

Suggested Language for Assessment – Nutrition

- Resident noted as consistently eating **less than 75% of most meals** and has a history of weight loss. Resident was provided with staff assistance during meals during a two-day (6 meal) evaluation and showed modest to no change in their meal intake as a result of mealtime assistance. Resident was offered additional foods and fluids between meals three times per day for two days (6 snacks). Resident accepted most snack offers (at least 2 of 3 daily offers) and showed no change in their meal intake when snacks were given. Resident prefers assorted juices, yogurts and puddings as opposed to an oral liquid nutrition supplement. Both the resident and the family expressed a preference to continue with between-meal snacks to ensure adequate nutrition and hydration.

Additional Caveat to the Above Example: Resident refused most of the snack offers and/or showed a marked decrease in their meal intake when snacks were given. The family and primary care physician were both notified of the resident's nutritional risk (low intake, history of weight loss) and lack of response to nutrition intervention (supplements, mealtime assistance or between meal snacks).

Suggested Language for Care Plan – Nutrition

- Resident to be offered snacks between meals at least twice per day and up to three times daily (morning, afternoon and evening). During each snack offer, resident is allowed a **choice** among assorted foods and fluids consistent with their reported **preferences**. Resident to be given at least 5 minutes of staff encouragement to promote consumption of snacks, if given individually, or snacks to be given in the context of organized social group activities to promote consumption.