

**Care Homes for Older People
Best Practice Standards and Guidance on Food, Fluid and
Nutrition
Publication code: HCR-1214-089**

Publication date	1 December 2014
Version number	2
Author's initials	MT
Job title	Professional Adviser- Nutrition
Responsibility for this document	Director of Strategic Development /Deputy Chief Executive
Review date	1 December 2015

Key changes made since last version of document

Updated with latest version of document
Two new publications added
Two publications removed
More information on what the standards or
guidance includes

The following can be used to help in the practical application of the National Care Standards

Standards and Guidance		Available
<p>Food, Fluid and Nutritional Care Standards 2014</p> <p>Health Improvement Scotland</p>	<p>Although these standards are specifically written for NHS care much of the content is applicable or can be adapted to social care settings. The standards cover:</p> <p>Standard 1 - Policy and strategy Standard 2 - Assessment, screening and care planning Standard 3 - Planning and delivery of food and fluid in hospital Standard 4 - Provision of food and fluid to patients in hospital Standard 5 - Patient information and communication Standards 6 - Education and training for all staff</p>	<p>Download from:</p> <p>http://www.healthcareimprovementscotland.org/our_work/patient_safety/improving_nutritional_care/nutritional_care_standards.aspx</p>
<p>Malnutrition Universal Nutrition Screening Tool (MUST) 2006</p>	<p>Validate nutritional risk screening tool.</p>	<p>Download tool and information from:</p> <p>www.bapen.org.uk</p> <p>BAPEN Office , Secure Hold Business Centre , Studley Road, Redditch, Worcs, B98 7LG</p>
<p>Menu Planning and Special Diets in Care Homes 2006</p> <p>National Association of Care Catering</p>	<p>This guide has been produced to assist care home staff in meeting the nutritional needs of adults under their care. It provides solutions to common menu planning problems and dietary issues.</p>	<p>This can be ordered form:</p> <p>http://www.thenacc.co.uk/shop/product/Menu+Planning+and+Special+Diets+in+Care+Homes</p> <p>The NACC Office, Meadow Court, Faygate Lane, Faygate West Sussex RH12 4SJ</p> <p>Tel 08707 7480 180 infor@thenacc.co.uk</p>

<p>Food in Hospitals National Catering and Nutrition Specification for Food and Fluid Provision in Hospitals in Scotland 2008</p> <p>Scottish Government</p>	<p>Although written for hospitals most is applicable to care homes for older people. Includes food and nutrition standards for menu planning.</p>	<p>Download from: www.scotland.gov.uk/Publications/2008/06/24145312/0</p>
<p>Eating well: supporting older people and older people with dementia- Practical guide 2011</p> <p>The Caroline Walker Trust</p>	<p>The aim of this practical guide is to support all those who help older people and older people with dementia to eat well.</p> <p>Provides practical guidance about all sorts of food and drinks that can be served.</p>	<p>Download from: http://www.cwt.org.uk/publications.html</p>
<p>Eating for Health in Care Homes-A practical nutrition handbook</p> <p>The Royal Institute of Public Health 2006</p>	<p>A handbook for owners, managers, chefs and other staff of care homes for older people, providing advice on the nutritional needs of residents and suggestions on how to meet these needs in interesting new ways.</p> <p>Could be helpful for staff development sessions as each section has learning outcomes.</p>	<p>Can be ordered from The Royal Institute of Public Health 28 Portland Place, London W1B 1DE Tel (0)20 7291 8362 Fax (0)20 7580 615 www.riph.org.uk</p>
<p>Dysphagia Diet Food Texture Descriptors April 2011</p> <p>National Patient Safety Agency</p>	<p>These descriptors detail the types of food texture needed by individuals who have dysphagia (swallowing difficulties). The descriptors provide standard terminology to be used by all health and social care professional and food providers when communicating about an individual's requirement for a textured diet</p>	<p>Download from: http://www.thenacc.co.uk/assets/downloads/170/Food%20Descriptors%20for%20Industry%Final%20-%20USE.pdf</p>

<p>Water for Health: Hydration best practice toolkit for hospitals and healthcare 2007</p> <p>Royal College of Nursing</p>	<p>Guidance to assist nurses, healthcare workers, caterers and other service providers to introduce good hydration and to implement the health benefits of drinking enough water.</p>	<p>Download from: http://www.rcn.org.uk/_data/assets/pdf_file/0003/70374/Hydration_Toolkit_-_Entire_and_In_Order.pdf</p>
<p>Scientific Opinion on Dietary reference values for water 2010</p> <p>European Food Safety Authority</p>	<p>The most recent official recommendation about water requirements for population groups.</p>	<p>Download summary of requirements http://www.h4hinitiative.com/hydration-and-health/water-requirements-daily-life</p> <p>Full paper EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA); Scientific Opinion on Dietary reference values for water. EFSA Journal 2010; 8(3):1459. doi:10.2903/j.efsa.2010.1459. Available online: www.efsa.europa.eu.</p>
<p>Communication and Mealtimes Toolkit Helping people with dementia to eat, drink and communicate</p> <p>A Guide for carers</p> <p>NHS Dumfries and Galloway 2012</p>	<p>This is intended as a brief practical guide for those living and working with people with dementia, at home or in a care setting.</p>	<p>Available from: http://www.nhsdg.scot.nhs.uk/Departments_and_Services/Speech_and_Language_Therapy/Adult_SLT/Adult_SLT</p>