

Care Home Malnutrition Management Pathway

West Essex Dietitians
EPUT



Care Home Malnutrition Management Pathway – Guidelines for all Care Homes in HWEICS

Pathway must be followed prior to the consideration of dietetic referral.

2 sections:

1. Nutrition plans linked to Must score.
2. Pathway for Dietetic referral – including referral details



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Identifying Malnutrition

Weigh and screen every resident using 'MUST' monthly (or earlier if you are concerned)

Treating Malnutrition

Provide fortified foods if the person is at medium or high risk of malnutrition according to MUST; Provide homemade supplements in addition if the person is at high risk of malnutrition according to MUST

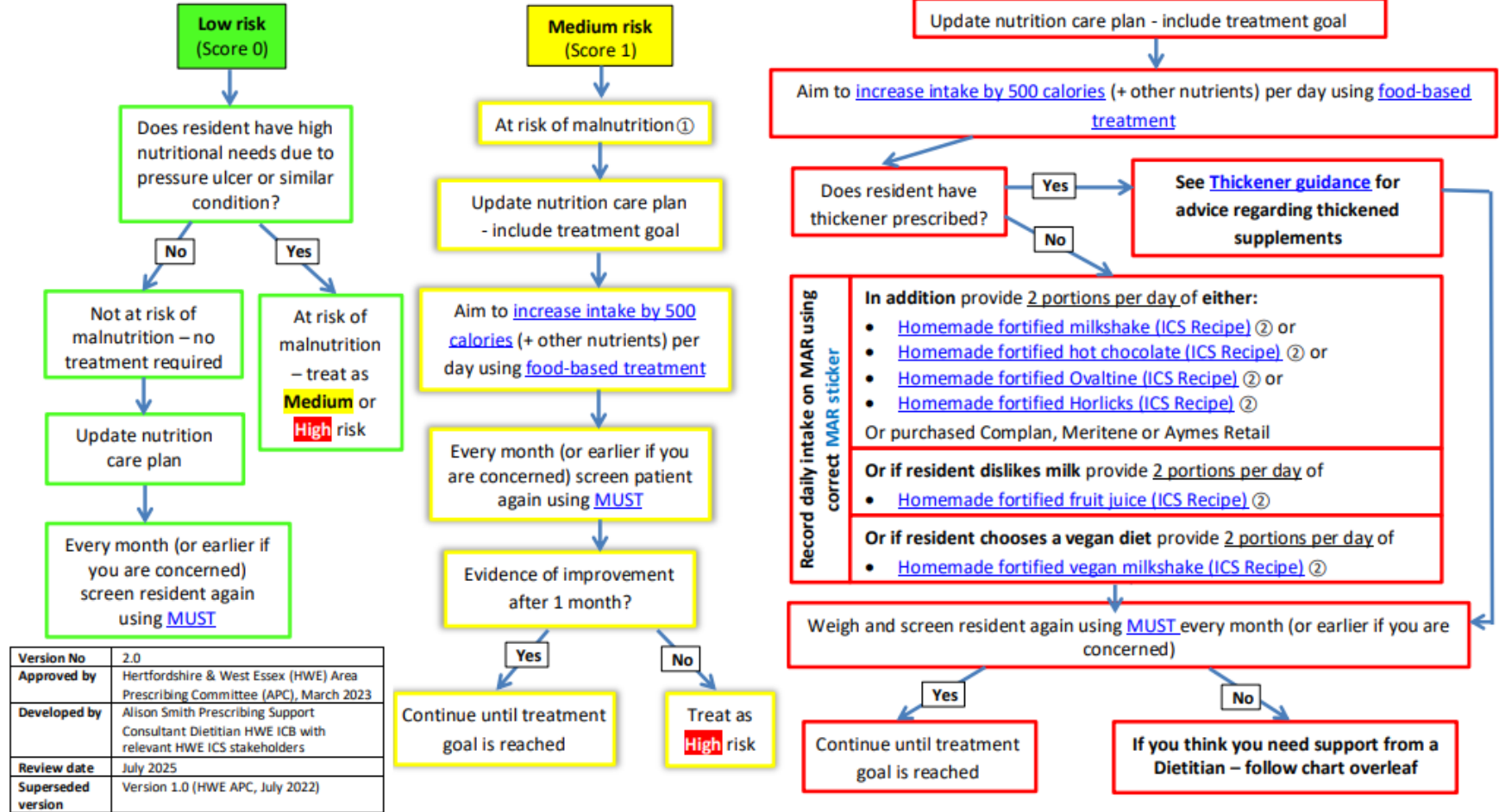
Monitor Complete MUST every month (or earlier if you are concerned)

