

# Quality Standards for Nutritional Support in Adults: Promises made to your patients

## Improving Patient Care in the NHS

Malnutrition is both a cause and consequence of illness, with significant impact on health outcomes. Surprisingly the problems associated with malnutrition are poorly recognised despite numerous reports and guidelines. Patients receiving care in the NHS should reasonably expect assessment of their nutritional status with implementation of a nutritional care plan where appropriate. Healthcare professionals have an important role to play in implementing high quality, nutritional care.

The National Institute for Health and Clinical Excellence (NICE) [quality standards \(QS\) 24](#) cover adults in hospital and the community who are receiving oral, enteral or parenteral nutrition support. These are a useful resource enabling healthcare professionals to identify key standards for care.

## Quality Standards

There are 5 quality standards (QS) – QS 4 and 5 directly affect patients receiving nutrition support at home.

**QS1**

### Screening

People in care settings are screened for the risk of malnutrition.



**QS4**

### Self-Management of Artificial Nutrition Support

People managing their own artificial nutrition support and/or carers are trained to manage their nutrition delivery system and monitor their wellbeing.

The aim of this QS is to prevent and quickly recognise any adverse changes in wellbeing, including the artificial nutrition delivery system and feed storage.



**QS2**

### Treatment

People who are malnourished or at risk of malnutrition have a nutrition and hydration care plan that aims to meet their nutritional requirements.



**QS3**

### Documentation and communication

All people who are screened for the risk of malnutrition have their screening results and nutrition support goals (if applicable) documented and communicated in writing within and between settings.



## Promise

Service providers and healthcare professionals will ensure that systems are in place for patients with managing their own artificial nutrition support. This will make sure that patients and/or their carers are trained to manage their nutrition delivery system and monitor the patients' well-being. Patients and/or their carers will be informed of how to contact specialists for urgent advice and support when needed. This will include practises on how to prevent, recognise and respond to any problems.



## QS5

### Reviews

People receiving nutrition support are offered a review of the indications, route, risks, benefits and goals of nutrition support at planned intervals.

It is recognised that nutrition support requirements are influenced by many factors and can therefore be rapidly changing, so regular reviews are needed to ensure changing needs are met.



### Promise

People receiving nutrition support will have regular reviews by healthcare professionals and service providers to assess their need for nutritional support, their method of nutritional support and the risks, benefits and goals of their nutritional support reviewed at planned times.



## Checklist

### Quality Standard 4: Self-Management



- Do you provide sufficient information so that your patients understand the reasons why they need artificial nutrition?
- Do you provide sufficient training to your patients to safely manage their nutrition treatment?
- Do you explain to your patients how to detect any early warning sign that something is not right and what to do?
- Do you explain to your patients how to access help with problems related with their treatment, both inside and outside of normal working hours?
- Do you explain how your patients can address issues relating to the delivery of their nutrition treatment by their healthcare company?
- Do you explain to your patients how to access technical help should problems with their equipment occur?

### Quality Standard 5: Reviews



- Do your patients receive regular review appointments with their healthcare team?
- Do you provide enough time for your patients to discuss their nutrition treatment and any concerns or problems they may have? *So that patients know how and when to access their healthcare team.*
- Do you feel that you listen to your patients and where possible try to accommodate their wishes?

If your response to any of the points mentioned in this checklist for Quality Standards 4 and 5 is 'no', and/or you would like to know more information please visit [BAPEN](#) and [BIFA](#).

If your patients would like more information about these Quality Standards, please download the patient resource which can be found [here](#).