



A fact a day for Nutrition & Hydration Week



Nutrition & Hydration week is committed to focusing energy, activity, and engagement on nutrition & hydration as an important part of quality & safety in health & social care settings. Below are some facts, hints & tips to help you to support this with your patients.

MONDAY

MALNUTRITION IMPACTS THE INDIVIDUAL AND THE HEALTH SERVICE

- Compared with non-malnourished patients, malnourished patients over 65 have an 85% higher risk of hospital admission and re-admission.²
- Healthcare costs are 3 times higher in malnourished patients. The estimated yearly costs of managing the consequences of malnutrition are higher than that of obesity!¹

TUESDAY

ACCURATE NUTRITIONAL SCREENING REQUIRES ACCURATE EQUIPMENT

- When did you last recalibrate your weighing scales? Good practice recommendations advise that weighing scales in all care settings should be calibrated annually.³



WEDNESDAY

PATIENTS WITH DYSPHAGIA ARE AT HIGH RISK OF MALNUTRITION & DEHYDRATION

- Dysphagia is seen in 60% of nursing home residents and 10% of acutely hospitalised elderly.⁴ Over 50% of older people with dysphagia report that they eat less and 44% report weight loss.^{5,6}
- The prevalence of dehydration ranges from 44% to 75% among people experiencing swallowing difficulties.⁷



THURSDAY

MOUTH CARE IS JUST AS IMPORTANT FOR PATIENTS BEING TUBE FED AS THOSE ON ORAL DIET

- Even in patients who have no natural teeth, a dentist should carry out an oral health assessment and recommend a programme for oral hygiene and mouth care.⁸



FRIDAY

NUTRITIONAL NEEDS CHANGE WITH AGE

- Nutrition needs change as we age. Recent guidelines from the Food Safety Authority of Ireland recognise that older adults require a more protein-dense diet to prevent frailty.⁹



SATURDAY

NUTRITION AND HYDRATION PLAYS AN ESSENTIAL ROLE IN THE WOUND HEALING PROCESS

- Latest international guidelines recommend that high calorie, high protein oral nutritional supplements containing arginine, zinc and antioxidants are provided to adults with a Stage II or greater pressure injury who are malnourished or at risk of malnutrition.¹⁰



SUNDAY

SMALL CHANGES CAN SUPPORT PATIENTS WITH DEMENTIA TO EAT BETTER

- Relaxed and social surroundings free from distraction and excessive noise can help a person with dementia concentrate on meals.¹¹
- Use plain, non-patterned plates and bowls with a contrasting colour tablecloth or plate setting, for example, white plate on green tablecloth can help make it easier to see.¹⁰



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