

# Greater Manchester Nutrition and Hydration Programme

A Brief Guide to Prevent Malnutrition and  
Dehydration in Older Age

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Programme Director

- Preventing avoidable harm
- Maintaining independence
- Improving health and quality of life




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# Malnutrition - What is it ?



For many older people it is characterised by low body weight or weight loss, meaning simply that some older people are not eating well enough to maintain their health and wellbeing.

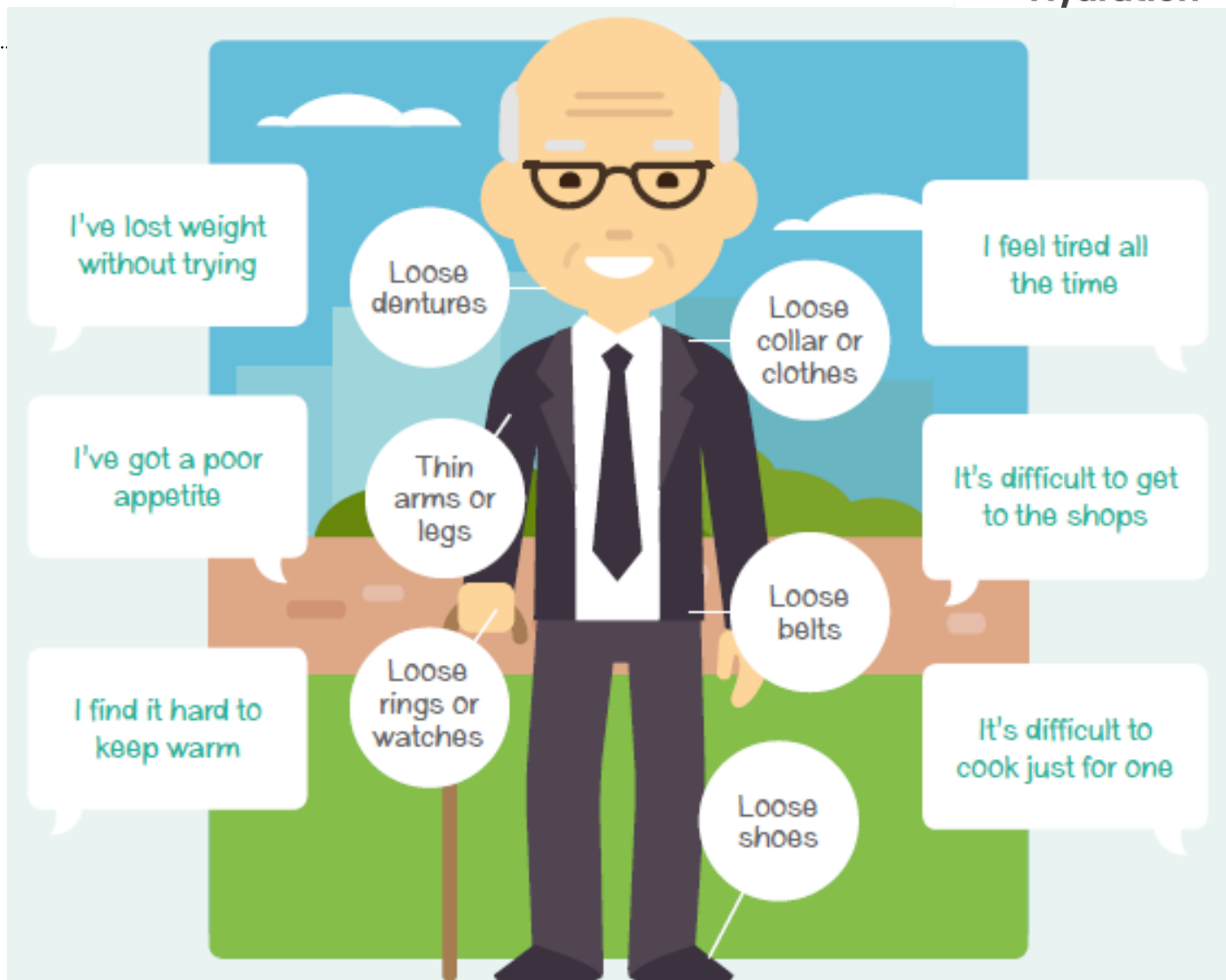
NICE defines a person as malnourished if they have:

