

# Nutrition in residential Aged Care

Yvonne Coleman

# Overview



Snapshot of the Dietitian's role

Specific area of interest and use

# Nutrition Roles



Residents assessments

Menu review

Staff education

Policy & procedure development  
and review

Medication Advisory Committees

Quality Improvement activities

# Nutritional Risk Screening

Why should one screen

Tools

NRS System

NatFrame summary

## Evaluation based on Natframe<sup>1</sup> concept of Care Processes and Accountability Processes.

Tool	Categorises level of nutritional risk	Guides decisions for interventions	Monitors effectiveness of interventions	Includes Auditing tools	Includes Bench-marking service	Comments
Australian Nutrition Screening Initiative (ANSI)	Y	Refers for follow-up	N	N	N	Community care focussed
Nutritional Risk & Monitoring Tool (HACC) <sup>2</sup>	N	Basic	Y	N	N	Community care focussed
Malnutrition Screening Tool (MST)	N	N	N	N	N	Acute care focussed
Malnutrition Universal Screening Tool (MUST)	Y	Basic	N	N	N	Reliability and validity not tested for residential Aged Care facilities
Burton Nutrition Assessment Tool	Y	Basic	N	N	N	Usually in conjunction with the Waterlow Pressure Sore Assessment tool
Nutritional Risk Index	N	N	N	N	N	Residential Aged Care focussed
Mini-Nutritional Assessment Tool	Screening – No Assessment – Yes	N	N	N	N	Reliability and validity tested for the Acute, Community and residential Aged Care sectors
<b>Nutritional Risk Screening System (NRS System)</b>	Y	Y	Y	Y	Y	<b>Residential Aged Care focussed and is a fully integrated system</b>

<sup>1</sup> Australian Government Department of Health & Ageing. 2005. NATFRAME The National Framework for Documenting Care in Residential Aged Care Facilities.

<sup>2</sup> Wood, B., Bacon, J., Stewart, A. and Race, S. 2001. *Identifying & Planning Assistance for Home-based Adults who are Nutritionally at Risk: A Resource Manual*. Publisher: Aged, Community & Men

# Conclusions



Nutrition either directly or indirectly impacts on many aspects of resident care

Nutritional risk screening should be an integral component of resident care