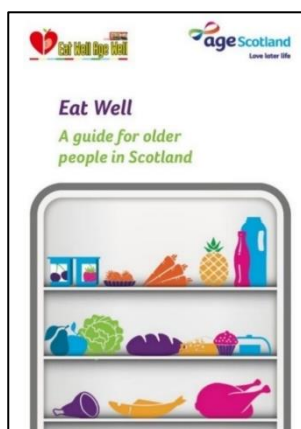
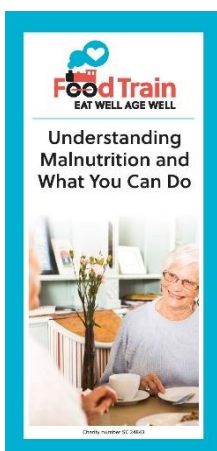




# RAISING THE ISSUE OF MALNUTRITION TOOLKIT



## ABOUT MALNUTRITION

Malnutrition occurs when a person's diet does not meet their nutritional needs.

At Eat Well Age Well, we are concerned with older adults who are undernourished and not eating enough. Malnutrition is a key public health problem that has a significant impact on individuals' health and wellbeing, costing the NHS billions per year. It is often a silent and hidden issue, with low awareness amongst the public and health professionals.

## DID YOU KNOW...?




◀ It's estimated 1 in 10 older people in the UK are either at risk or suffering from malnutrition.




◀ That equates to **103,000** older people in Scotland.





Those who are malnourished are:

twice as likely to visit their GP. 

more likely to require hospital admissions. 

have a greater number of health issues. 

Older people are at higher risk of malnutrition than younger people. Older people living at home are at risk of becoming malnourished due to a variety of reasons such as:

<p><b>RESTRICTED MOBILITY</b></p> <ul style="list-style-type: none"> <li>• Arthritic hands</li> <li>• Unable to stand for long periods.</li> </ul> 	<p><b>LONELINESS</b></p> <ul style="list-style-type: none"> <li>• Low mood affecting appetite</li> <li>• Reduced interest in cooking</li> </ul> 	<p><b>DEMENTIA</b></p> <ul style="list-style-type: none"> <li>• Forgetting to eat</li> <li>• Safety issues in the kitchen</li> </ul> 	<p><b>ISOLATION</b></p> <ul style="list-style-type: none"> <li>• Poor transport links</li> <li>• Unable to access local shops</li> </ul> 	<p><b>DIFFICULTIES WITH</b></p> <ul style="list-style-type: none"> <li>• Eating</li> <li>• Chewing</li> <li>• Swallowing</li> </ul> 
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# HOW TO SPOT IF SOMEONE IS

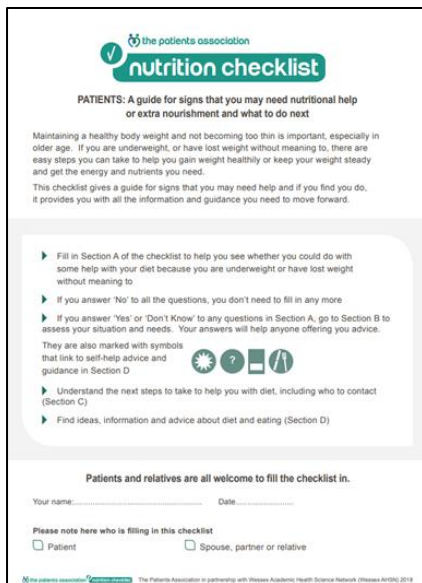
▼ under **WEIGHT**



## Community Malnutrition Tools

The scale of malnutrition in the community in Scotland is largely unknown. We are promoting and making freely available tools that can be used as 'signposting' conversation starters about malnutrition and that help with general awareness raising for those who have routine contact with older people. These tools and other resources are available on our website or can be ordered from Eat Well Age Well.

### The Patients Association Nutrition Checklist



The Patients Association Malnutrition Checklist was first published in December 2018, it aims to address the rising problems of undernutrition in older people by helping patients and staff working in health and social care identify the potential risk of undernutrition in adults.

The checklist has been tested and refined over a period of two years receiving positive feedback from patients and staff working in the health and social care sector.

It is easy to use:

- Fill in Section A, if the answer to all 4 questions was no then you don't need to continue
- If the answer was YES or DON'T KNOW to any questions, go to Section B to assess the situation and needs.
- Sections C and D give guidance on what to do next along with further information, tips and ideas about eating.



### The Paperweight Armband



The Paperweight Armband is a non-medical, non-intrusive tool that is helping health and social care professionals identify older people at risk of malnutrition and signpost them to immediately accessible information and advice. This approach helps people and carers self-manage and address the risk of malnutrition before consulting with their GP or healthcare professionals.

The Paperweight Armband is intended to be used in a wide range of settings and raise awareness of the risks of malnutrition and direct people to practical nutrition advice quickly and safely.

Since the introduction of the paperweight armband Age UK Salford has reported a reduction in hospital admissions, a 50% increase in reporting of underweight BMI in primary care after 1 year and a more appropriate prescribing of oral nutritional supplements (Age UK, Salford).



## 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:



### Red Flag 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 or link and send back to Eat Well Age Well

## Raising the Issue of Malnutrition - Data Collection Postcard

### What we need you to do


As part of our project, we want to encourage organisations/carers/volunteers and everyone who has routine contact with older adults aged 65 years or over to use either the armband or checklist to identify older people in the community who may be at risk of malnutrition. This will help us gather more information around the prevalence of malnutrition in the community across Scotland. We are interested in **BOTH** individuals who **ARE** at risk and who are **NOT** at risk.

