

Nutrition and Hydration

AIM

To be able to support residents with their nutrition and hydration needs

DURATION

Half Day Course (3 Hours)

LEARNING OUTCOMES

By the end of this course, you will:

- Recognise the importance of good nutrition and hydration
- Know the latest facts and statistics surrounding nutrition & hydration
- Recognise the signs and symptoms of malnutrition
- Be aware of the causes of malnutrition
- Know how to calculate someone's BMI
- Know why you would need someone's MUST score
- Understand the 5 MUST steps to establish the correct Action Plan
- Be familiar with the 5 food groups
- Understand the philosophy behind the Eatwell Guide
- Be familiar with foods that should be avoided
- Recognise signs and symptoms of dehydration
- Be aware of strategies to maintain hydration
- Recognise common conditions that could affect nutrition
- Know your own and your employers responsibilities

LESSONS AND TOPICS

Importance of Good Nutrition and Hydration

- Importance of Good Nutrition & Hydration
- Facts & Statistics
- Nutritional Assessment and Intervention

Malnutrition

- Signs and Symptoms of Malnutrition
- Causes of Malnutrition
- Increased Nutritional Requirements

BMI

- How do we detect undernutrition?
- What is BMI?
- BMI Graph
- BMI Calculation
- BMI Limitations

MUST

- Introduction to MUST
- Step 1 - BMI
- Step 2 - Unplanned Weight Loss
- Step 3 - Acute Illness and No Nutritional Intake
- Step 4 - Add All Scores Together
- Step 5 - Develop Action Plan

Healthy Eating

- The Five Food Groups
- Starchy Carbohydrates
- Proteins
- Dairy and Alternatives
- Fruit and Vegetables
- Oils and Spreads
- Sweets and Treats

Hydration

- What is Dehydration?
- Symptoms of dehydration
- The risk of dehydration
- Why are the elderly more at risk of dehydration?
- Tips for keeping the elderly hydrated
- Social Occasions
- Hydration and Dementia

Nutritional Challenges

- Conditions affecting food & fluid intake
- End of Life Care
- Obesity
- Gluten Free Diets
- Mental Health and Nutrition
- Nutrition and Dementia
- Snacks

Roles and Responsibilities

- Carers Roles and Responsibilities
- Roles and responsibilities of Care Homes
- Responsibilities of the Kitchen Team