



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 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.

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, low cholesterol diets
- ❖ **S**-social problems



Appropriate Assessment

❖ Recognize risk factors

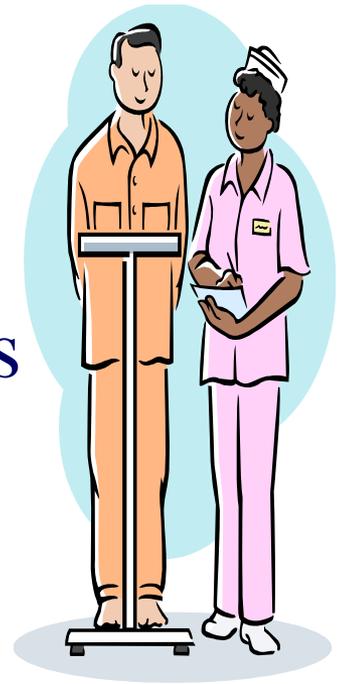


❖ Assess/identify residents at risk



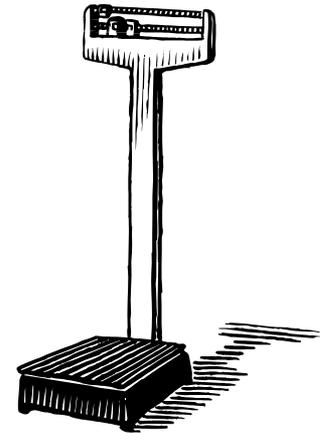
Weighing Procedures

- ❖ 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 $\geq 5\%$ 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



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 Web Site-

<http://www.texasqualitymatters.com>

❖ American Dietetic Association:

www.eatright.org