



Hertfordshire and  
West Essex Integrated  
Care System

# Care Home Malnutrition Management Pathway – Dietetic Referral Webinar

Monday 22nd April 2024

**Working together  
for a healthier future**



# Topics Covered

- Care Home Malnutrition Management Pathway
- Appropriate and inappropriate dietetic referrals
- Contact details for advice and guidance
- Resources and guidelines



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# 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. Care Home responsibilities. Management of malnutrition linked to MUST score including Nutrition Plans.
2. Pathway for Dietetic referral – including referral details.



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### Identifying Malnutrition

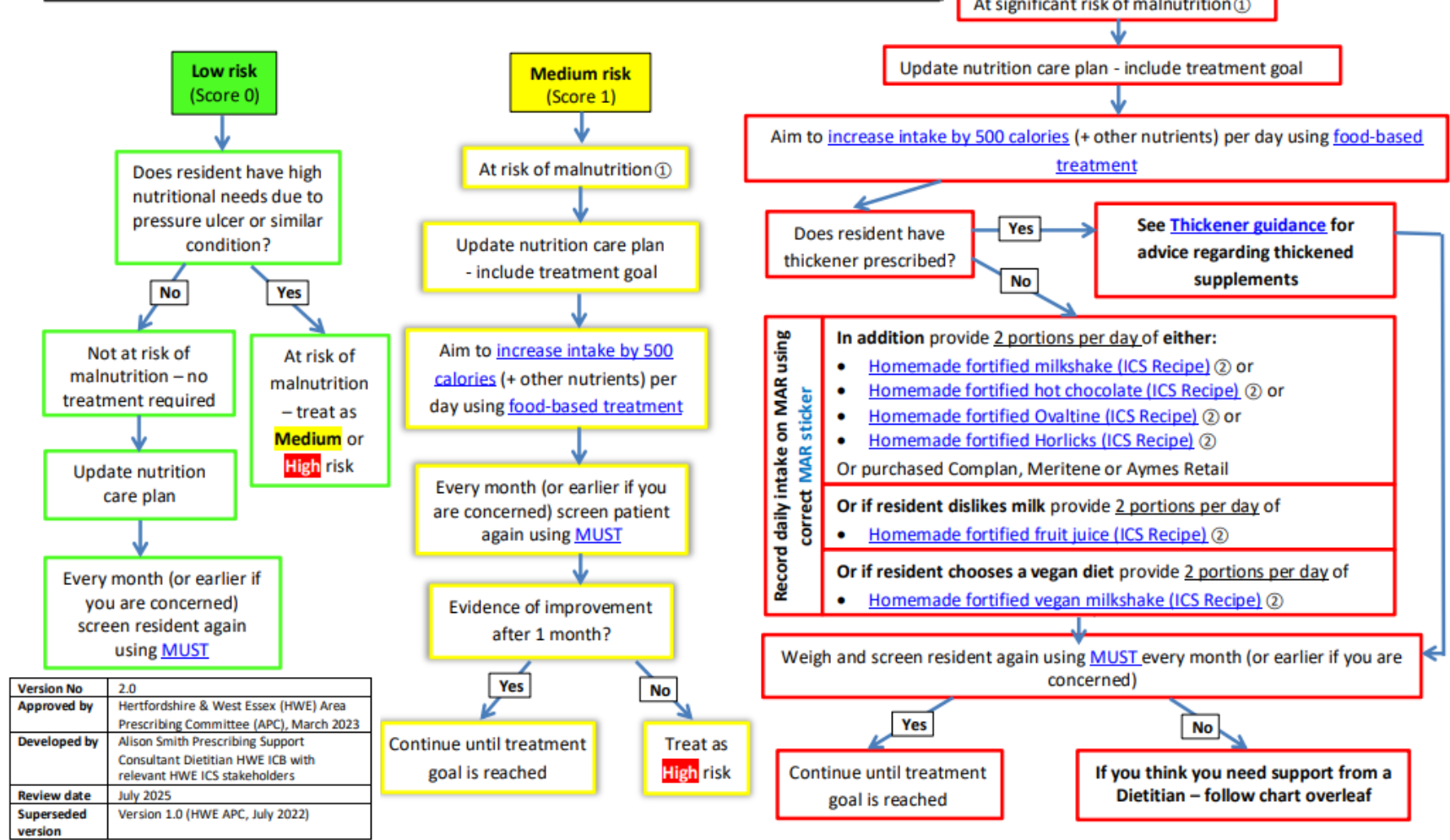
Weigh and screen every resident using 'MUST' monthly (or earlier if you are concerned)

