

COVID-19 Nutrition Care Pathway for Nursing Homes

Guidelines recommend that the prevention, diagnosis and treatment of malnutrition should be routinely included in the management of COVID-19 patients¹. The aim of this pathway is to provide guidance, focused to those in the presence of older age and polymorbidity whom are at risk for poor outcomes following infection with SARS-CoV-2.

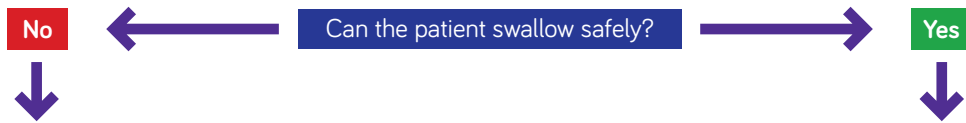
Patient with COVID-19 identified at risk of malnutrition using a validated screening tool e.g. 'MUST' screening tool

Note:

- Weighing residents may be more difficult at this time. Where possible continue to take weights on a monthly basis and use the opportunity to weigh the resident when transferring from bed for dressing/washing to minimise physical contact and distress for the resident.
- There is likely to be increased frequency of an **"Acute Disease Effect"** score within MUST screening with a diagnosis of COVID-19 (Acute Disease Effect score = If patient is acutely ill and there has been or is likely to be no nutritional intake for >5 days).



Please commence a high protein high calorie diet. Dietitian referral recommended*. Agree goals of nutritional intervention. Consider commencing oral nutritional supplements (ONS) when dietary counselling and food fortification are not sufficient to increase dietary intake and reach nutritional goals.



Commence an ONS appropriate to the recommended IDDSI Level 125ml/200ml/125g BD

Level 1 Level 2 Level 3 Level 4



Fortisip Extra Fortisip Compact Fibre Nutilis Complete Level 3 Nutilis Fruit Level 4

Commence Fortisip Compact Protein 125mls BD



Efficacy and expected benefit of ONS should be assessed once a month.
Have nutritional goals been met?

No → Seek advice of the dietitian. Check ONS compliance, amend prescription as necessary.

Yes → Give dietary advice and encourage oral intake. Consider reducing ONS prescription for 2 weeks before stopping.

WHEN TO STOP ONS PRESCRIPTION: Goals of intervention have been met and individual is no longer at risk, if advised by dietitian or SLT, or if no further clinical input would be appropriate.

*Please remember, your Nutricia Care Dietitians continue to be available at this time and referrals can be processed via a telephone dietetic assessment. Referrals to be sent to dietitianreferrals@nutricia.com or call **Freephone 1800 923 404** with any queries.