kcal and ~12g of protein per bottle

Resource: Webinar on Screening and Supporting with Malnutrition in Care Homes for Staff
<https://www.youtube.com/watch?v=oXzu4EKG1aI&feature=youtu.be>

Resource: *Nutrition Resource Pack for Care Homes*

COVID 19 – Nutrition and prescribing

- The principles for appropriate prescribing of Oral Nutritional Supplements **have not changed**.
- Priority continues to be **identifying and treating malnutrition**. Our elderly population are more at risk of becoming unwell with COVID 19
- Likely to see **increased numbers of people** coming out of hospital with malnutrition. We may see increased numbers on prescribed ONS.
- Should an individual be considered at risk of malnutrition, nutrition support in the form of a high protein high calorie diet, **should be fully advised and implemented** regardless of whether ONS have been prescribed alongside
- **ESPEN statement for nutritional management of individuals with COVID 19***: *ONS should only be used when dietary counselling and food fortification are not sufficient to increase dietary intake and reach nutritional goals.*
 - Also advises monthly review of efficacy and expected benefit if ONS are prescribed.
 - Identifies that 29% of patients may have dysphagia at discharge.

*Reference: [https://www.clinicalnutritionjournal.com/article/S0261-5614\(20\)30140-0/pdf](https://www.clinicalnutritionjournal.com/article/S0261-5614(20)30140-0/pdf)

BSW dietetic teams

This service operates differently in Banes and Wiltshire, however, the Community Team provides a dietetic service in both areas. Please find below contact details for:

Swindon:

- Most Care Homes are under CCG Care Home Team – please refer on 01793987667
- Referrals can also be made to the Community Team on gwh.swindoncommunitydietitians@nhs.net

Banes:

- At present, a referral from the GP to community dietitians is required: ruh-tr.referralssmhdietitians@nhs.net
- Pharmacists or pharmacy techs can refer directly to the Prescribing Support Dietitian: michelle.saunders12@nhs.net

Wiltshire:

- Community Team email for referrals: whc.wiltshiredietetics@nhs.net
- Telephone number: 01722 429333 (Salisbury) or 01249 456512 (Chippenham)