Management of Nutrition in Long Term Care

Criteria
- 5% wt. loss in last 30 days
- 10% wt. loss in last 180 days
- Observed with warning sign(s)

Exclusions
- Palliative care
- End of Life care

YES

Calibrate Scale and reweigh

Consider Underlying Cause(s) - Assess/Screen
- Depression
- Functional Limitations
- Cultural/ethnic preferences
- Environment
- Pain
- Fecal Impaction
- Food Texture
- Hydration Intake
- Oral/Dental Issues
- Swallowing Difficulties
- Medication(s)

Place on Weight Management Program

Checklist for Nurse to provide to Physician
- Temperature
- Constipation
- Therapy Screen
- Mood/Behavior
- Food/fluid intake
- Fecal Impaction
- S/S Infection - UTI, URI, GI
- Skin condition
- Swallowing prob.
- Drug List
- Vomiting/Nausea
- Indigestion
- Recent Lab values

Inform Physician and Dietitian

Food Considerations
- Stop Therapeutic diet
- Food preferences
- Food consistency changes based on assessed needs
- Ethnic, religious, cultural customs considered
- Offer meal substitutes
- Food served at proper temp
- Food seasoned
- Medications not given at meals
- Supplements not given at meals
- Other: Taste/sensory changes
- Motor agitation, tremors

Environmental Considerations
- Surroundings quiet & calm
- Positive dining room atmosphere
- Well lighted
- Caregivers are friendly & polite
- Dining room service not rushed
- Staff directs conversation to residents at meal time
- Prompt service and assistance
- Compatible table companions
- Residents are happy with the meals and the meal service
- Ill fitting dentures, missing teeth

Obtain Orders and Adjust Care Plan

If continued decreased in weight, notify physician & family AND consider other treatment options