

Nutrition Care Plan

High risk of malnutrition (MUST score 2+)

Patient's name:

NHS no: Height (m):

Weight when care plan initiated (kg): BMI when care plan initiated (kg/m²):

Weight 3-6 months ago (kg): Date:

Date	Record Weight (kg)	Record MUST score
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Goals:

- Prevent further weight loss
- Promote weight gain
- Improve nutritional status and/or promote wound healing

Actions:

- Check for underlying causes, e.g. control pain / nausea, treat any constipation / diarrhoea, check for any medications which could affect appetite
- Individual or carer to record all food eaten for three days as a baseline or complete Food Diary
- Encourage small frequent meals and snacks, with high energy and protein food and fluids

On-going management and review:

- Recommend over the counter nourishing drinks in addition to Food First (such as Complan, Meritene Soup, Nurishment, etc)
- If no improvement in 2-3 weeks OR MUST is 3 or more, then initiate one week trial of oral nutritional supplements (ONS) followed by an acute prescription if trial successful
- Weigh and rescreen MUST monthly or sooner if clinical concern, if no progress after 4 weeks refer to dietitian.
- Evaluate goals, i.e. when to stop ONS / Food First

Nutrition Care Plan - High Risk

Advisory Committee on Borderline Substances

Specified Advisory Committee for Borderline Substances (ACBS) indication conditions for the prescription of oral nutritional supplements (ONS) are:

- Disease related malnutrition
- Head, neck and oesophageal tumours
- Severe COPD - <FEV1 X30% and MUST score of 2 or more
- Patients with complex chronic conditions requiring specialised feeds
- Dysphagia related to Stroke and other Neurological conditions e.g. MND, MS
- Pre-Operative preparation of malnourished patients
- Following total gastrectomy, intractable malabsorption, proven inflammatory bowel disease, short bowel syndrome, bowel fistula
- Renal failure on CAPD or haemodialysis

Oral Nutritional Supplements (ONS)

This leaflet is designed to help people with a small appetite or those losing weight, to improve their dietary intake.

FOOD FIRST - Sip feeds are supplements and should NOT usually be used as a substitute to food or as a meal replacement. In addition, ONS should be taken in between meals.

For Food First please see BNSSG local guidelines (on NSCP website):
www.bnssgformulary.nhs.uk/includes/documents/food%20first.pdf

First Line Supplements

For First Line Supplements please see BNSSG local guidelines:
<http://www.bnssgformulary.nhs.uk/95-Nutrition/>

For further information and patient resources see Community Nutrition Support Dietitians webpage:

<https://www.nscphealth.co.uk/services/community-nutrition-support-team>