- A BMI (Body Mass Index) of less than 18.5
  - Unintentional weight loss greater than 10%, within the past 3-6 months
  - A BMI of less than 20 **and** unintentional weight loss greater than 5% within the past 3-6 months
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# Signs to look out for

**Verbal**

**Visual**



# Why focus on malnutrition?

**1 in 10** older people\*  
are suffering from or are at risk of  
**malnutrition**



are suffering from or are at risk of

**malnutrition**

MALNUTRITION  
TASK FORCE

www.smallappetite.org.uk

\*in England and Wales (2009)

**47%**  
of all people  
who fall are  
malnourished



**1 in 3** people  
aged 65+  
are at risk of malnutrition  
on admission to  
**hospital**



MALNUTRITION  
TASK FORCE

www.smallappetite.org.uk

\*in England and Wales (2007-11), Nutrition Screening Surveys in Hospitals in England 2007-11, Bapen, 2014

**Becoming sick  
more often**

**Slow wound  
healing**

**Long recovery  
from illness**

## Malnourished patients:



- Three times more hospital admissions



- Three days longer length of stay



- Two to three times higher cost of treatment

Estimated cost of  
malnutrition in England<sup>1</sup>

**£ 19 bn**

## Dehydration - What is it?

### Dehydration is fluid loss



- Loss can occur from conditions such as sweating, diarrhoea, vomiting, medications.
- Thirst is a useful indicator of daily fluid needs but most people are already mildly dehydrated by the time they feel thirsty.

### Risk factors

- Age-related changes include a reduced sensation of thirst, which may be more pronounced in those with Alzheimer's disease or who have had a stroke. Incontinence

## Dehydration: Signs & Symptoms

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**CONFUSION**

**PRESSURE  
SORES**

**NAUSEA**

**HEADACHE**

**DIZZINESS**

**IRRITABILITY**

**UTIs**

**WEAKNESS**

**CONSTIPATION**

**RISK OF FALLS**

Dry mouth, lips and tongue and sunken eyes.

Fatigue, Headaches, Dizziness, Memory issues, Behavioural issues.

Low or no urine output / dark concentrated urine

Source: British Nutrition Foundation

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## Some key stats - dehydration

