

## Nutrition Care Trigger – Adult Care Homes - Nutrition

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<b>Care Trigger</b>	<b>Checklist for evidence</b>	<b>Best practice guidance Act/ Regulations , National Care Standards</b>
Does the service have policy and procedures that make clear the management arrangements for food, fluid and nutritional care of service users?	<p>The policy should include</p> <ul style="list-style-type: none"> <li>• Assessment, screening and care planning</li> <li>• Planning food and fluid provision such as menu planning</li> <li>• Provision of Food and Fluid to service users such as assistance to eat , dining room environment</li> <li>• Service user information and Communication</li> <li>• Education and Training for staff</li> </ul> <p>Staff working in care homes are familiar</p>	<p>Care Homes for Older People National Care Standards (NCS ) 5.4</p> <p>Best practice see The Care Inspectorate website – Care Homes for Adults Food , Fluid and nutritional Care –Model Policy and Procedures</p> <p>NHS QIS (2003) Food Fluid and Nutritional Care in Hospitals</p>

	with these policies and procedures	
Are service users eating , drinking and dietary needs assessed at admission and an ongoing basis	<p>Completed general eating , drinking and dietary needs including</p> <ul style="list-style-type: none"> <li>• Likes dislikes in sufficient detail</li> <li>• Assistance to eat</li> <li>• Appetite</li> <li>• Other factors affecting dietary intake</li> </ul> <p>Service users are screened for the risk of under-nutrition using a validated screening tool such as Malnutrition Universal Screening Tool (MUST)</p> <p>Is there an assessment for the risk of dehydration?</p>	<p>NCS 13.1 NCS 14.6</p> <p>NHS QIS (2003) Food, Fluid &amp; Nutritional Care in Hospitals</p> <p>BAPEN (2006) MUST</p> <p>UK Water (2005) Water for healthy ageing –hydration best practice toolkit for care homes</p>
Do service users have an eating, drinking and nutritional care plan based on their needs?	<p>Care plan contains sufficient person centred detail outlining actions to be taken to address identified needs.</p> <p>The care plan is effectively monitored.</p>	NCS 6

<p>Does the service food and fluid provision meet the service users?</p>	<p>Menu is planned using best practice guidelines.</p> <p>Menu planning commences with a needs assessment of the service users. Service users are consulted at the development stage on menu planning and on an ongoing base.</p> <p>The catering for special diets meet best practice such as food textured diets, energy dense diets.</p> <p>There is more than five fruit and vegetable on the menu each day.</p> <p>Possible indicators of poor menu planning include many of the service users looking thin &amp;/or many of the service users on laxative medication Do service users look thin? Are there SU slowly losing (1kg/month) weight? A BMI of less than 20 is underweight and have a moderate or high risk of malnutrition, BMI under 18.5 is a serious concern.</p> <p>Service user fluid needs are met. Staff understand minimum fluid requirements (1500mls day -8-9 cups) or 30mls per KG body weight.</p>	<p>NCS OP 13 NCS 13.4</p> <p>NCS-PO 13.5</p> <p>Scottish Government (2008) Food in Hospitals national catering and nutrition specification for food and fluid provision in hospitals in Scotland. This is also mostly appropriate for care homes.</p> <p>UK Water (2005) Water for healthy ageing –hydration best practice toolkit for care homes</p>
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	<p>Fluids are actively promote(drinks freely available in dining room, sitting room bedrooms, seconds offered etc)</p> <p>Hot and cold drinks should be available for the service user whenever they like.</p> <p>Fluid charts are appropriately monitored and action taken</p>	
Do service users have a pleasant dining experience?	<p>Dining room environment is attractive.</p> <p>Service users get the help they need to eat and enjoy their food.</p>	<p>NCS 13</p> <p>NHS QIS (2003) Food Fluid and Nutritional Care in Hospitals</p> <p>The Royal Institute of Public Health(2006) Eating for Health in Care Homes A practical nutrition handbook</p>
Are staff trained in eating, drinking and nutritional issues appropriate to their role?	<p>Is there a food fluid and nutritional care training plan for induction and ongoing development for the various types of staff- care assistants, nurses, catering staff.</p> <p>There are clear learning outcomes such as know how to make sure residents do not become dehydrated</p> <ul style="list-style-type: none"> <li>• monitor the food and drink that residents take</li> <li>• understanding the nutrition needs of older people, including people with dementia</li> </ul>	<p>NCS-PO 5.3</p> <p>For a list of best practice that should inform training see The Care Inspectorate website Healthcare advice Best Practice Guidance on Food and Nutrition</p>

	<p>The eating, drinking and nutrition policy and procedures are use in training .</p> <p>The person planning the menu should have a clear understanding of best practice and the dietary needs of older people.</p>	
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This Care Trigger Tool is designed to be of assistance to The Care Inspectorate staff when reviewing practices and policies. The contents have not been issued as The Care Inspectorate policy , but to offer common sense guidance on issues of interest.