

8 Top Tips for Health & Social Care Professionals

1

Deliver excellent **CARE** by:

- Using MUST assessment tool to recognise and identify adults, who are malnourished or at risk of malnutrition (under nutrition).
- Using the MUST management guidelines – these can be used to develop a care plan in line with the patient's risk of malnutrition
- Recognising when overweight or obesity is affecting patient mobility or care.
- Reassess patients in line with management guidelines or as they move through care settings.
- Referring to Dietitian when identified in the MUST management guidelines or when overweight is affecting mobility or care
- Supporting a patients eating and drinking at mealtimes

2

Act with **COMPASSION** by:

- Understanding the role that nutrition and fluid has on the body and the emotional aspects of food and eating.
- Recognise the effect that under or over nutrition can have on the body physically and mentally
- Understand factors that affect food and fluid intake including pain, nausea, physical factors and social factors (income, isolation and neglect)

3

Evidence your **COMPETENCE** by:

- Using the MUST assessment tool and following the guidelines
- Implementing the actions identified from MUST assessment tool and following care plans.
- Noticing when patients do not eat or drink and recording this.

4

Uphold excellent **COMMUNICATIONS** by:

- Talking with patients, families and carers about the importance of getting the correct nutrition for the patient needs.
- Completing all relevant documentation.
- Providing patients and carers with relevant information about nutrition.
- Liaising with other health and social care professionals with regards to nutrition and fluid intake.

5

Show your **COURAGE** by:

- Using the tools available to reduce risk.
- Reporting incidences when nutrition and fluid intake is a risk.
- Reporting incidences when there has been unplanned weight loss or weight gain.
- Reporting incidences of lack of nutritional care or nutritional screening.

6

Demonstrate your **COMMITMENT** by:

- Using the MUST assessment toolkit
- Asking patients about their fluid and nutrition intake

7

Develop the **CULTURE** in your organisation by:

- Always using the MUST assessment toolkit
- Asking about fluid and food intake
- Noticing when patients do not eat or drink

8

Ensure **CONSISTENCY** for all people you care for by:

- Using the MUST assessment toolkit
- Promoting good nutrition and fluid intake

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Bringing out the best in the health and social care workforce