







# approach in Care Homes

A practical guide for the treatment of malnutrition with everyday food and drinks







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### **Malnutrition Care Pathway for Care Home Individuals**

Calculate Malnutrition Universal Screening Tool (MUST) Score Referral to Care Home MDT Team if MUST score above 2

Assess any underlying causes of malnutrition e.g. ill-fitting dentures, poor swallow, difficulty feeding, medical condition, constipation and mental state etc.

Set target goals with individual, GP and Next of Kin if necessary and add to care plan.

Score 0 = Low Risk

Score 1 = Moderate Risk Score 2 = High Risk Score 3 or 4 = High Risk

No action necessary.

Continue to reassess MUST monthly Start food and fluid chart/care plan.

Start medium risk protocol (MRP) in addition to usual intake

1 pint of milk

2 nourishing drinks (see recipes in the Think Food Approach in Care Homes guide)

3 nourishing snacks

Start food and fluid chart/care plan
Start High Risk Protocol (HRP) in addition to
usual intake.

Request prescription for *Oral Nutritional*Supplement (ONS)

1 pint of milk (fortified)

2 nourishing drinks/2 small volume puddings (see recipes in the Think Food Approach in Care Homes guide)

3 nourishing snacks

Reassess MUST score monthly and document in individual's care plan

#### Low Risk

Refer to action plan above

#### **Moderate Risk**

Refer to action plan above and continue until MUST score = 0

#### High Risk

Refer to action plan above and continue until MUST score = 0

Recipes and food suggestions are included within this practical guide to enable implementation of a Think Food approach within your Care Home. Please note additional advice and guidance for individuals with diabetes can be found on pages 12 & 13 of the Think Food Approach in Care Homes guide.

Request a Prescription for ONS via the GP. Use the ONS Request and Monitoring Form if this is the preferred method of ordering by the GP practice. Choice of ONS should be directed by the current Net Formulary. Use Juice versions if milkshake style is not an option. If individual's weight has continued to decrease for 3 months despite interventions: GP to request community dietitian referral. See Referral Request form on page 17 of the Think Food Approach in Care Homes guide.

Continue to monitor MUST score in the care home after discontinuation of ONS

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Risk Assessment

Daily Action Plan







# Moderate/High RISK = 1 or 2

## Provides 800 calories and 25g protein per day

# think food - think how?

### 1 pint of milk

### 2 nourishing drinks

### 3 snacks

- Breakfast cereal and porridge
- Horlicks
- Hot chocolate
- Tea and coffee
- Drinks of milk

- Super milkshake recipes from page 8
- Horlicks with sugar/honey & cream
- Hot chocolate with sugar/honey and cream
- See Snack suggestions further on in document
- Or you can use small volume puddings

### Take steps 1, 2, 3 every day

pint of whole milk = 360 kcals and 18g protein OR 1 pint of semi-skimmed = 260 kcals and 18g protein

 $\frac{2}{2}$  nourishing drinks = approximately 200 – 250 kcals and 5g protein

nourishing snacks = approximately 300 kcals

### **Use Food Fortification to improve MUST score**







# $HIGH\ RISK = 3\ or\ 4$

## Provides 1500 kcals and 40g protein per day

# think food – think how?

#### 1 Pint of fortified milk

#### Use in:

- Breakfast cereal and porridge
- Horlicks
- Hot chocolate
- Tea and coffee
- **Super Shakes**

### 2 'Super shakes' OR 2 **Small volume puddings**

#### See page 8

- Super shake
- Yoghurt & berry smoothie
- Banana & peanut smoothie
- Fruit blast
- Yoghurt and berry

### 3 Snacks

See page 6 for snack suggestions

OR:

1 small volume puddings give as 2 x 50ml portions (see page 9 for recipe)

### Take steps 1, 2, 3 every day

Pint of fortified milk per day = 560 kcals and 38g protein

 $\sim$  'Super Shakes' or  $\sim$  small volume puddings = 800 – 1000 kcals and 10 – 40g protein

**3** Snacks = 300 kcals

# Request Oral Nutritional Supplements x 2 daily

(Refer to Net Formulary for current recommended products) Individual to be reviewed after 3 months











# **Fortifying Food**

# Additional calories can be easily added to meals using "toppers"

Extra toppings/additions	Add to			
1 level tablespoon of butter	Main course, soups, vegetables, starchy foods			
1 teaspoon of oil	Main course, soups, vegetables, starchy foods			
1 level tablespoon of double cream	Porridge, desserts, with cakes, with fruit			
½ level tablespoon of mayonnaise	Sandwiches, mash, vegetables			
½ heaped tablespoon of cream cheese	Sandwiches, mash, pasta, rice, soups, vegetables, omelettes, potatoes			
½ oz. of cheddar cheese	Mash, potatoes, soups, vegetables			
½ heaped tablespoon of sugar	Porridge, puddings, yoghurts, tinned or fresh fruit, milky drinks, in cups of tea or			
1 heaped teaspoon of honey/golden syrup	coffee throughout the day			
3 heaped teaspoons of skimmed milk powder	Milk, and therefore with cereals, in custard, white sauces, milk puddings, soups  See fortified milk recipe.			