If in the position to do so, we would really appreciate if you could gather and record the interactions you have with older adults you are working with and included in your toolkit is a prepaid "Let us Know" postcard that can be returned to us by post for free. There is also a link to record your information online <https://forms.gle/4RqNbe2wCkbGJmyd7>. You can also email us or phone us.

We want you to record information on:

- how many people you have **raised awareness of malnutrition** with?
- how many people you have **identified at risk**?
- how many people you have **identified not at risk**?
- What **action** did you take?


### Let us know...




Organisation: \_\_\_\_\_

Village/Area of Scotland: \_\_\_\_\_

Which tool have you been using?

a. Paperweight armband 

b. Patient Association Nutrition Checklist 

How many people have you screened for malnutrition using this tool?

How many people have you found to be at risk of malnutrition?

How many people did you need to...

a. refer to GP/Dentist

b. provide follow up advice (e.g. Food First)

Thank you, your feedback will help inform our evaluation.



Freepost Plus RUAT-ZSEC-AYAK  
Eat Well Age Well  
111 Oxfangs Road North  
Edinburgh  
EH14 1ED



### Your FEEDBACK

We want to make it as simple as possible to start conversations around food and eating. Please share any feedback or ideas that you have around using the Paperweight Armband or the Patients Association Nutrition Checklist with us:

 0131 447 8151

 111 Oxfangs Road North, Edinburgh, EH14 1ED

 [hello@eatwellagewell.org.uk](mailto:hello@eatwellagewell.org.uk)

 <https://eatwellagewell.org.uk/contactus>

## National Services for Older People

### General Enquiries

NHS Inform  
Telephone 0800 22 44 88

Age Scotland  
Telephone: 0800 12 44 222  
[www.ageuk.org.uk/scotland](http://www.ageuk.org.uk/scotland)

### Money Worries

Citizens Advice Bureau (CAB)  
Telephone: 0345 404 0506  
<https://www.citizensadvice.org.uk/scotland>

### Specific Enquiries

Action on Hearing Loss  
Telephone 0808 808 0123  
[www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)

National Osteoporosis Society  
Telephone 0808 800 0035  
<https://nos.org.uk>

RNIB Scotland  
Telephone 0303 123 9999  
[www.rnib.org.uk/scotland](http://www.rnib.org.uk/scotland)

Alzheimer Scotland  
Telephone 0808 808 3000  
[www.alzscot.org](http://www.alzscot.org)

Carers Trust  
Telephone 0300 772 7701  
[www.carers.org/country/carers-trust-scotland](http://www.carers.org/country/carers-trust-scotland)

### Falls Prevention

Age Scotland  
Telephone: 0800 12 44 222  
[www.ageuk.org.uk/scotland](http://www.ageuk.org.uk/scotland)

NHS Health Scotland  
Up and About Booklet  
Telephone: 0845 125 9732

### Food & Nutrition

Meal Makers  
Telephone 0141 551 8118  
[www.mealmakers.org.uk](http://www.mealmakers.org.uk)

Eat Well Age Well  
Telephone 0131 447 8151.  
[www.eatwellagewell.org.uk](http://www.eatwellagewell.org.uk)

Food Train  
Telephone 01387 270 800  
[www.thefoodtrain.co.uk](http://www.thefoodtrain.co.uk)

### Loneliness & Social Isolation

Befriending Networks  
Telephone 0131 261 8799  
[www.befriending.co.uk](http://www.befriending.co.uk)

The Silver Line  
Telephone 0800 4 70 80 90  
[www.thesilverline.org.uk](http://www.thesilverline.org.uk)

Reengage  
Telephone 0800 716543  
[www.reengage.org.uk](http://www.reengage.org.uk)

Royal Voluntary Service  
Telephone 0845 608 0122  
[www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk)

### Keeping Active

Paths for All (walking groups)  
Telephone: 01259 218 888  
[www.pathsforall.org.uk](http://www.pathsforall.org.uk)

Age Scotland  
Telephone: 0800 12 44 222  
[www.ageuk.org.uk/scotland](http://www.ageuk.org.uk/scotland)

### Oral Health

#### **Emergency Dental Services**

In case of emergency contact your usual dental practice. A list of helpline numbers for every Health Board in Scotland can be found below:  
<https://www.scottishdental.org/public/emergency-dental-services/>

#### **Registering with a dentist**

#### **Find your local NHS dental practice**

Telephone: 0800 22 44 88  
<https://www.nhsinform.scot/scotlands-service-directory/dental-services>

## Resources

Resources are available on our website or can be ordered from Eat Well Age Well  
[www.eatwellagewell.org.uk](http://www.eatwellagewell.org.uk) / [hello@eatwellagewell.org.uk](mailto:hello@eatwellagewell.org.uk)

## Contact us



Email:

[hello@eatwellagewell.org.uk](mailto:hello@eatwellagewell.org.uk)



Website:

[www.eatwellagewell.org.uk](http://www.eatwellagewell.org.uk)



Twitter:

[@EatWellScot](https://twitter.com/EatWellScot)



Facebook:

[@EatWellScot](https://www.facebook.com/EatWellScot)



Instagram:

[eat\\_well\\_scot](https://www.instagram.com/eat_well_scot)



Address:

111 Oxgangs Road North,  
Edinburgh, EH14 1ED



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