

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:

<https://www.somersetft.nhs.uk/dietetics/information-for-care-homes/>



Name of resident:

NHS number:

Date of birth: / /



Malnutrition assessment:

1. Initial assessment of malnutrition risk

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

2. Inform catering of residents nutritional needs and provision of homemade supplements

Catering signature _____ Date: / /

Key Worker Signature _____ Date: / /

MAKE PLAN



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)



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 DieteticsReferrals@SomersetFT.nhs.uk. 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.

Step 1



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
- ½ oz/12g of cheddar cheese (approx. ½ small matchbox size)
- 2 heaped teaspoons of sugar
- 1 level tablespoon of honey/golden syrup
- 1 heaped tablespoon of dried milk powder

Step 2



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

- 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 ½ 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*



Step 3



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:

<https://www.somersetft.nhs.uk/dietetics/information-for-care-homes/resources-for-care-homes/homemade-supplement-recipes/>



Thicken with prescribed thickener if necessary to suit individual needs. For further guidance on texture modified diets visit the IDDSI website www.iddsi.org, 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

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
- 15ml double cream
- 15g skimmed milk powder



Directions

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

125ml serving provides
250 calories and 11g protein

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

Ingredients

- 300ml double cream
- Juice of 1-2 lemons
- 70g caster sugar
- 30g skimmed milk powder



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.

100ml serving provides
618 calories and 5g protein

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



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.

80ml serving provides
440 calories and 6g protein

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

Ingredients

- 150ml double cream
- 1 heaped tablespoon of sugar
- 50ml full fat milk
- 30g skimmed milk powder



Directions

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

40ml serving provides
185 calories and 2g protein

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



Weekly Food First Prescription Chart

Please refer to the Food First Action Plan for supporting nutritional information

Residents Name:

Week starting (Insert Date):

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