Establish the individual's preference, document the goal in the care plan and record their actual intake.







100 Kcals per topper

# **Nourishing Snacks**

Top Tips!

- Snacks can be combined to provide 200 kcals in one go if the individual is able, e.g. a whole croissant or cheese and half a crumpet.
- You can provide your own snack. Check the calorie content on the package or work it out from the recipe (e.g. homemade cakes).

### **Fruit**

- 1 small banana
- 5 dried apricots
- 6 prunes
- 2-3 dates
- 1 heaped tablespoon of sultanas or raisins

### **Nuts**

- 1 small handful of peanuts
- 5 Brazil nuts
- 2-3 walnuts
- 7 almonds
- 1 small handful of cashew nuts

### **Dairy**

- 1 scoop of ice cream
- 1 pot of full fat/creamy yoghurt
- 1 medium slice of cheese
- 30mls of condensed milk
- 1 small volume pudding page 9. Give as 2 x 50mls snacks

### **Savoury**

- 1 small bag of crisps
- 2 tablespoons of hummus
- ½ a crumpet and butter
- 1 small sausage roll

### **Confectionary**

- 1/3 of a standard Mars bar
- 5 jelly babies
- 3 squares of milk chocolate
- 2 Kit Kat fingers
- 1 fudge bar

### **Biscuits / cakes**

- 2 digestives
- 1 chocolate caramel digestive
- 2 custard creams
- 2 bourbons
- ½ croissant
- 1 jam tart

Establish the individual's preference, <u>document</u> the goal in the care plan and record the actual intake.

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# Think Food Options for a Puree Diet - level 4 Use as snack ideas or as part of a pureed meal

### **Enriched Greek-Style Yogurt**

150grams smooth Greek-Style yogurt

1 tablespoon skimmed milk powder (mix in well)

Calories: 230 kcals Protein: 11 grams

Stir in:

2 teaspoons of honey = +100 kcal 2 teaspoons smooth jam (no bits) = +100 kcal

Golden syrup 2 teaspoons = +100 kcal

### **Bananas and Custard**

1 small ripe banana – mashed well with no lumps (sieve if required)

150grams full fat custard (can make up from powder with whole milk and additional sugar if preferred) 1 tablespoon skimmed milk powder (mix in well)

Calories: 295 kcals Protein: 10 grams

### **Enriched Delight**

Instant whip (15grams based on 4 servings per sachet)

Make with 100ml fortified milk per 15grams

Calories: 208 kcals Protein: 10 grams

### **Cheesy Mash**

120grams instant mashed potato

Stir the following items in: 50mls fortified milk 10grams/one 'pat' butter 30grams full fat soft cheese

Calories: 270 kcals Protein: 7 grams

Pots of thick and creamy yoghurt (no bits), chocolate/fruit mousse or egg custard with the pastry removed are other snack options but slightly lower in calories and protein. Encourage a little and often intake with three snacks per day.







## Milkshake and Smoothie Recipe

# Top Tip: Give as 100mls 4 times per day

190 – 500 Kcals per drink

### **Super Shake**

200mls full fat milk 1 large scoop of ice cream 30g skimmed milk powder 20g of milkshake powder

> Calories: 390 kcals Protein: 20g

#### **Fruit Blast**

100mls fresh fruit juice 100mls lemonade 1 scoop ice – cream 1 tablespoon Sugar

Calories: 273 – 387 kcals Protein: 0.5 – 2.5g

### **Yoghurt & Berry Smoothie (1)**

150mls full fat milk
1 pot (150mls) full fat fruit yoghurt
4 tsp milk powder (semi skimmed)
1 banana
1 handful of 2 berries (strawberries, raspberries, blueberries, blackberries)
1 tsp honey/sugar

Calories: 410 kcals
Protein: 22g

### **Yoghurt & Berry Smoothie (2)**

Small pot of Greek yoghurt

1 handful of frozen berries

1 small banana

150mls of full fat milk

Calories: 395-513 kcals Protein: 15g

### **Fruit Boost**

150mls orange juice 50mls pineapple juice 1 banana 1 handful strawberries 1 handful raspberries

