



# 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

### RISING MALNUTRITION RATES CARRY A HIGH COST - FOR PATIENTS AND FOR THE HEALTH SERVICE

Malnutrition in Ireland has risen by over 50% since 2012, now affecting more than 220,000 people.<sup>1</sup>

Malnourished patients experience more complications, more hospital admissions, and greater care needs, leading to healthcare costs three times higher than for normally nourished patients.<sup>2</sup>

## TUESDAY

### MALNUTRITION IS LARGELY PREVENTABLE AND SCREENING MAKES A DIFFERENCE

Since the rollout of mandatory hospital-wide screening and treatment protocols (NCG 22), malnutrition rates in long-stay wards dropped significantly from 35% to 21%, showing the impact of early identification and intervention.<sup>3</sup>



## WEDNESDAY

### DYSPHAGIA AFFECTS AROUND 1 IN 3 OLDER ADULTS AND INCREASES THE RISK OF MALNUTRITION AND DEHYDRATION.<sup>4,5</sup>

Dysphagia is present in 33% of community dwelling older adults, but many cases go undetected.<sup>4</sup>

Early identification and timely management are essential to support safe nutrition and hydration across care settings.<sup>4,5</sup>



## THURSDAY

### ORAL HEALTH IS ESSENTIAL FOR SAFE AND ADEQUATE ORAL INTAKE

Poor oral health (e.g., dry mouth, oral pain, dental disease) can reduce food and fluid intake and increase the risk of malnutrition and dehydration.<sup>6</sup>

Routine oral assessment and daily mouth care are recommended.<sup>6</sup>



## FRIDAY

### EVERY PATIENT NEEDS NUTRITION SCREENING, NOT JUST THOSE WHO LOOK THIN

A recent national survey found only 35% of patients at-risk of malnutrition had an underweight BMI.<sup>3</sup>

As sarcopenic obesity hides muscle loss under fat mass, using appearance alone could miss two-thirds of cases!



## SATURDAY

### NUTRITION IS FUNDAMENTAL TO WOUND HEALING

International and National wound management guidelines recommend early nutritional screening and intervention to support tissue repair and healing.<sup>7,8</sup>

Arginine-enriched oral nutritional supplements should be considered for adults with pressure ulcers who are malnourished or at risk.<sup>7</sup>



## SUNDAY

### OLDER ADULTS CAN BE DEHYDRATED WITHOUT FEELING THIRSTY

Ageing reduces the body's thirst response and its ability to concentrate urine.

Add common challenges like diuretics, memory issues, dysphagia or fear of incontinence, and dehydration risk can rise rapidly.

Encouraging 1.6–2.0L fluids/day (unless restricted) helps keep older adults safely hydrated.<sup>9</sup>





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