### Treating Malnutrition

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

## 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](#)



Version No	2.0
Approved by	Hertfordshire & West Essex (HWE) Area Prescribing Committee (APC), March 2023
Developed by	Alison Smith Prescribing Support Consultant Dietitian HWE ICB with relevant HWE ICS stakeholders
Review date	July 2025
Superseded version	Version 1.0 (HWE APC, July 2022)



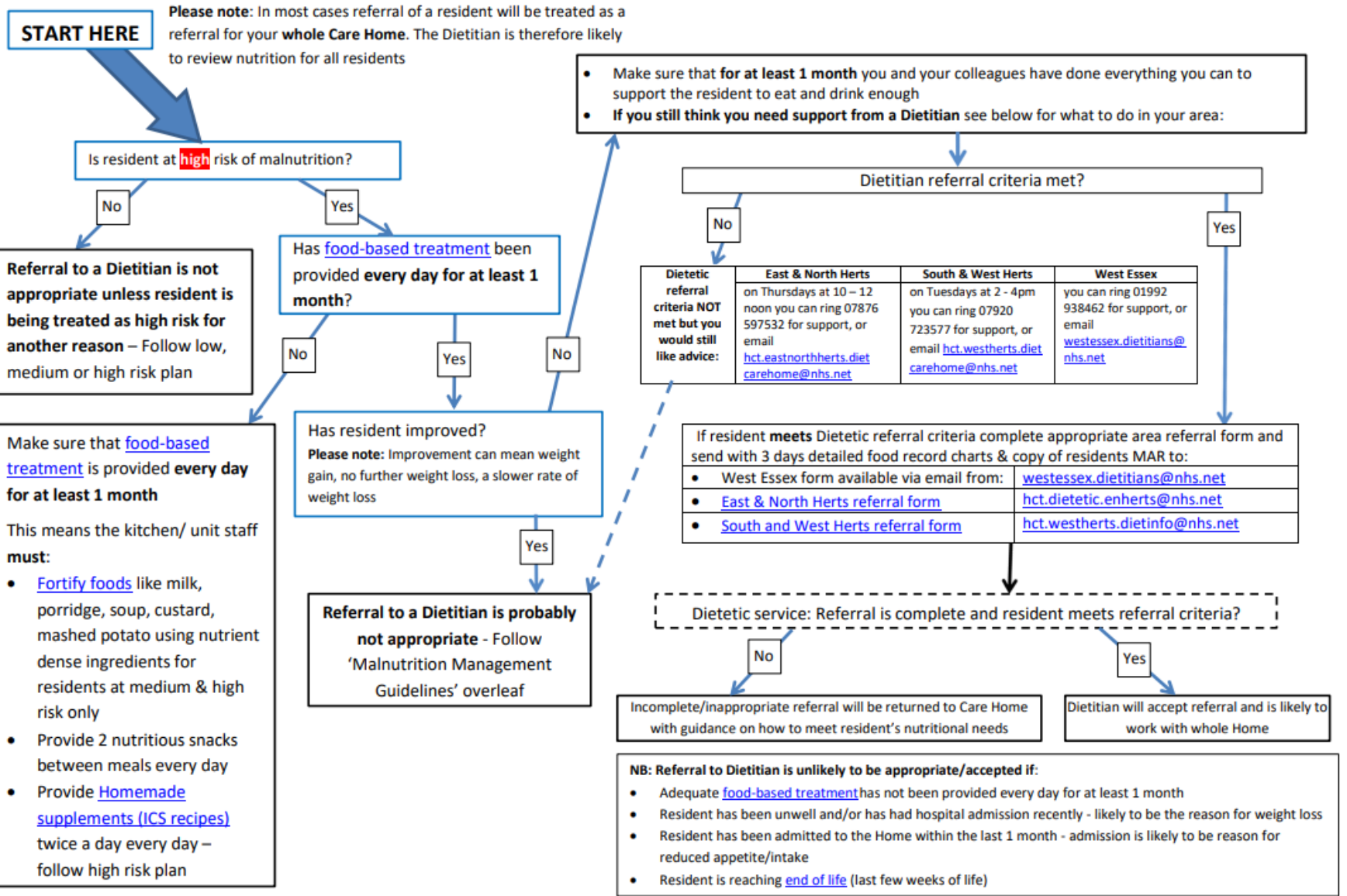
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# Care Home malnutrition management pathway -