Calories: 190 kcals Protein: 3g

# Banana and Peanut Butter Smoothie

150mls full fat milk
1 large scoop ice cream
30g skimmed milk powder
1 banana
1 tbsp peanut butter
1 tsp honey/sugar

Calories: 490 kcals Protein: 19g







# Small Volume Pudding Recipes (for individuals with very small appetites)

200 Kcals extra/pint

### **Fortified Lemon Cream**

# Suitable for those managing small volumes of food and fluids. Can give as 2 x 50ml portions as snacks

### Ingredients – for three portions (3 x 100ml)

- 300ml double cream
- 70g caster sugar
- Juice of 1 − 1½ lemons
- 30g skimmed milk powder

#### **Directions**

- Put cream and milk powder in a small 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 3 small dessert bowls and chill.

Will keep (covered) in the fridge for 3 days.

Provides: 618 kcals, 5g of protein, 31.6g carbohydrate

### **Fortified Chocolate Caramel Cream**

# Suitable for those with very small appetites who would not manage 2 x 220mls drinks per day

#### Ingredients – for three portions (3 x 100)

- 150mls of double cream
- 30g skimmed milk powder
- 30mls full fat milk
- 2 x 50g caramel chocolate bar (e.g. mars bar or supermarket brand equivalent)

#### **Directions:**

- Put cream, milk and milk powder in a small saucepan. Gently heat until milk powder has dissolved.
- Add chopped caramel bars and heat gently, stirring all the time until chocolate bar has melted.
- Pour into 3 small dessert bowls and chill.

Will keep (covered) in the fridge for 3 days.

Provides: 440 kcals, 6g protein and 30.1g carbohydrate







# **Fortified Milk Recipe**

- 1. Take 4 tablespoons of dried milk powder
- 2. Add a small amount of full fat milk (blue top) from 1 pint of milk
- 3. Mix to a paste with no lumps
- 4. Add the remaining milk and stir well (Keep refrigerated and use within 24 hours)

1 pint of whole milk = 364 kcals, 18g protein

1 pint of fortified whole milk = 560 kcals, 38g protein

### **USE FORTIFIED MILK IN:**

Tea/coffee/milky drinks

Porridge

Custard

White sauce

Cereals

Mashed potatoes

1 cup of tea or coffee, no sugar, semi-skimmed milk:

15 kcals - 1g protein

1 cup of tea or coffee, 2 sugars, fortified milk:

75 kcals - 3.5g protein

3 cups of tea/coffee a day =

225 kcals and 10.5g protein







## Think food for Individuals with Diabetes

Food Fortification -Additional calories that can be easily added to meals

50 kcals per topper

Extra toppings/additions	Add to
1 level tablespoon of butter	Main course, soups, vegetables, starchy foods
1 teaspoon of oil	Main course, soups, vegetables, starchy foods
1 level tablespoon of double cream	Porridge, desserts, with cakes, with fruit
½ level tablespoon of mayonnaise	Sandwiches, mash, vegetables
½ heaped tablespoon of cream cheese	Sandwiches, mash, pasta, rice, soups, vegetables, omelettes, potatoes
½ oz of cheddar cheese	Mash, potatoes, soups, vegetables
3 heaped teaspoons of skimmed milk powder	Milk, and therefore cereals, in custard, white sauces, milk puddings, soups (see fortified milk recipe)

Establish the individual's preference, document the goal in the care plan and record the actual intake.







## Think food for individuals with Diabetes

Suitable snacks for individuals with diabetes

100 - 150 kcals per snack

### **Dairy**

1 scoop of ice cream
1 pot of full fat yoghurt
Medium slice of cheese
30mls of condensed milk
High protein yoghurt

### Nuts

1 small handful of peanuts
5 Brazil nuts
2 – 3 walnuts
7 almonds
1 small handful of cashew nuts

### Savoury

Bag of crisps
Crumpet
Mini pork pie
Small sausage roll
Crackers and cheese
Small sandwich
Toast and butter
Cheese scone with butter

### **Biscuits/cakes/breads and crackers**

Plain biscuits
Plain sponge cakes
Toast and butter
Crackers and butter
Small sandwich
Tea cake
Plain scone
Malt loaf
Crumpet
Pikelet

### Suitable bed-time snacks

200 – 300 mls of milk
Horlicks/hot chocolate
1 slice of toast
Breakfast cereal and milk
1 plain biscuit
1 cracker or crisp bread
1 packet of crisps
1 packet of rice cake snacks
1 rice cake

