

Tackling Malnutrition

Document patient's weight, BMI & unintentional weight loss

- Establish reason for weight loss & treat accordingly. If due to swallowing difficulty, refer to SALT for swallowing assessment
- Give 'Food First' Leaflet
- Agree treatment goals (e.g. 2kg weight gain, prevent further weight loss, achieve healthy BMI)
- Review in 4 weeks

At Review Document weight, BMI & weight change

Weight gain or no further weight loss

- Reinforce food fortification advice
- Agree treatment goal
- Review if appropriate

Further weight loss

- Investigate cause if not previously addressed
 - Prescribe Complan Shake* 1-2 sachets per day with milk
 - Agree treatment goal and review in 4 weeks
- *Not appropriate for cow's milk intolerance or galactosaemia

At Review Document weight, BMI & weight change

Weight gain & treatment goal achieved

- Consider stopping or reducing supplement
- Review in 4 weeks

Some weight gain or weight stable

- Continue supplement until treatment goal achieved
- Review in 4 weeks

Further weight loss

- Investigate cause if not previously addressed, and treat
- Continue supplement, 2-3 sachets per day
- Refer to Nutrition Support Team



Those who are malnourished

- Nutrition support should be considered in people who are malnourished, as defined by any of the following:
- a body mass index (BMI) of less than 18.5 kg/m^2
- unintentional weight loss greater than 10% within the last 3–6 months
- a BMI of less than 20 kg/m^2 and unintentional weight loss greater than 5% within the last 3–6 months.



Nutrition Support Referral Criteria

- >18 years
- Manchester resident or Manchester GP
- BMI < 18.5kg/m²
- Unintentional weight loss > 10% over 3-6 months
- BMI < 20 kg/m² and unintentional weight loss > 5% over 3-6 months
- MUST score of 2 or above
- Signed written referral
- Patient consented to referral or in patient's best interests



Contact details

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Prescribable Sip Feeds

<u>Supplement Type</u>	<u>Supplement</u>	<u>Kcal per unit</u>
Milk Based	Complan Shake	380
	Ensure Plus	330
	Fortisip Bottle	300
	Clinutren 1.5	300
	Fresubin Energy Drink	300
	Resource Shake	298
Milk Based with Fibre	Fortisip Multifibre	300
	Enrich Plus	300
	Fresubin Energy Fibre Drink	300
Fruit Juice	Enlive Plus	300
	Fortijuce	300
	Provide Xtra	250
	Resource Fruit Flavour Drink	300
Yoghurt Style Drinks	Ensure Plus Yoghurt Style	330
	Fortifresh	300



First Line Advice

- Food fortification – use of extra fats & sugars, avoid low fat/low calorie food & drink
- Little & often, snacks between meals
- Emergency store of tinned foods/frozen meals
- Meals on Wheels & Wiltshire Farm Foods, Flow Foods etc
- Use over the counter products e.g. Complan, Build Up



Food Fortification

Breakfast

2 Weetabix with semi-skimmed milk
(210kcal)

Lunch

Ham salad sandwich (2 slices bread)
Low fat yogurt
(385kcal)

Evening Meal

Fish with boiled potatoes, beans &
carrots. Rice pudding (435kcal)

Supper

Cheese & Crackers (340kcal)

Breakfast

2 Weetabix with enriched milk and sugar
(300kcal)

Lunch

Ham salad sandwich (2 slices bread with
butter and mayonnaise) Full fat yogurt
(555kcal)

Evening Meal

Fish with boiled potatoes (with butter), beans
& carrots (with butter) Rice Pudding with
cream & jam (625kcal)

Supper - Cheese & Crackers with butter
(400kcal)



Guidelines for Prescribers

- **Establish goals of treatment**
- Prescribe Complian Shake
- 1-2 sachets per day
- Make up with whole milk (Not appropriate for patients with cow's milk intolerance)
- Advise on timing (don't give before meals)
- Check compliance regularly
- Review after 4 weeks

