



Nutrition and Hydration Champion Journal

Name: _____

Date: _____

Programme Manager Name and Contact Details:

Date to submit journal: _____

Nutrition and Hydration Champion Journal

Thank you for becoming a Nutrition and Hydration Champion. You can use this pack as a reminder of the process and to keep track of how many people you are reaching.

What should I do?

- Take this pack with you to every interaction with older people
- Ask the key questions about appetite and weight loss to everyone
- Use the Paperweight Armband (if you can see that the person is unlikely to be underweight you may not need to use it)
- Ask the red flag questions if someone is at risk
- Give appropriate advice, signposting and referrals
- Fill in the data sheets to feed into the evaluation

In many cases weight loss is treatable and preventable and should not be dismissed as a natural part of ageing

Key Questions

- Has the person lost weight without meaning to, had a poor appetite, low energy or low mood?
- Do his/her clothes, shoes, jewellery or dentures look or feel loose?
- Does the paperweight armband fit together and slide easily up and down?

If you answered YES to any of the 'key questions'

Red flag questions

- Have you noticed sudden weight loss (10% of body weight in 3 months)?
- Do you have difficulties swallowing food or drinks?
- Do you get pain in your tummy when you eat?
- Has there been a recent persistent change in moving your bowels to looser stools and/or increased frequency?

➔ Signpost to GP

- Do you have a sore mouth?

➔ Signpost to dentist

If you answered no to the 'red flag questions'

- Provide 'Are You Eating Enough?' booklet and/or give front-line advice. Consider to involving carers, family or other professionals (with consent)
- If after 12 weeks of trying the tips in the 'Are You Eating Enough' booklet the person is still losing weight or if they experience sudden weight loss, they should visit their GP.

Who else can help?

Common causes related to malnutrition and dehydration	Advice/signposting/referral Hand out the booklet and consider:
Loneliness / bereavement	Luncheon groups, booklet, voluntary services, befriending services
Meal preparation	Food delivery, ready meals, booklet, voluntary services
Access to shopping	Food delivery, shopping services, booklet, voluntary services
Oral health	Dental services, booklet
Health conditions	Booklet, voluntary services
Financial constraints	Food bank, Citizens Advice Bureau, Carers allowance
Mobility	Strength and balance exercise classes ; simple exercises at home sheet; falls prevention assessment; transport options
Infections	Increase fluid intake
Continence problems	Advice from continence service
Memory problems	Memory prompts to take drink and food (day planner)
Swallowing difficulties	GP/Speech and Language Therapist

Data collection

The University of Manchester is leading an evaluation of the Nutrition and Hydration programme. To support this evaluation please capture the following information every time you ask the questions and/or use the Paperweight Armband.

Person not at risk:

Add to tally chart in Section A

Person at risk:

Complete table in Section B and fill in consent form



Section B: Person at risk

Fill in one table below if you have asked the questions and/or used the Paperweight Armband and the person is at risk

	Write or circle the answers below for anyone you identify at risk
Gender	
Age	
Post code (first 3 digits)	
Living situation	Alone With partner With family Care or residential home Other_____
Consent to join evaluation (fill in consent form and return to Programme Manager)	Yes No

	Write or circle the answers below for anyone you identify at risk
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Living situation	Alone With partner With family Care or residential home Other_____
Consent to join evaluation (fill in consent form and return to Programme Manager)	Yes No

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Love later life



Greater Manchester Nutrition and Hydration is supported by the Greater Manchester Health and Social Care Partnership, which is overseeing the devolution of health and social care services in the city region.