

Examples of Nutrition & Hydration aims and objectives at different stages of life journey (based on the 6 steps model of care)

On admission years to live	Advanced Illness condition stable	Increasing decline condition unstable	Last days of life
<p>Optimise dietary and fluid intake Maintain/improve nutritional status Reverse malnutrition if present</p> <p>Maintain/improve muscle mass (in association with activity): -Will help maintain/improve swallowing function -Will help keeping independence -Will help maintain/improve strength -Will help maintain/improve mobility -Will help prevent falls</p> <p>Increase/ maintain fat mass -Will help maintain/improve skin integrity -Will help prevent pressure wounds - will help brain functioning: prevent low mood associated with malnutrition</p> <p>Provide good levels of proteins, vitamins and minerals -Will help maintain/improve immune system -Will help prevent infections Will help healing of wounds</p> <p>Ensure suitable amount of fluid provided and taken -Will help prevent falls -Will help/prevent decline in continence -Will help with diabetic control - will help brain function: prevents confusion/associated with dehydration</p> <p>Ensure meal time enjoyable Will help maintain/improve social interactions Will help maintain/improve independence</p>	<p>Optimise dietary and fluid intake Prevent worsening of / maintain nutritional status Reverse/stabilise malnutrition if present Ensure meal time enjoyable Will help maintain/improve social interactions Will help maintain/improve independence</p> <p>Prevent loss of/maintain muscle mass: -Will help maintain/prevent worsening of swallowing function -Will help prevent further dependence -Will help maintain/prevent decreasing of strength -Will help maintain/prevent loss of mobility -Will help prevent falls</p> <p>Prevent the loss of fat mass -Will help maintain skin integrity -Will help prevent pressure wounds -Will help heal pressure wounds -will help prevent decrease in cognition and low mood associated with poor nutrition</p> <p>Provide good levels of proteins, vitamins and minerals -Will help prevent worsening of / maintain immune system -Will help prevent or fight infections</p> <p>Ensure suitable amount of fluid provided and taken -Will help prevent falls -Will help/prevent decline in continence -Will help with diabetic control -will help prevent confusion associated with dehydration</p>	<p>Relieve symptoms Minimize food/drink-related discomfort Maximize food/drink enjoyment Prevent hunger or thirst Provide social interaction Provide occupation</p> <p><u>Not usually appropriate:</u> <u>Discuss and agree as a team</u></p> <ul style="list-style-type: none"> ✗ Promote weight gain ✗ Prevent weight loss (not realistic) ✗ Reverse malnutrition ✗ Weigh especially if procedure will be uncomfortable ✗ Record food and fluid intake ✗ Nil-by-mouth because swallow unsafe ✗ Ensure meals are balanced and provide food from the 5 food groups ✗ Push foods and drinks that are not enjoyed ✗ Low sugar/low fat/diet foods and drinks ✗ Over-focus on calorie intake ✗ Oral Nutritional Supplements unless condition potentially reversible (e.g. chest infection) ✗ Tube feeding 	<p>Minimize food-related discomfort Minimize drink related discomfort Maximize food and drink enjoyment Provide oral comfort Provide social interaction Provide love and care</p> <p><u>Almost never appropriate: Discuss and agree as a team</u></p> <ul style="list-style-type: none"> ✗ Weighing ✗ Nutrition screening ✗ Promote weight gain / prevent weight loss ✗ Record food and fluid intake ✗ Nil-by-mouth because swallow unsafe ✗ Providing foods and drinks that are not enjoyed ✗ Focus on calorie intake ✗ Balanced diet ✗ Follow malnutrition care pathway ✗ Oral nutritional Supplements ✗ Tube feeding ✗ Intravenous fluids

Each aim and objective set will need a suitable care plan detailing actions needed to achieve them and measures of success

Prioritise Physiological benefits of good nutrition and hydration

Aim to meet nutritional (including fluid) requirement for:

- Best possible immune system
- Preserve/improve muscle mass
- Preserve/improve fat mass
- Preserve/improve brain function

Anticipate rather than react

Review frequently

Team approach to decide priorities (involving resident and relatives)

Seek expert advice if unsure

Set realistic aims and objectives

- Best possible quality of life
- Promote pleasure and care
- Provide social interaction
- Minimise discomfort associated with eating and drinking

Nutritional and fluid requirement unlikely to be met

Prioritise Psycho-social benefits of good nutrition and hydration

Measure weight, record intake if concern, adapt menus to meet needs, blood pressure, blood glucose levels, skin condition/body map...

Measure discomfort (nausea, constipation, diarrhoea, pain, mouth dryness...), contentment levels, understanding of situation (involving relatives)