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
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
Reversible of Not?

• Irreversible weight loss is caused by diseases and is an end-of-life issue.

• Reversible weight loss is due to inadequate nutritional intake.
Risk Factors for Weight Loss

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

• Recognize risk factors
• Assess / identify residents at risk
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
Significant Weight Loss

• Weight loss ≥ 5% of usual body weight in 30 days

• Weight loss ≥ 7.5% of usual body weight in 90 days

• Weight loss ≥ 10% of usual body weight in 180 days
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
Investigate and Manage

• Food Intake Assessment
• Functional Impairment
• Effect of Medications
• Social Factors
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
Prevention of Reversible Weight Loss

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

• Quality Matters Website: http://www.texasqualitymatters.com

• American Dietetic Association: www.eatright.org
Thank You