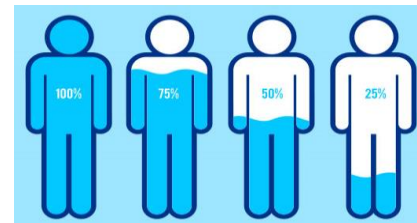


20%

of older  
people are  
dehydrated

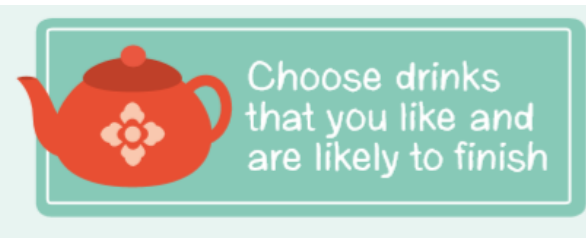
28%

have  
impending  
dehydration



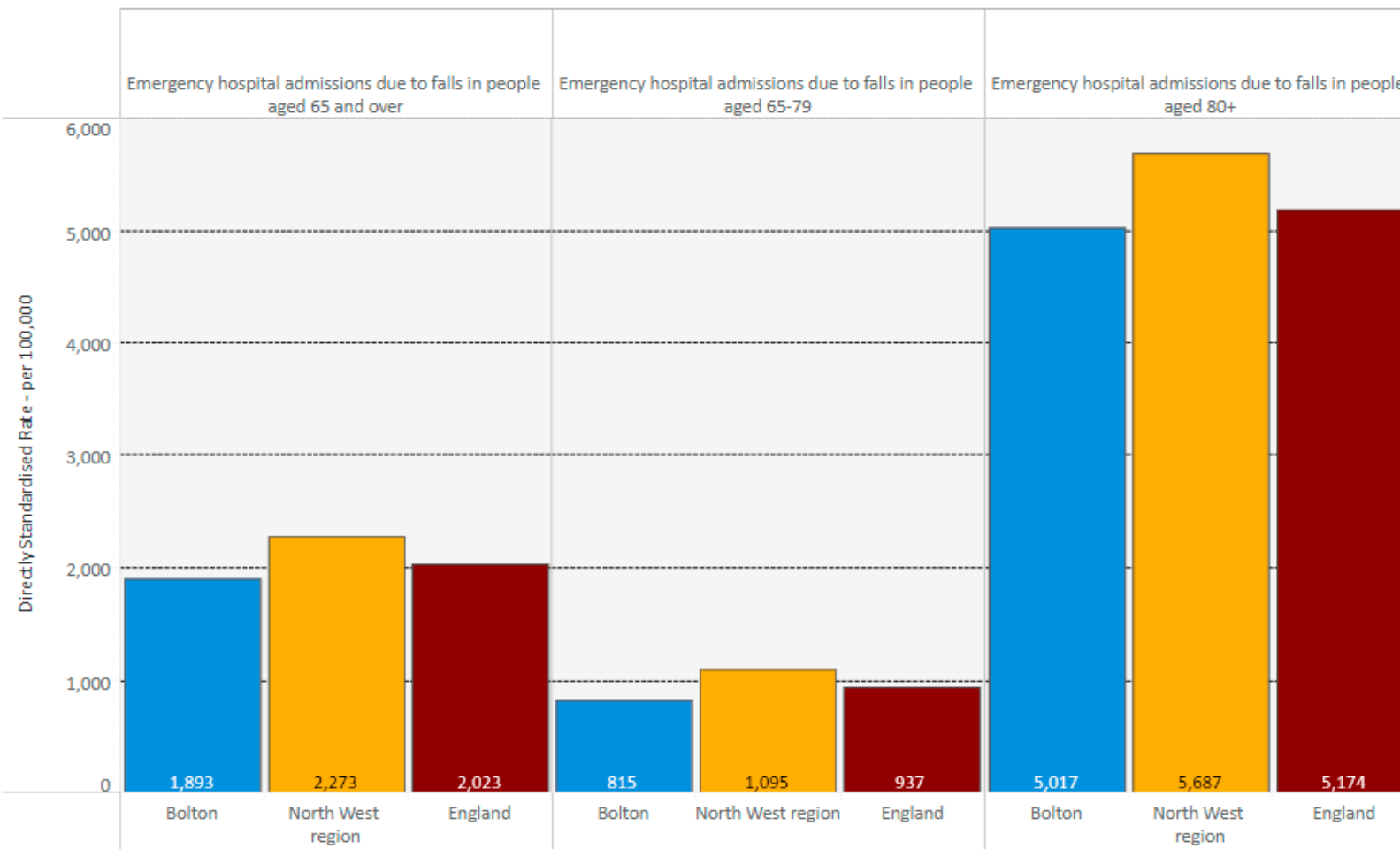
This leads to admissions to hospital for:

- Confusion
- UTIs
- Falls
- Constipation
- Increased risk of infection / sepsis
- Low mood and energy so loss of independence and mobility



### Directly standardised rate for emergency hospital admissions due to falls

in people aged 65 and over, 65-79 and 80 and over, for Bolton, North West region and England





# Increased risk due to COVID-19

- Many risk factors are increased due to current social distancing measures
- Increased risk for those who are vulnerable and shielding; have limited food access and from social isolation
- Also, people who have been in hospital with COVID-19, are experiencing high levels of weight loss



<https://www.ageuk.org.uk/salford/our-services/information-and-advice/staying-well-during-the-coronavirus-pandemicoronav>