## 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



[Care Home Managing Malnutrition Pathway](#)



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# What should care homes do?

The pathway details the steps you need to take if a resident is at risk of malnutrition.

## MUST of 1:

- Aim to increase intake by 500 calories (+ other nutrients) per day using food-based treatment

[Patient/carer information: Eating well—Quick guide](#)

## MUST of 2:

- Aim to increase intake by 500 calories (+ other nutrients) per day using food-based treatment

AND

- Offer 2 homemade fortified drinks a day as per ICB recipes (links on the [Care Home Managing Malnutrition Pathway](#)). Please ensure guidance is followed for residents on thickened fluids. [Thickeners & thickened ONS guidance](#)



# General guidance

- Care homes should continue to monitor the resident's general condition including skin, bowels, MUST screening, weight, food intake and change in appetite.
- Provide food and drink that the resident prefers of the appropriate texture; with the aim of optimising nutritional status.
- Encourage and assist with food and drink.
- Follow the ICB care home malnutrition management pathway



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# Dietetic support

When needing further advice, the dietitians can support you with advice, guidance and training; focusing on a whole home approach to treat malnutrition.

	EN Herts	SW Herts	West Essex
Referral criteria not met but would like advice	Thursdays at 10 – 12 noon you can ring 07876 597532 for support, or email <a href="mailto:hct.eastnorthherts.dietcarehome@nhs.net">hct.eastnorthherts.dietcarehome@nhs.net</a>	Tuesdays at 2 - 4pm you can ring 07920 723577 for support, or email <a href="mailto:hct.westherts.dietcarehome@nhs.net">hct.westherts.dietcarehome@nhs.net</a>	You can ring 01992 938462 for support, or email <a href="mailto:westessex.dietitians@nhs.net">westessex.dietitians@nhs.net</a>
Referral Form	<a href="#">Nutrition &amp; Dietetics Referral Form - East &amp; North</a>	<a href="#">Nutrition &amp; Dietetics Referral Form - South &amp; West</a>	Available from: <a href="mailto:westessex.dietitians@nhs.net">westessex.dietitians@nhs.net</a>
Email to submit referral form	Electronic referral form therefore no emails of forms are accepted	Electronic referral form therefore no emails of forms are accepted	<a href="mailto:epunft.carecoordinationcentre.west.2023@nhs.net">epunft.carecoordinationcentre.west.2023@nhs.net</a>



## Examples of appropriate dietetic referrals:

- Resident at high risk and with dysphagia and thickener prescribed
- Resident on tube feeding. Will require referral to local home enteral tube feeding service.
- Rare and rapid neurological conditions e.g. Motor Neurone Disease, Progressive Supranuclear Palsy
- If unsure, check local referral forms and contact the relevant team for further advice



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## Referrals for end of life