Consider referral to a dietitian only when it is appropriate

[Link to website](#)

Care Home malnutrition management pathway (based on MUST) – *Pathway must be followed before referring to the Dietitian*

- ① If a resident is currently **overweight**/was overweight prior to unplanned weight loss, is regaining weight in their best interests? If weight regain is not in the resident's best interests, treat resident as lower risk category to avoid significant weight regain. **Record what you are advising and why** in the resident's nutrition care plan
- ② All **Homemade Supplements** **must** be made **exactly** according to the [recipes provided by Herts & West Essex ICS](#)




Care Home information: Fortifying food

- Increase nutritional intake by 500 calories and other nutrients from
 - 2 - 3 small between meal snacks & milky drinks
 - Food fortification using **nutrient dense** foods
 - Cream and butter for **taste and not for fortification** as no protein and very few vitamins/minerals
- Only for those at medium or high risk of malnutrition according to MUST – **not all residents**
- Care homes are required to meet the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014 for each resident Regulation 14 which states:
 - A variety of nutritious, appetising food should be available to meet people's needs...
 - Snacks or other food should be available between meals for those who prefer to eat 'little and often'...
 - *Where a person is assessed as needing a specific diet [which includes the guidance within HWE ICS Care Home Malnutrition Management Pathway], this must be provided in line with that assessment.*

[Link to website](#)





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Care Home information: Fortifying food

What is food fortification? Adding ordinary, nutrient dense household ingredients to food and drinks to increase nutrient content, without increasing the amount of food which needs to be eaten.

What is the aim of food fortification? Together with 2 – 3 small, between-meal snacks and milky drinks, to increase nutritional intake by 500 calories and a range of other nutrients per day.

Should we give food fortification to everyone? No – it is only needed for those at medium or high risk of malnutrition according to MUST. **Nutritional care should always be person-centred.**

How to fortify food—top tips

- Identify which foods/drinks the person likes and eats well & identify the best ingredient(s) to use to fortify that food or drink (see below)
- Use **nutrient dense** ingredients (see list below) to fortify food. Cream and butter can make foods taste nice, however because they only contain calories with no protein and very few vitamins/minerals **extra** cream/butter **should not** be used to fortify foods
- Use the amount of the fortifier per portion stated below
- Ensure the food still tastes good after fortification (try the food before serving it)
- Ensure that the person is also encouraged to take 2 – 3 between-meal snacks every day

Food fortifier	Quantity to add to 1 portion of food	Try adding to a portion of:	Energy content added per portion (Kcals)	Protein content added per portion (grams)
Almond butter	1 tablespoon (15g)	Porridge, soup, curry & dahl	98	3.4
Cashew butter	1 tablespoon (14g)	Porridge, soup, curry & dahl	94	2.8
Cheese, grated	1 tablespoon (10g)	Potatoes, vegetables, curry & dahl	40	2.5
Egg	1 egg	Custard, milk pudding, mashed potato	75	6
Dried, skimmed milk powder	1 tablespoon (15g)	Custard, milk pudding/sweets, 'cream of' soup, porridge, mashed potato	55	5.5
Greek yogurt	1 tablespoon (45g)	Porridge, pasta sauce, casserole, curry & dahl	61	2
Ground almonds	1 tablespoon (15g)	Vegetable soup, stew, casserole, porridge, curry & dahl	92	3
Peanut butter	1 tablespoon (15g)	Porridge, curry & dahl	94	4
Pea protein powder	1 tablespoon (17g)	Vegetable soup, stew, casserole, curry & dahl	60	11
Soy protein powder	1 tablespoon (14g)	Vegetable soup, stew, casserole, curry & dahl	50	14

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Developed by	Alison Smith, Lead Prescribing Support Dietitian, Hertfordshire & West Essex ICB
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Nutrient dense snack choices

Snack suggestion	Amount	Energy Content (Kcals)	Protein content (grams)
Cheese & cracker	1 cracker + 1 small chunk cheese	112	5.5
Cheese scone	1	161	5.8
Custard	150g tub	144	3.6
Falafel	1	111	3.8
Greek yoghurt	150g tub	198	9.2
Hard boiled egg	1	75	7.2
Mixed nuts	Small handful (40g)	246	8.6
Rice pudding	150g tub	141	4.7



