

Nutritional Resource Pack for Carers

This resource pack contains the following:

Managing Malnutrition: Advice For Carers:

This resource provides guidance on which services can assist with issues relating to eating and drinking. It will also guide you on how to refer to the dietitians via the GP.

MUAC (mid upper arm circumference):

This is an alternative measurement that can be completed when a service user is unable to be weighed, possibly due to poor mobility or if scales are unavailable.

Your Guide to Making the Most of Your Food:

This resource provides support when needing to increase a service users' eating and drinking. This can be implemented when a service users' is only eating and drinking small amounts, or they appear underweight.

Food record chart:

Start the food record chart when a service user is eating half or less of their meals on 2 or more days of the week. Or when they are regularly refusing meals. It is recommended that a minimum of 1 week is recorded on the chart. A food record chart can be completed by you the carer, or a family member. This is a chart that is kept in the service user home and in addition to the electronic records used by your agency.

If you have concerns, then refer back to the **Managing Malnutrition; Advice for Carers information**.

Always highlight any concerns about eating and drinking to your supervisor and / or the patients GP or family member.