

Medium to high risk of malnutrition management in care homes (MUST Score: 1, 2 or 2+)



This is a quick guide on some strategies of how to manage malnutrition when first identified ('food first' approach). It can be used as a bedside poster or inserted in a resident's bedside folder as a reminder for all staff.

Ensure close monitoring

- ✓ Provide with assistance during meals
- ✓ Commence a food and fluid chart
- ✓ Commence weekly weights

| Amount of portion eaten | | | |
|-------------------------|-------------|-----|-----|
| Nil | 1/4 or less | 1/2 | 3/4 |
| | | ✓ | |
| ✓ | | | |

Encourage extra snacks

- ✓ Full fat yoghurt, custard (**all textures** including puree)
- ✓ Rice pudding/soft cake (**normal** and **soft texture**)
- ✓ Biscuits/sandwiches (**normal texture only**)



Food fortification e.g. adding extra cream/protein powder*

- ✓ Add **1-2 tbsp** of **cream** to milky porridge/cereal and soup, milky drinks and puddings.
- ✓ Add **1-2 tbsp** of **milk powder** to milky porridge/cereal and soup, milky drinks and puddings.

*Ask your chef to provide these products for additional fortification

Encourage 2 nourishing drinks a day

- ✓ Ovaltine/hot chocolate
- ✓ Homemade smoothie
- ✓ Glass of fortified milk**

**Ask 2 tsp of milk powder to 200ml of full fat milk