- Patients in the last year of life but not imminently dying are appropriate to refer if the resident meets referral guidelines.
- Referral to a dietitian when a patient is at the very end of life (last few weeks/days) is unlikely to be appropriate. The input of the dietitian cannot change the outcome for the patient.
- Please refer to end of life ICB guidance:
  - [Position statement - ONS & end of life](#)
  - [Carer information: Eating and drinking at end of life](#)



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# Summary

- Follow Care Home Malnutrition Management Pathway
- Know who and where to contact when you need help
- Use the following supporting resources and guidelines



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# Adult ONS & Nutrition Support Guidance

- [Adult ONS in primary care - Quick Guide](#)
- [Care Home Managing Malnutrition Pathway](#)
- [Care homes & ONS - Relatives and friends information](#)
- [Carer information: Eating and drinking at end of life](#)
- [Patient/carer information: Eating well—Quick guide](#)
- [Patient/carer information: Eating well for small appetites](#)
- [Care Home information: Fortifying food](#)
- [Patient /care information: Homemade supplements](#)
- [Position Statement: Dessert Style Oral Nutritional Supplements \(ONS\)](#)
- [Position statement - ONS & end of life](#)
- [Position statement - Prescribed nutritional products](#)
- [Position statement - ONS & care homes](#)
- [Thickeners & thickened ONS guidance](#)

Hertfordshire and West Essex ICB  
Prescribing, Policies and Pathways

Home > All Clinical Areas & Documents > Nutrition & Hydration

**Find clinical documents**

search (or leave blank for all documents) **Search**

or

Nutrition & Hydration **Browse**

**Document type:**

- Clinical pathways
- Patient information
- Position statement
- Prescribing guideline

**RAG rating:** ⓘ

- Double Red
- n/a

**Place:**

- Hertfordshire and West Essex ICB

Medicine / Guideline	Indication	RAG rating	Document type	Place
Adult ONS in primary care - Quick guide	Nutrition support - Malnutrition	n/a	Prescribing guideline	Hertfordshire and West Essex ICB
Care home malnutrition management pathway	Nutrition support - Malnutrition	n/a	Clinical pathways	Hertfordshire and West Essex ICB
Care homes - Fortifying food	Nutrition support - Malnutrition	n/a	Patient information	Hertfordshire and West Essex ICB
Care homes & ONS - Relatives and friends information	Nutrition Support - Malnutrition	n/a	Patient information	Hertfordshire and West Essex ICB
	Nutrition support - End		Patient	Hertfordshire and West



# Nutrition and Hydration Study Session For Older People Care Home Managers and Compliance Leads

Date: Monday 13<sup>th</sup> May  
Location: Robertson House Stevenage  
Time: 9.30-12:30

This session is focused on building knowledge and understanding on the day-to-day care of nutrition and hydration to provide clear expectations of standards for care teams and how to embed these to ensure quality care is achieved.

Topics will be linked to local guidance/ monitoring and CQC standards and does include presentations from local teams and specialists.

Sessions are focused at managers, leaders and compliance leads across our adult care providers who play a key part in disseminating best practice and oversee governance processes.



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Importance of activities of daily living- Enabling people- Active care over passive care.

## Malnutrition

- What and Why is malnutrition a challenge? (Reference CQC Regulation
- Identifying – Screening MUST- Include challenges such as digital systems
- Management- Three levels of risk from pathway include and roles and responsibilities
- Prescribing
- Local Support and how to access

## Hydration

- Importance to Health and Wellbeing
- Roles and Responsibilities
- Challenges including fluid monitoring, fluid charts, urine charts
- Myth Busting different ways to hydrate?

## Supporting Choice-

Adjustments based on cultural and dietary needs

## Oral Health

- Smiling Matters CQC Guidance
- What is the effect on oral health on nutrition and hydration?

Regulation and Monitoring- What is required and how to evidence

# HPCA Resource Library



## SAFEGUARDING & CAPACITY

The Hertfordshire Safeguarding Adults Board (HSAB) is responsible for the safeguarding of adults with support and care needs in the County.



## MEDICATION

Utilise the HCPA Medication page for Care Homes and Community Services in Hertfordshire.



