Somerset NHS Foundation Trust

Nutrition Support Care Plan

for Residents in Care Homes



This booklet, the MUST care pathway for care homes in Somerset and resources to support this booklet are available on our website: <u>https://www.somersetft.nhs.uk/dietetics/information-for-care-homes/</u>

NHS number:



Name of resident: Date of birth: /

Malnutrition assessment:

1. Ir	nitial assessment of	malnutrition risk
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1

Date:	Weight:	Kg	MUST score	:) (Ma	ximum	of 4)
2. Inform caterin supplements	ng of residents nu	utritional	needs and pro	vision o	f hom	emade	
Catering signatur		Date:	1	1			
Key Worker Signa	ature			Date:	1	1	



Malnutrition Action Plan: Follow this if resident has a MUST score of 1 or more **Steps 1-3:** Follow actions of **Food First Action Plan** detailed on the next page

Step 4: Complete the mandatory **Food First Prescription Chart** to evidence the actions you are taking. You will need to download from our website or photocopy x 8.

Step 5: After 1 month reassess weight and MUST score and continue with current food first actions

Date:	Weight:	Kg	MUST score:	(Maximum of 4)

Step 6: After 2 months reassess weight and MUST score

Date:	Weight:	Kg	MUST score:	(Maximum of 4)
		5		



What you should do next

If there is evidence of improvement e.g. weight gain, weight stable (a variation of 5% is normal) or slowing of weight loss - continue to follow the food first action plan, as per the **MUST Care Pathway for Care Homes in Somerset**, reassessing weight and MUST score monthly. If your resident has a MUST score of 2 or more and they have lost further weight (more than 5%) then consider referral to the community dietitian for an assessment and further support. Complete the **Community Dietetic Referral** Form for Care Homes and email to <u>DieteticsReferrals@SomersetFT.nhs.uk</u> . You will need to attach the Weekly Food First Prescription Charts (x 4-8) to the referral.

If you are unsure about anything in this booklet please contact Somerset Community Dietitians Department on Tel: 01278 447407



Food First Action Plan



If your resident is on a texture-modified diet then please choose appropriate options or modify according to individual requirements.

Add a 50kcal food topper to each dish

Aim for **five** toppers each day

- 1 heaped teaspoon of butter
- 1 dessert spoon of oil
- 1 level tablespoon of double cream
- 1 heaped teaspoon of mayonnaise
- 1 heaped teaspoon of cream cheese
- ¹/₂ oz/12g of cheddar cheese (approx. ¹/₂ small matchbox size)
- 2 heaped teaspoons of sugar
- 1 level tablespoon of honey/golden syrup
- 1 heaped tablespoon of dried milk powder

Offer two snacks each day (containing at least 150kcal)

Step 2

Step 1

Butter

CREAM



Step 3

- 1 small pot of full fat creamy yoghurt or custard (see fortified yoghurt recipe enclosed) *
- 2 crackers and 30g cheese*
- 1 Large banana or ½ tin of fruit, whole, sliced or mashed with 2 tablespoons double cream or condensed milk
- Slice of cake or fruit malt loaf with butter
- 1 $\frac{1}{2}$ heaped tablespoons of sultanas/raisins
- A small handful of nuts*
- 1 mini pork pie*
- 2 digestive biscuits
- 1 slice wholemeal bread with 1 tablespoon peanut butter*



Offer two homemade supplements each day

- See home made supplement recipes enclosed
- Homemade supplements can provide a similar nutritional content to prescribed drinks and they can taste better too! Most prescribed nutritional supplements provide approximately 300kcal each. Homemade supplements may provide more calories and be more palatable to residents
- If your resident does not tolerate the Fortified Milkshake (the most nutritionally complete and preferred option), offer the juice or low volume alternatives instead.
- Alternatively the catering team may wish to purchase Complan®, Meritene® or Aymes Retail® milkshakes



Homemade Supplements



Always offer the most nutritionally complete choice first (Fortified Milkshake). The recipes below are listed in order of their nutritional content with the Fortified Milkshake being the most nutritionally complete and the Fortified Cream Shot being the least nutritionally complete. Further recipes can be found on our website: <u>https://www.somersetft.nhs.uk/dietetics/information-for-care-homes/resources-for-care-homes/homemade-supplement-recipes/</u>



Thicken with prescribed thickener if necessary to suit individual needs. For further guidance on texture modified diets visit the IDDSI website <u>www.iddsi.org</u>, alternatively seek dietetic advice.

