



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

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

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

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

Action Steps Continued On Back

ACTION CONTINUED
STEPS

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