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# Impact of Long COVID

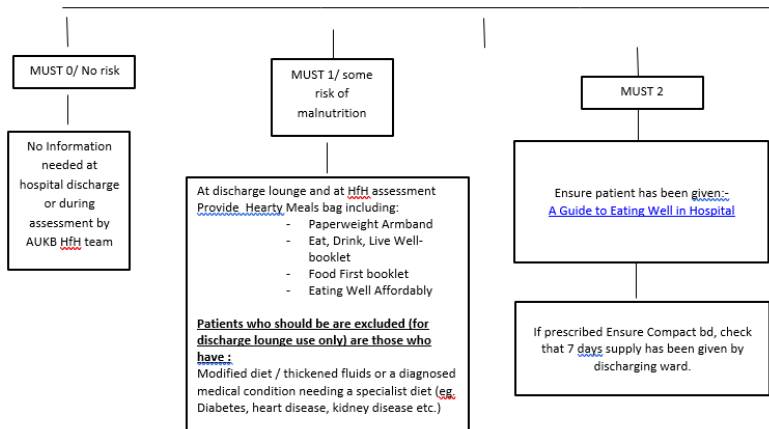
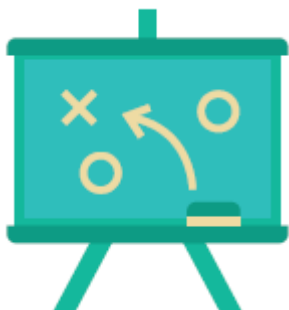


## Loss of weight attributed to:

- The effects of the virus itself
- Lack of energy meaning they are not cooking for themselves
- Breathlessness, making it difficult to eat
- Loss of taste and smell
- General feelings of anxiety, fear and isolation

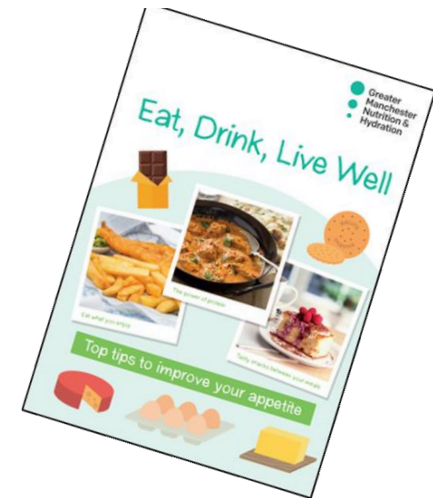


## Implementation of the programme



### 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?



**PaperWeight**  
helping fight malnutrition

For more details visit:  
[www.ageuksalford.org.uk](http://www.ageuksalford.org.uk)

## Having a conversation and broaching the subject

- What have you had for tea tonight?
- What kind of things have you been eating?
- How are you getting your food supplies?

'How are things with you, are you well?'



How is your appetite these days?

You don't seem your smiley self today..... Is everything ok?

Have you seen these Paperweight Armbands before? Do you want to give it a go?

## IF...

You notice that someone is not eating and drinking well, you can:

- Discuss their diet and fluid intake with them, encourage them to eat little and often, have regular snacks and ask them to choose full fat foods and drinks and fortify their diets
- Encourage to access social support where possible
- Encourage them to make meal preparation easier for themselves
- Encourage them to access financial support
- Discuss this with their family members/carers
- Refer to the right health care professional for extra support



## How do we know this approach works?



"Before I had the training, I was reluctant to talk about someone's weight due to a lack of information and knowledge. I can now advise people correctly using the booklets provided and also signpost on if and when needed."

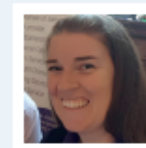
Dawn Braithwaite, Staying Well Team, Bury Council



"People seem really interested in the PaperWeight Armband®. It is so simple and innovative and when it is loose it can be helpful evidence to encourage them to look at their diet. We now include this as part of our initial assessment to help plan support."

Hazel Howarth, Home from Hospital Coordinator, Age UK Bolton

- Feedback from trained staff who use the methods outlined by the programme and the training
- Case studies



"The resources are really useful. They are easy to use and give great advice

and even recipe ideas. The PaperWeight Armband® is a fantastic visual to hit home the extent of a potential problem and can help to communicate this with clients and their family. It is simple, yet so effective. It has empowered our carers to identify and communicate any concerns."