Fortified Milkshake* - Makes one serving

Offer 2 x 220ml milkshakes each day (the most nutritionally complete choice)

Ingredients

- 180ml (1/3rd pint) full fat milk
- 30g (2 heaped tablespoons) skimmed milk powder
- 20g (4 heaped tablespoons) vitamin fortified powder e.g. Nesquik, Morrisons Milkshake Mix, Asda Milkshake Mix or Lidl Goody Cao OR

25g (5 heaped teaspoons) of 'Ovaltine Original Add Milk' powder OR

25g (5 heaped teaspoons) of 'Horlicks Malted Food Drink' powder

Directions

Mix milk powder and milkshake powder together in a glass. Gradually mix in milk and stir well. 220ml serving provides at least 305 calories and 17g protein

Fortified Fruit Juice* - Makes one serving Offer 2 x 220ml Fortified Fruit Juice to those who do not like or tolerate milky drinks

Ingredients

- 180ml fruit juice if possible fruit juice with added vitamins e.g. 'Vitafit' (Lidl) or 'Tropicana Multivitamins Juice'
- 40ml undiluted high juice squash or cordial (avoid sugar free/diet/no added sugar versions)
- 10g (2 x 5g sachets) egg white powder (available in supermarket baking aisles or larger, better value packs may be purchased online)

Directions

Put egg white powder into a glass. Gradually mix in undiluted cordial or squash (do not whisk). When mixed, gradually mix in fruit juice.

Flavour combinations

- High juice blackcurrant + cranberry juice
- High juice orange squash + pineapple juice
- High juice cranberry squash + apple juice
- Elderflower cordial e.g. Belvoir or Bottlegreen + apple juice

220ml serving provides at least 182 calories and 8.4g protein

*Recipes reproduced with kind permission from Alison Smith, Herts Valleys CCG



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Page 4 of 5 Booklet adapted with kind permission from Hampshire Hospital NHS Foundation Trust - updated March 2021

Homemade Supplements – Low Volume Recipes

These recipes are for those who would not manage 2 x 220ml supplements a day

Fortified Yoghurt - Makes one serving Offer 2 x 125ml Fortified yoghurts each day

Ingredients

- 100ml Greek style full fat yoghurt
- 15g skimmed milk powder

Directions

Make a paste by adding cream to milk powder until smooth. Slowly add yoghurt.

> Fortified Lemon Cream Pudding* - Makes three servings Offer 1 x 100ml serving of a low volume pudding each day

Ingredients

- 300ml double cream
- 70g caster sugar

Directions

Put cream and milk powder in a saucepan. Gently heat until milk powder has dissolved. Add sugar. Bring to the boil and boil for 3 minutes. Thoroughly mix in lemon juice to taste. Pour into three small dessert bowls and chill. Will keep (covered) in fridge for 3 days.

> Fortified Chocolate Caramel Cream Pudding* - Makes three servings Offer 1 x 80ml serving of a low volume pudding each day

Ingredients

- 150ml double cream
- 30g skimmed milk powder
- 30ml full fat milk

Directions

Put cream, milk and milk powder in a saucepan. Gently heat until milk powder has dissolved. Add finely chopped chocolate bars. Heat gently, stirring all the time, until chocolate bars have completely melted. Pour into three small

dessert bowls and chill. Mixture will keep (covered) in fridge for 3 days.

Fortified Cream Shot - Makes six servings Offer 3 x 40ml servings of a low volume shot each day

Ingredients

- 150ml double cream
- 50ml full fat milk •

Directions

Make a paste by adding a little cream to the sugar and milk powder until smooth. Slowly add remaining cream and milk.

*Recipes reproduced with kind permission from Alison Smith, Herts Valleys CCG

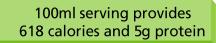
• Juice of 1-2 lemons

• 15ml double cream

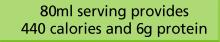
• 30g skimmed milk powder

• 2 x standard size (approx. 50g) Mars Bars or similar nougat-

caramel chocolate bars



125ml serving provides



40ml serving provides 185 calories and 2g protein









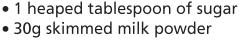


















Weekly Food First Prescription Chart

Please refer to the Food First Action Plan for supporting nutritional information **Residents Name:** Week starting (Insert Date):

						Please Initial when given						
Chef aware Yes / No	Time		Topper/snack/drink given : give a specific description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
50Kcal food topper Add one to each dish e.g.	Breakfast	Main										
with breakfast, lunch	Lunch	Main										
main, lunch pudding,	Lunch	Pudding								ļ		
evening main and	Supper	Main								<u> </u>		
evening pudding		Pudding										
Extra snacks	Mid- morning											
Offer two 150Kcal snacks in addition to usual daily	Mid- afternoon											
intake	Evening											
	Mid-											
Nourishing Drinks	morning											
Offer two homemade supplements in addition	Mid- afternoon											
to usual daily intake	Evening											