Patient /carer information: Homemade supplements

Recipes to be followed **exactly**

Nutritionally comparable to prescribed ONS

Vegan recipe

Costed in December 2023

Consistent language in all records and letters

- Fortified milkshake (ICS recipe)
- Fortified hot chocolate (ICS recipe)
- Fortified Horlicks/Ovaltine (ICS recipe)
- Fortified vegan “milkshake” (ICS recipe)
- Fortified fruit juice (ICS recipe)



[Link to website](#)



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ONS compared with homemade supplements

Product	Volume	Energy content	Protein content	Cost to the NHS	Cost to the patient/Care Home
Standard RTD milkshake ONS	200ml	300kcal	12g	£0.89 - £2.99	£0.00
Standard powder ONS (made with milk)	230ml	388kcal	15.6g	£0.44 - £0.73	£0.22
OTC Complian	230ml	387kcal	15.6g	£0.00	£1.25
Homemade fortified milkshake	220ml	305kcal	17g	£0.00	£0.61
Homemade Fortified Horlicks/Ovaltine	220ml	319Kcal	18.4-19.3g	£0.00	£0.73/£0.79



*Prices correct January 2024

Fortified milkshake/hot chocolate/Ovaltine or Horlicks (ICS recipe)

<p>Ingredients—makes 1 portion</p> <p>½ pint/180ml full fat milk</p> <p>2 generous tablespoons/30g skimmed milk powder</p> <p>4 heaped teaspoons/20g vitamin fortified milkshake powder (Aldi Cowbelle Milkshake Mix, Asda Milkshake Mix, Lidl Goody Cao, or Nesquik) OR 5 heaped teaspoons (25g) 'Ovaltine Original Add Milk' powder or 'Horlicks Malted Food Drink' powder</p>	<p>Directions</p> <p>Mix milk powder and milkshake powder together in a glass.</p> <p>Gradually mix in cold/hot milk (to preference) and stir well.</p> <p>1 portion = 220ml</p> <p>Serve 2 portions per day</p>
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Nutritionally, all products are almost identical

