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Nutrition Care Preventing Unintended Weight Loss in Long-Term Care Facilities

Quality Monitoring Program

Objectives

- Define unintended weight loss
- Identify risk factors for weight loss
- Describe assessment procedures
- Describe management strategies
- Identify ultimate goal



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Vision

The DADS Quality Assurance *vision for unintended weight loss* in Texas long-term care is:

The correction of reversible unintended weight loss and palliation of cachexia



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Reversible or Not?

- Irreversible weight loss is caused by diseases and is an end-of-life issue.
- Reversible weight loss is due to inadequate nutritional intake.



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Risk Factors for Weight Loss

- **M** – Medications
- **E** – Emotional problems
- **A** – Anorexia
- **L** – Late-life paranoia
- **S** – Swallowing disorders
- **W** – Wandering
- **H** – Hyperthyroidism
- **E** – Enteric Problems
- **E** – Eating problems
- **L** – Low salt/cholesterol diets
- **S** – Social problems
- **O** – Oral Problems
- **N** – Nosocomial infections



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Appropriate Assessment

- Recognize risk factors
- Assess / identify residents at risk



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Weighing Procedures

- Same time of day
- Same scale
- Establish a baseline
- Record to easily assess trends
- Re-weigh within 72-hours if loss occurs
 - Date and document both weights
- Weigh weekly until weight stable



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Significant Weight Loss

- Weight loss \geq 5% of usual body weight in 30 days
- Weight loss \geq 7.5% of usual body weight in 90 days
- Weight loss \geq 10% of usual body weight in 180 days



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After Significant Weight Loss

Re-weigh

- Within 72 hours to verify significant weight loss
 - Date / Document

Notify

- Within 48 hours after verifying
 - Physician, Family, Dietitian

Intervene

- Within 24 hours after verifying
 - Identify, assess, take action



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Investigate and Manage

- Food Intake Assessment
- Functional Impairment
- Effect of Medications
- Social Factors



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Prevention of Reversible Weight Loss

- **Individual Interventions**
 - Facilitate increased food consumption
 - Provide feeding assistance
 - Manage underlying conditions
 - Reassess effects of medications
- **Dining**
 - Enhance the dining experience



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Prevention of Reversible Weight Loss

- **Family support**
- **Nutritional therapy**
 - Fortified foods, Snacks, Finger Foods
 - Liquid nutritional supplements



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References

- **Quality Matters Website:**
<http://www.texasqualitymatters.com>
- **American Dietetic Association:**
www.eatright.org



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Thank You
