# Management of Nutrition in Long Term Care

**Criteria**
- 5% wt. loss in last 30 days

OR
- 10% wt. loss in last 180 days

OR
- Observed with warning sign(s)

**Exclusions**
- Palliative care
- End of Life care

Calibrate Scale and reweigh

**YES**

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

**Implement Interventions (Ex)**
- Feeding Assist required
- Restorative dining program
- Provide snacks/fluids during activities
- Oral care prior to meals
- Change seating location in Dining room
- Therapy screening
- UPDATE CARE PLAN

Place on Weight Management Program

**Suggestions for Family**
- Visit at Meal Time
- Help Feed
- Review Food Preferences
- Discuss Advance Directives
- Discuss alternate food sources
- Discuss favorite foods or comfort foods

**DOCUMENTATION**

During the entire assessment, implementation of interventions, and communication with physician & family, Documentation supporting steps to manage nutrition problems must be found in the resident's clinical record including

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

Inform Physician and Dietitian

**Physician Considerations**
- Albumin
- CBC
- Creatinine
- H&H
- Bld Urea Nitrogen
- Serum Transerrin
- Cholesterol
- Consultant Dietitian
- Therapy eval
- Caloric dense foods
- Med pass supplement
- Appetite stimulant
- Artificial nutrition or hydration

**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

**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

Other:
- Taste/sensory changes
- Ill fitting dentures, missing teeth
- Motor agitation, tremors, wandering

Obtain Orders and Adjust Care Plan

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