## ADULT DISABILITY & MENTAL HEALTH

Utilise the Adult Disability and Mental Health members zone area to tap in to a wide variety of resources and guidance to help you to best care for the individuals you support.



## INFECTION PREVENTION & CONTROL

Find information on all things IPC including links to up-to-date guidance, posters for your organisation and audits and competencies to use.



## SUPPORT PLANNING & RECORDING

Involving people in decisions about their care is intrinsic to the principles of the MCA and should be evident in every care and support plan.



## HEALTH & WELLBEING

Utilise the HCPA Health and Wellbeing page to tap into a wide variety of resources and guidance to help you to best care for the individuals you support.



## RUNNING YOUR CARE BUSINESS

At HCPA, as well as supporting you with the care elements of your business, we are also here to support you with the operational, financial and safety elements of your organisation.



## TECHNOLOGY & EQUIPMENT

Up to date information on data protection & electronic care planning including apps & devices.



## REGULATION & INSPECTIONS

From 1st August 2016 onwards, all organisations that provide NHS care and / or publicly funded adult social care are legally required to follow the Accessible Information Standard.



## EVENT RESOURCES

Each year at HCPA, we run a series of informative events for our members. These include Networking Events, Forums, Study Days and more. Please utilise this section to find resources from previous events such as recordings and presentation slides.



## PREVENTION AND ENABLEMENT

Our Stop Falls website shares the most effective methods to help reduce falls. Beginning with a multi-factorial risk assessment and common risk factors such as medication, to the importance of exercise, what to do in the event of a fall and a selection of other



## TRAIN THE TRAINER/CHAMPIONS

Coming soon!



Scan to Access Zone

[Health & Wellbeing – HCPA](#)- Quick link for Nutrition



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# Essex Provider Hub

## Provider Hub - Quick Links



**RideLondon-Essex  
2024 - Plan Ahead**



**ASC Market Shaping**



**News & Events**



**Recruitment,  
Retention &  
Wellbeing**



**Domiciliary Care Hub**



**Older People  
Accommodation  
Services Hub**



**Adults with  
Disabilities Hub**



**Contacts**



**Children's Services**



**Sign up to our email  
communications**

[Provider Hub | Provider Hub | Essex  
\(essexproviderhub.org\)](https://essexproviderhub.org)



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# THE HCPA CARE PROVIDER HUB PROVIDING PEACE OF MIND.....



ASK us anything! We are your support service, here to answer your questions on all topics Adult Social Care related.

- Govt guidance, laws, standards and expectation.
- Covid: PPE, vaccinations and infection control.
- Liaison with Hertfordshire County Council.
- Funding, contracting and commissioning.
- Staff wellbeing and recognition.
- HR, Staffing and recruitment.
- Training and education.
- Business continuity.
- Data protection.
- Monitoring.
- Equipment.
- Insurance.

**Your hub, your support service.....**

**01707 708108 / [assistance@hcpa.co.uk](mailto:assistance@hcpa.co.uk) (Mon to Fri - 9am to 5pm). [www.hcpa.info/hub](http://www.hcpa.info/hub)**

HCPA: 'Sharing best practice in care through partnership'







## HCPA e-news

*Stay up to date with HCPA e-news*

- ***Commissioning opportunities and tender information***
- ***Education and support for regulation and inspection***
  - ***Changes to national / guidance***
  - ***Local alerts***

***ANYONE can subscribe at [www.hcpa.info/news](http://www.hcpa.info/news)***

# Hertfordshire Care Provider Support Service Directory

[HCPA Provider Hub](#)

[HCPA Members Zone](#)

Download our Care Home Directory poster which displays key contact information for services [East & North](#) [South &](#)



Below you can search our **Support Services Directory** by viewing all services, filtering by criteria, or searching for a keyword.

[View all services](#) ↓

[Filter By](#)



Search services

[Search](#)

[Support Service Directory - HCPA](#)

# Questions?



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