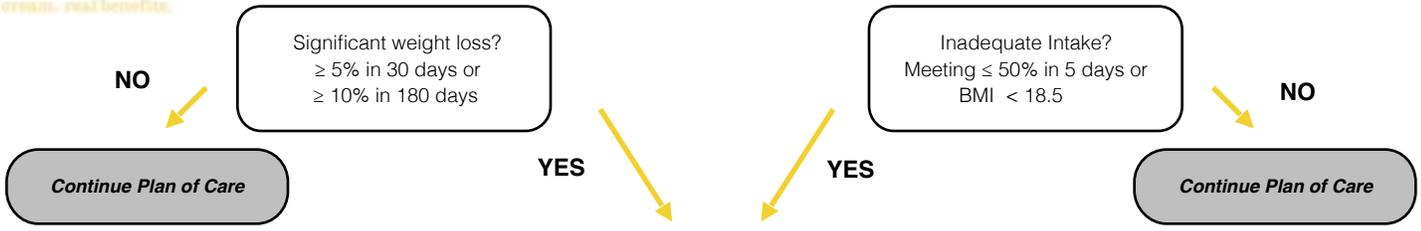


# Nutrition Interventions for Treatment of: Unintended Weight Loss



## Nutrition Screening



**Notify Physician and Family/POA Of Weight Loss or Poor Intake  
Refer to Dietitian for Assessment**

- Physical Assessment: Body fat/muscle wasting, declines in ADLs, decline in handgrip strength, skin assessment, edema, dentition, vision, feeding and drinking ability, chewing/swallowing capability.
- Diagnoses, anthropometrics, food, fluid & nutrient needs, adequacy of intake, laboratory values, medications.
- Determine potential reasons for weight loss, including poor intake, edema, diagnoses, illness, infection, recent hospitalization with intravenous fluids or self-imposed weight loss.
- Determine potential reasons for poor intake, including difficulty chewing or swallowing, difficulty feeding self, poor dentition, illness, diagnoses, medications.

**Implement Weight Loss Interventions as Recommended/Appropriate and Revise Plan of Care**

**Weight Loss Interventions**

- Assess appetite, feeding ability and adequacy of intake to meet needs.
  - Liberalize diet and assess/honor preferences.
- Refer to OT, ST, restorative dining, dentist or psychologist.
  - Adjust diet texture as needed.
- Provide feeding assistance and adaptive equipment as needed.
- Add fortified foods & provide palatable high-calorie snacks, such as **Thrive Ice Cream**
- Provide dining environment that meets needs, including group dining, restorative dining or 1:1 supervision as indicated.
  - Consider appetite stimulant if appetite is poor.
  - Monitor intake for 4 weeks

