



November 2012

Nutrition Newsletter

Information and news for Care Homes
in The Essex And Tendring Area

An accurate calculation of your residents BMI is essential in monitoring their weight.

You may have a BMI chart in your Care/Nursing Home, however it is a good idea to be able to calculate a residents BMI yourself as this may give a more accurate reading.

You will need the residents height, weight and a calculator.

The Calculation

$$\begin{array}{c} \text{Weight} \\ \div \\ \text{Height x Height} \\ \\ =\text{BMI} \end{array}$$

Example 1

Betty is 1.49m tall and she weighs 39kg

$$1.49 \times 1.49 = 2.22$$

$$39\text{kg} \div 2.22$$

$$\text{BMI} = 17.5\text{kg/m}^2$$

Example 2

Alfred is 1.78m tall and he weighs 60kg

$$1.78 \times 1.78 = 3.16$$

$$60\text{kg} \div 3.16$$

$$\text{BMI} = 18.9\text{kg/m}^2$$

Interpretation of BMI

- <16 Severely Underweight
- 16-19 Underweight
- 20-25 Normal Range
- 26-30 Overweight
- 31-40 Obese
- >40 Morbidly Obese

- If you calculate one of your residents BMI to be less than 16 it is recommended that you refer them to the Dietitian.
- If a resident has a BMI of 19 or less they should be following the Food First Care Plan.
- If a resident has an unexplained weight loss in a month of >2kg they should be put onto the Food First Care plan and monitored, if there is no improvement after 4 weeks please refer to the Dietitian.

The Community Dietetics Team.

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The Importance of Weight Charts

Weight loss is something that can happen very quickly but a resident can also lose a large amount of weight gradually over a period of several months. This can be an indication of illness and they could be at risk of malnutrition which can increase the risk of other health complications and possible hospital admissions. One simple way of monitoring a resident's weight is to record it weekly/monthly. It is recommended that these recordings are kept in a place that is easily accessible.

A Dietitian, GP, Practice Nurse or Community Matron will be able to look at a residents weight history and detect how much and the severity of the loss.

Using our volunteer residents from page 1 of the Nutrition Newsletter we have made a sample weight chart.

Residents	MAY	JUN	JUL	AUG	SEP	OCT
Betty	55.4kg	53.1kg	50kg	46.2kg	42.2kg	39kg
Alfred	62kg	61.5kg	55.4kg	58.3kg	59kg	60kg

Results

- This chart shows that Betty has had an unplanned weight loss (not dieting) of 16.4kg which is 29.6% of her body weight in 6 months. This is significant and could indicate underlying health issues.
- This chart shows that Alfred's weight is relatively stable. His weight decreased slightly in July due to illness, staff were able to pinpoint the reason for his weight loss and monitor appropriately.

We would recommend as well as recording a residents weight in their care plan that all of the residents weights be kept on one sheet.



Highlighting Areas of Good Practice

The Balkerne Gardens Trust
Freda Gunton Lodge Residential Home
&

Cheviot Nursing Home
Colchester, ESSEX

At Balkerne Gardens food plays a very important part in our resident's lives. Meal times provide a social occasion that should be enjoyed, which is why choice and individuality are main areas that we look at. We provide a five week menu with choices for breakfast, lunch and supper, but also provide individual choices as required along with portion sizes and different plates to suit our residents

and encourage eating.

Both homes receive deliveries of fresh produce to cook our meals and we also use any home grown vegetables that we have. A variety of products are used to fortify meals where needed, we also cater for all dietary requirements. High protein "nite bites" are made daily for our residents to have during the night and our small kitchens in each home are stocked with a variety of foods that are available all day.



A 'Market Garden' has been introduced at Cheviot, where residents are invited in small groups to choose their lunch for the day.

A selection of meats and fish along with vegetables are displayed for residents to choose which are then cooked for them by staff. The selection is taken around to residents that are unable to go to the dining room. At Freda Gunton Lodge we have favourite take away meals for small groups.

This has provided us with more time to talk with residents about food, their likes and dislikes and foods that they ate and enjoyed having at home so we can reproduce some of these in their new environments.

Functions are an important part of our year, providing special meals and entertainment for the residents. These include BBQ's, tea dances, coffee mornings and days with menus from around the world, as well as everyone's favourite special meals for Christmas, Easter and New Year. Family and friends are encouraged to join in with many of these activities.

The Community Dietetic Team were recently asked to take part in a short film about the importance of the multi disciplinary team in reducing hospital admissions from care homes. Please follow the link to view.
<http://www.scie.org.uk/socialcaretv/videoplayer.asp?v=avoidunhospadmiresidential>

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Breakfast Smoothie



This recipe was kindly donated
By Crush Juice Bars
www.crush.com

Smoothie

Ingredients

300ml Whole Milk
50g Muesli
1 x Banana
1 tbsp Honey

Blend until Smooth and serve

Makes 550 mls
560kcal/18.8g protein

Or

Breakfast Cereal

Ingredients

250ml Whole Milk
50g Muesli
1 x Banana
1 tbsp Honey

Blend until it forms a smooth consistency, this would be ideal for those on a pureed diet/ Texture D

Makes 500 mls
520kcal/16.4g protein

This would make an excellent high calorie breakfast, its is also high in protein and contains fibre.

Compared to.....

- Porridge average 40g portion made with water = 150kcal
- Porridge average 40g portion Made with 200mls whole milk = 286kcal
- Porridge average 40g portion made with 200mls whole milk and 1 tbsp of double cream = 421kcal
- Toast x 2 with Butter and Jam = 374kcal
- Cereal with Milk =273kcal
- 1 x toast with Butter and 1 scrambled egg made with milk = 324kcal

MY HOME LIFE ESSEX

<http://myhomelifeessex.org.uk/resources/food-first-project>

All information sheets, newsletters and a master copy of the Food First Pack which you can download can be found on the My Home Life Website.

Please follow the link above.

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