Nutrition and Hydration Flowchart for use in Residential Aged Care Aged Care Module Standard A3 & ACQS – Standard 4 - Services and Supports for Daily Living

Screen **ALL** residents on admission using the Mini Nutritional Assessment Short Form **MNA-SF (MR 60.1.8)** and make referrals accordingly.

ALL residents to have completed on admission the <u>Braden Scale & Pressure Injury Risk Assessment (MR124)</u> and <u>Comprehensive Skin Assessment (MR124B)</u> within 8 hours of admission.

Refer to Speech Pathologist to assess swallowing if indicated on initial assessment.

Complete Dietary Preference Form (RC15) and Residential Care Plan (RC7) .Inform Catering staff of any special requirements

Residents are to be weighed on admission and as a minimum monthly thereafter (Recorded on <u>Adult Observation Chart (MR140A</u>).

Rescreen for malnutrition MNA-SF (MR 60.1.8) 3 monthly or more often if clinically indicated and refer to GP and/or Dietitian/Speech Pathologist if resident is losing or gaining weight. Complete Food Intake Chart (MR144C)

Assess fluid intake using <u>Three Day Bladder Chart (RC18)</u> within 28 days of admission and when condition deteriorates.

If **less** than 1500ml per day recorded complete **Specific Care Plan (RC6)** and ensure adequate fluids taken daily. Encourage all residents to have drinks outside of normal mealtimes.

If resident is living with diabetes, record **BGLs (RC36)** and refer to appropriate health professional for management if required.

Observe and monitor dietary intake and adjust Care Plan as necessary. **Care Plan (RC7)** must be reviewed 3 monthly or when change in health status.

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Contact: Senior Project Officer Aged Care

WACHS Nutrition
Standards for Adult
Inpatients and
Residential Aged
Care Policy

Effective: 12 January 2021

In consultation with the resident, their family, and relevant health professionals.

Dietary Preference Forms are kept in Resident's file with copy sent to kitchen and reviewed and updated when required

Weight loss:

Greater than 10% in 3 months is considered to represent proteinenergy malnutrition – document and report

In excess of 20% in 6 months implies severe protein energy malnutrition

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