

For use by staff in care facilities

Nutritional Support Plan for Patient at High Risk of Malnutrition

Patient Name:..... D.O.B:..... NHS No:.....

Baseline Assessment:

Date of initial screening:
Initial Weight if obtained (kg):
Initial Nutritional screening score:

Initial consultation *

Date..... Signed (staff member):

Aim of Nutritional Treatment:

Intervention:

As for moderate risk:

- **Advise a fortified diet**
- **Advise 2 nourishing snacks in between meals per day**
- **Advise nourishing drinks between meals**

Refer to 'Making the most of your food' or

NAGE: 'Have you got a small appetite leaflet'

- **Consider a Multivitamin/mineral tablet a day (over the counter)**
- **If the patient is suffering from nausea, vomiting, constipation or diarrhoea, liaise with the GP and ensure effective drug treatment is prescribed and effects regularly evaluated**

In addition:

- **Advise 2 homemade fortified drinks a day**

Refer to 'Fortified Drink recipes' Diet sheet

Review assessment at 1 week:

Date of review:..... Signed:.....

Weight at review:
Nutritional Screening Score:

Outcome:

Improvement Reinforce dietary advice until aim is reached, then discharge

No Improvement Reinforce dietary advice and re-screen in 1 weeks time

Consider advising non-prescribable enriched drinks such as Build up and Complian (maximum 3/day). Seek dietetic advice if the patient has diabetes or renal problems.

Deterioration of nutritional status Consider referral to Dietitian

* **Refer to the Dietitian if:** Rapid deterioration is anticipated
Specialist advice is needed