### Sample 'think food' menu for individuals with diabetes

**Breakfast:** Unsweetened porridge made with suitable milk option, add chopped banana or raisins plus a tablespoon of double cream

Snack: Glass of milk (suitable milk option) and toast and butter

Lunchtime: Fortify all elements of individual's cooked meal + fruit with double cream

**Snack:** Cup of tea with suitable milk and a slice of plain sponge cake

**Teatime**: Fortify all elements of individual's teatime meal + a full fat yoghurt **Before bed**: Cheese and biscuits with a cup of Horlicks made with suitable milk







### **Think Food Treatment Plan – worked example**

Benefits of using this template:

- You can record individual preferences.
- To monitor progress.
- Identifies an aim that all staff are aware of.
- You can provide the kitchen with a copy.
- All health care professionals clearly see an intervention.

Use the following template to record your intervention and put into your individual's care plan. See example provided on how to use this.

A treatment plan should be implemented and followed for a minimum of five days. If aims of intervention e.g. treatment goal not met, or there is a deterioration in the patient's intake/weight, please request dietitian input via patient's GP (see page 17 & 18).







Think food treatment plan (sample)						
Individual's name:		DOB:	NHS:			
Sample individual						
Date:	BMI: 16	MUST: 3	Weight: 45.9kg			

Aim of intervention to:

- 1. Prevent further weight loss
- 2. Aim for a MUST of 0 leading to discontinuation of ONS
- 3. Ensure continual monitoring to prevent future risk of malnutrition

### Plan to be implemented alongside usual dietary intake

	Q	uantity	Additional comments
Snacks	3		Can use the small volume
			recipes as snacks or full fat
			yoghurt. (see skimmed milk
			powder below).
Nourishing Drinks	2		Use the 1 pint of milk to make
			hot chocolate, Horlicks or
			Ovaltine as a bedtime drink.
Milk	At	least 1 pint	Use in all cereals and use to
			make up 2 nourishing drinks.
			See above.
Fortified milk			
Small volume puddings			
. 3			
Plan in individual's notes	Υ	N	
Think food recipes supplied to kitchen	Υ	N	
Daviani datai			

#### Review date:

Please complete referral form for request of Dietitian input. Referral requests are reviewed by the GP and onward referrals are sent to <a href="mailto:sth-tr.therapiesadminrsh@nhs.net">sth-tr.therapiesadminrsh@nhs.net</a>

Queries can be sent to <a href="mailto:sth-tr.communitydietitians@nhs.net">sth-tr.communitydietitians@nhs.net</a> Please note: referrals will not be accepted via this email address







## **Think Food Treatment Plan Template**

Individual's name:				DOB:	NHS:
Date:	ВМ	l:		MUST:	Weight:
Aim of intervention:	I				1 3
1					
2					
3					
Plan to be impleme	ente	ed alc	ngsio	de usual di	etary intake
	Qu	antity	Additi	onal commen	ts
Snacks					
SHACKS					
Nourishing Drinks					
Small volume puddings					
3-					
Milk					
Fortified milk					
Plan in individual's notes	Υ	N			
Think food recipes supplied to kitchen	Υ	N			
Review date:					







### **Care Home GP Referral Request Form- Community Dietitians**

Complete this form and send to the patient's GP for review and onward dietetic referral as appropriate

Page 1 of 2

Individual's details	
Name:	DOB: Age:
	Consent for referral gained? Y/N
NHS no:	Comments:
Care Home name and address:	GP name and address
Care Florite flame and address.	Gi fiame and address
Telephone number:	Telephone number:
Email address:	Email address:
Command mandination as	NA/-il
Current medications:	Weight:
	Height: BMI:
	MUST score:
	Usual weight:
Past medical history and primary diagnosis	Reason for referral request:
Trust medical history and primary diagnosis	Reason for referral request.
Has think food pathway been implemented in	
full:	
1 pint of milk	
2 nourishing drinks	
3 snacks	
Yes No (please circle)	
Details:	
Date of implementation?	
Additional comments:	<u> </u>
Additional comments.	
Form completed by:	Date:
Form completed by:	Date.







### Page 2 of 2: PLEASE COMPLETE THIS PART OF THE REFERRAL

### **Food Diary**

Individual's Name: NHS no:						
Days	Breakfast	Snack	Lunch	Snack	Teatime	Before bed
1						
Fluids						
2						
Fluids						
3						
Fluids						

Please send completed form to GP for review and onward referral to <a href="mailto:sth-tr.therapiesadminrsh@nhs.net">sth-tr.therapiesadminrsh@nhs.net</a> as appropriate.

Incomplete forms will be rejected.