Natalie Peters,  
Quality Care of Cheadle

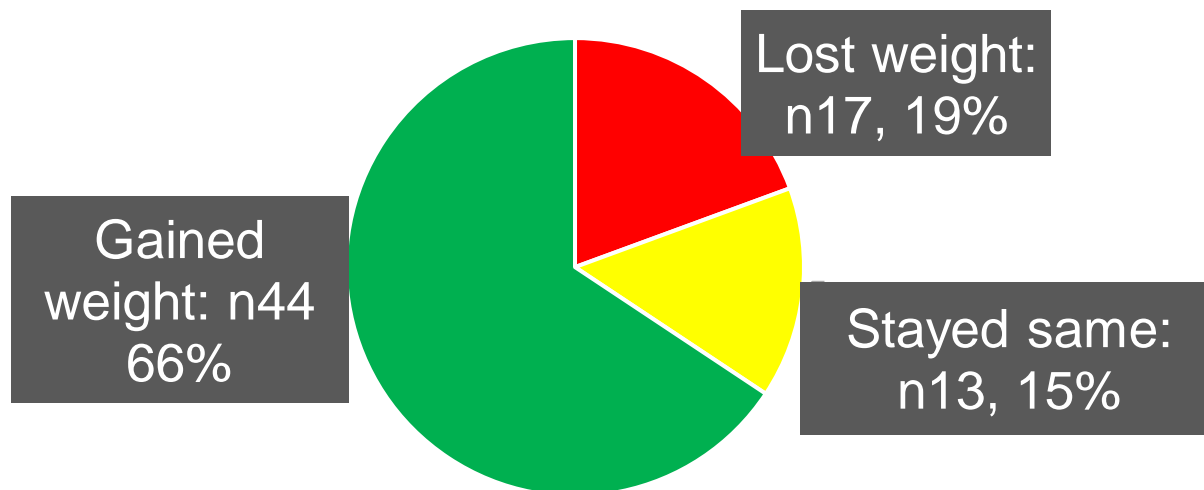


MANCHESTER  
1824

The University of Manchester




## Chart to show weight change of participants



**81% positive outcome**

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## Evaluation Highlights:

- Recruited 83 participants, 75% of these are women and 30% are aged 85 or over – eldest is 99
  - The median weight was 48.3kg (range from 31.8kg-72kg)
  - 67 recruits have been followed up for 12-week review of these 81% (n54) have had a positive outcome (either weight gain or no weight loss at 12 weeks)
  - In total 44 have gained weight at 12 weeks and the mean weight gain is 2.1kg
  - Frailty scores range from 1 to 8; 34 (41%) had a frailty rating of 6 or above
  - Those with frailty levels of 5 or below were more likely to have a positive response to the intervention
  - Cost Benefit Analysis for the programme used an assumption that 30% of people engaged would have a positive outcome. This will need to be revised to 81% based on the evaluation's findings
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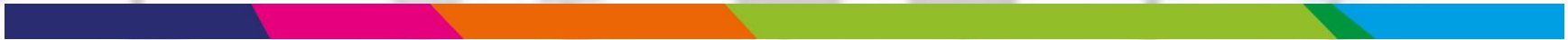
## Raising Awareness

What could **you** do as a team to raise awareness of the importance of eating and drinking well in later life?

Please share your thoughts, actions and good practice with us on our Twitter page @GMNandH

If you want to learn more or download any of our resources, visit:  
<https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration>

or contact your programme manager for an order form.



# Available Resources

- Paperweight Armbands
- Eat, Drink, Live well booklet – tips to boost appetite and fortify food
- A5 Hydration Leaflet & Malnutrition Signs & Symptoms
- Staple cupboard recipes – simple recipes using mainly tinned and frozen food
- Food first recipes – recipe ideas for high energy meals and snacks
- Meal and snack ideas from a range of cultures – different ideas and recipes to try from different cultures
- Hydration Posters & Coasters
- Care Home kitchen posters – Food fortification/posters



## Nutrition and Hydration Programme Further information and learning.

All information regarding the programme, is available at:  
[Age UK Salford | Improving Nutrition and Hydration in Greater Manchester](#)

Nutrition and Hydration Toolkit:

<https://www.ageuk.org.uk/salford/about-us/contact-us/nutrition-and-hydration-toolkit/>

All resources are available to download and print via:

[Greater Manchester Malnutrition and Hydration Programme Resources \(ageuk.org.uk\)](#)

Training slides and presentations are available at:

<https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/nutrition-and-hydration-training/>

Malnutrition and Swallowing difficulties e-learning tool:

[The PaperWeight Armband](#)

Carmel Berke, Programme Director: [CarmelBerke@ageuksalford.org.uk](mailto:CarmelBerke@ageuksalford.org.uk)

Access E-Learning

### Malnutrition Taskforce

