Adequate nutrition is important for preventing as well as healing pressure ulcers. Hydration is also important.

A nutritional assessment will identify patients who are not receiving enough nutrition in the form of calories, protein, hydration and vitamins and minerals.

For patients who are unable to take in enough nutrients through regular meals, other methods must be considered.

Consider nutritional supplements, particularly those with high protein content.

Malnutrition is a common feature in people with dementia. They may refuse to eat, forget to chew or swallow, or are easily distracted.

For more information visit [www.stopthepressure.com](http://www.stopthepressure.com)
Feed me well

How to ensure adequate nutrition

1. Carry out a nutritional assessment:
   a. Use simple screening tool (eg MUST) to document nutritional status.
   b. Very high-risk patients should be referred for a comprehensive nutritional assessment and an individualised dietetic treatment plan.

2. Encourage patients to eat a healthy balanced diet:
   a. Assist patients who find eating meals difficult.
   b. Ensure patients have a choice with variations day to day.
   c. Encourage participation in the activities surrounding preparing and serving meals.
   d. Supplement meals using nutritional supplements.
   e. Ensure patients have regular drinks.

3. Review regularly to maintain high standards of nutritional care.

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GREEN
Patient is well nourished and eating well:
Maintain current healthy eating plan.

AMBER
Patient is not eating well:
Review eating plan and supplement with protein drinks and watch fluid levels.

RED
Patient is malnourished:
Refer to dietician for full assessment and implement diet plan.