



Comprehensive Care

Think about the link

Optimising nutrition

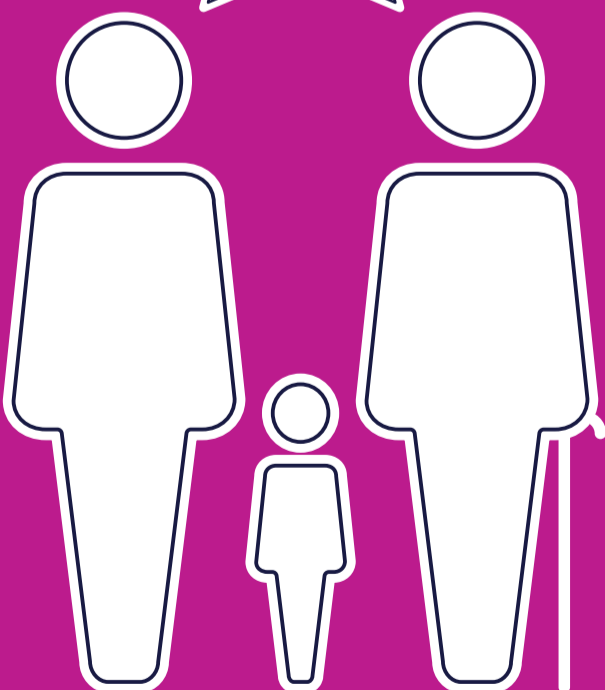
About nutrition

- 1 in 3 patients >65 years at Western Health are malnourished and 1 in 2 are at risk of becoming malnourished
- Patients at risk of poor nutrition need to be identified so that strategies can be implemented to reduce these risks
- Think about the link – nutritional status can impact risk of pressure injuries, falls and continence

How can I provide Comprehensive Care to optimise nutrition?

- Weigh your patients on admission and weekly
- Complete the malnutrition screening tool (MST) on admission, then weekly or if any change identified
- Be aware of your patients' food and fluid intake
- Ask your patients, carers and their families about meal preferences, eating habits and if any assistance is required
- Provide education and support to your patients, carers and their families
- Ask your patients, carers and their families what matters to them and work with them to develop goals to optimise nutrition
- If your patients require assistance with meals or have been identified at risk of malnutrition, consider referring them to the:
 - Volunteer Meal Assistance Program
 - Red Dome Program
 - Communal Dining Program

"Please ask what matters to us"



Where can I learn more about optimising nutrition?

- Refer to the malnutrition management page on the Western Health intranet
- Contact a nutrition nurse champion