



WARNING SIGNS *The following are some signs a resident may have problems with WEIGHT LOSS.*

- f* Needs help to eat or drink
- f* Eats less than half of meals and snacks served
- f* Has mouth pain
- f* Has dentures that do not fit
- f* Has a hard time chewing or swallowing
- f* Is sad, or cries, or withdraws from family, staff or other residents
- f* Is confused, or wanders or paces
- f* Has diabetes, COPD, cancer, HIV, or other chronic illness

Action Steps On Back



ACTION STEPS *Below is a list of steps a Nurse Assistant can do to help a resident improve.*

- f* Report to the nurse & dietician what warning signs you saw
- f* Encourage the resident to eat and drink
- f* Ask the resident what kind of food and drink they like
- f* Help the resident with eating or drinking if they need can not feed themselves
- f* Allow the resident time to finish eating
- f* Provide oral care before they meal
- f* Help the resident with their tray and opening items
- f* Position the resident correctly for eating
- f* Report to the nurse, if the resident has trouble using utensils
- f* Record/write down how much the resident ate and drank



ACTION STEPS *Below is a list of steps other Members of Interdisciplinary Care Team can do to help a resident with WEIGHT LOSS improve.*

- f* Monitor the weight
- f* Provide higher calorie food, beverages or oral Supplements
- f* Give high calorie liquids with medications
- f* Increase fluids into the resident's meal plan
- f* Ask resident/family about food preferences
- f* Reassess dietary restrictions
- f* Modify food texture or temp. to increase intake
- f* Add fluid and snacks during activities
- f* Consider medications affecting poor intake
- f* Assess for dental problems

**ACTION CONTINUED
STEPS**

- f* Check for advance directives regarding Artificial Nutrition and Hydration. Assist to develop if needed
- f* Consider medications to improve mood, appetite
- f* Consider artificial nutrition/hydration if in accordance with advance directives