

How to use the ARMBAND TOOL

Overview

1. Start a conversation around eating, drinking, appetite & weight loss (see prompt card)
2. With verbal consent, use the Paperweight armband to assess risk
3. Ask the red flag questions if someone is at risk
4. Give appropriate advice and signposting to local community groups/clubs
5. Complete data form and discuss follow up (if applicable)

Key Questions

1. Has the person lost weight without meaning to, had a poor appetite or low mood?
2. Do his/her clothes, shoes, jewellery or dentures look or feel loose?
3. Does the paperweight armband fit together and slide easily up and down?

If the answer is **YES** to any of the 3 key questions, then ask the following questions:

- Have you noticed sudden weight loss (10% of body weight in 3 months)?
- Do you have difficulties swallowing food or drinks?
- Do you get pain in your tummy when you eat?
- Has there been a recent persistent change in moving to your bowels to looser stools and/or increased frequency?

If the answer is **YES** to any of the questions, then signpost to the GP and give the Understanding Malnutrition and What You Can do About It Leaflet

- Do you have a sore mouth?

If the answer is **YES**, then signpost to the dentist and give the Understanding Malnutrition Leaflet and What You Can do About It Leaflet

If there is an ongoing medical condition that requires a special diet direct to GP for more tailored advice.

If the answer to these questions are **NO** then we can take the following **ACTIONS**.

- Give the Understanding Malnutrition and What You Can do About It Leaflet
- Give Food First advice to try and increase food intake for 12 weeks.
- Signpost to relevant services (e.g. cooking group, befriending service, lunch club) - see voluntary organisations handout

RECORD: Complete the data collection postcard and send back to Eat Well Age Well