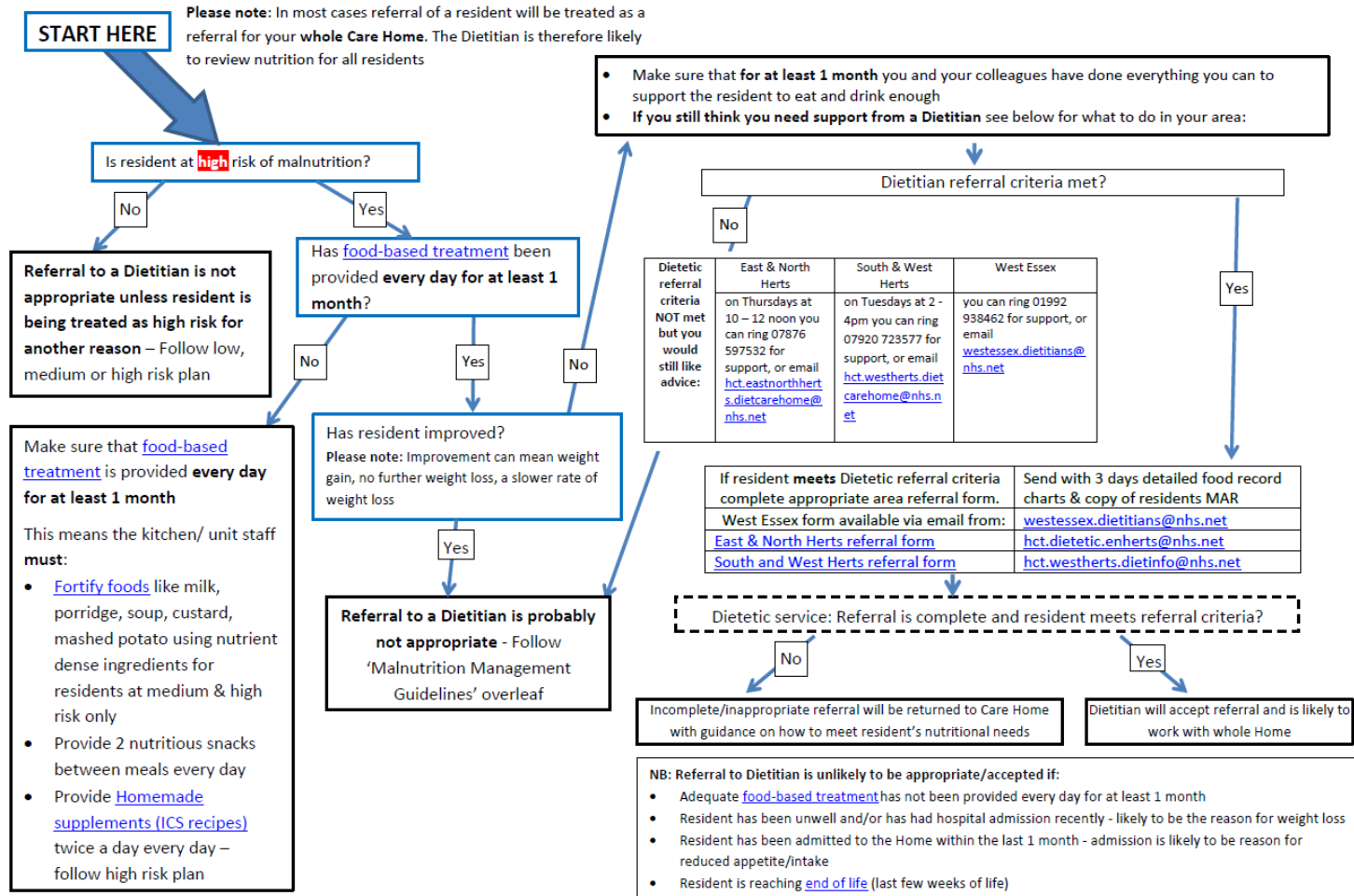


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Care Home malnutrition management pathway- referring a care home resident to the Dietitian because of malnutrition

Care Home malnutrition management pathway - Referring a care home resident to the Dietitian because of malnutrition



[Link to website](#)



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Examples of appropriate dietetic referrals:

1. Resident at high risk and with dysphagia with thickener prescribed.
2. Resident on tube feeding. Will require referral to local home enteral feeding regimen.
3. Rare and rapid neurological conditions eg Motor neuron disease, progressive Supranuclear palsy
4. If unsure contact the West Essex dietetic team for further advice:
westessex.dietitians@nhs.net



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Carer information: Eating and drinking at end of life

- **Focus should be on comfort over meeting nutritional needs**
- Decreased appetite and loss of interest in food is common & natural part of dying process
- Most do not experience hunger or thirst
- **Prescribed nutritional products** - do not contain anything which can't be found in food, and most people seem to prefer the flavour of ordinary food
- **Helpful ideas** –
 - Let the person choose if and when they want to eat or drink
 - Small amounts of favourite foods
 - Don't worry about a balanced diet
 - Snacks & nutritious drinks
 - Mouthcare

<p>What about food?</p> <ul style="list-style-type: none">• Let the person choose if and when they want to eat or drink• Offer small amounts of food, especially the person's favourite flavours• Don't worry about providing a balanced diet or having set mealtimes• See below for ideas for small snacks and nutritious drinks and see Homemade supplements for recipes	<p>What about drinks?</p> <ul style="list-style-type: none">• Frequent mouth care (gently brushing teeth with a soft toothbrush) can prevent the person feeling thirsty, even if they cannot drink very much• Keep lips moist with lip balm• Use a small spray bottle to mist the mouth with water, being careful not to give too much• Offer small pieces of ice or small ice lollies
<p>Small snacks</p> <p>Small portions of food, which do not need a lot of chewing may be easier to manage.</p> <p>Suggestions:</p> <ul style="list-style-type: none">• Mini tub of yogurt, fromage frais, dessert or custard (often sold in multipacks)• Mini ice cream lolly or mini tub of ice cream• Small pieces of prepared, soft fruit e.g. mango, melon, grapes, orange segments• Favourite sweets or squares of chocolate• Small pieces of scone with butter and jam or lemon curd• Mini tub of cream cheese or cheese spread – these could be served with soft bread• Quarter of a sandwich with a soft filling e.g. egg mayonnaise, tuna mayonnaise, pâté• Cocktail sausages, mini sausage rolls, mini quiches or mini scotch eggs• Squares of cheese	
<p>Nutritious drinks</p> <p>Small cups or glasses may be easier to manage. If the person can only manage half a glass or cup, they may still find it easier to drink from a full cup or glass. This can make swallowing easier because the person does not have to tip their head back as far.</p> <p>Sips of citrus flavour drinks may help if the person has a dry mouth.</p> <p>Suggestions:</p> <ul style="list-style-type: none">• Milkshakes• Milky coffee• Hot chocolate• Malted milk drinks• Smoothies• Fizzy drinks or fruit squash (try to avoid sugar free, diet and no-added-sugar varieties)• Fruit juice	



Thank you – any questions?



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