



HEALTH INDUSTRY DISTRIBUTORS ASSOCIATION

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# COMMON SIGNS of Poor Nutritional Health



## Unintended Weight Loss

### Residents Are at Risk if They:

1. Eat less than half of served meals or snacks
2. Have difficulty chewing or swallowing
3. Require feeding assistance
4. Have mouth pain or loose dentures
5. Exhibits signs of depression or withdrawal
6. Have diabetes, COPD, cancer, HIV, or another chronic disease

### Actions:

1. Offer a variety of foods, beverages, and supplements, including high-calorie options
2. Honor food preferences such as food texture or temperature
3. Allow adequate time to finish eating
4. Increase resident's high-calorie fluids
5. Evaluate resident's dietary restrictions
6. Consider a dental or psychiatric evaluation



## Dehydration

### Residents Are at Risk if They:

1. Drink less than 6 cups of liquid daily
2. Exhibit symptoms such as dry mouth, cracked lips, sunken eyes, or dark urine
3. Have trouble swallowing or need help drinking from a glass
4. Have repeated spells of vomiting, diarrhea, or fever
5. Are easily confused or tired
6. Are on air-fluidized beds

### Actions:

1. Add fluids to patient's diet plan, including popsicles, ice, gelatin, soup, and juice
2. Give medications with 1 cup of water or other liquid
3. Make sure resident can lift fluid pitchers and cups
4. Offer sips of liquid between bites of food during meals
5. Consider oral rehydration or IV hydration treatment

ROSS

Modified from the Nutrition Care Alerts developed by the Nutrition Screening Initiative (NSI) and funded in part through a grant from Ross Products Division of Abbott Laboratories.



## Pressure Ulcers

### Residents Are at Risk if They:

1. Are incontinent
2. Need help moving parts of the body in order to change positions in bed or chairs
3. Are underweight
4. Eat less than half of served meals or snacks
5. Are dehydrated
6. Have discolored, torn, or swollen skin over bony areas

### Actions:

1. Check and change bed linens frequently
2. Handle resident with care to avoid skin tears and scrapes
3. Reposition residents frequently and properly
4. Initiate wound management protocols
5. Improve fluid and calorie intake
6. Consider supplementing patient's nutritional intake



## Tube Feeding Complications

### Patients Are at Risk if They:

1. Experience nausea, vomiting, diarrhea, constipation, or a swollen stomach
2. Experience redness, pain, swelling, or a discharge at the site where the feeding tube enters the body
3. Complain of something "caught" in the throat
4. Have a cough or wet breath

### Actions:

1. Elevate resident's head 30 degrees or more during feeding and for at least 30 minutes after feeding
2. Check placement of tube and residual
3. Check tube for possible obstructions and flush regularly
4. Modify feeding rates, strengths, and formulas

## Your Distributor Can Help You!

- Product training and demonstrations
- Product samples
- Information for product evaluation
- Education about compliance requirements

