Ref: CHNS Letter

Date:[auto-insert date]

Dear Carer of [Insert Name and surname]

[Insert Address]

Dear Carer,

Re: [auto-insert client name and surname] NHS No:[auto-insert NHS No:]

Date of birth: [auto-insert d.o.b]

Your resident was referred to their GP for nutrition support advice.

**Dietetic Care Plan**

**What you need to do next**

We recommend you (carers) follow the recommended actions below to support your resident and reduce their risk of malnutrition



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | |  | **Tick when completed** |
| **1** | Watch the webinar [‘Screening and Supporting with Malnutrition in Care Homes’](https://www.somersetft.nhs.uk/dietetics/information-for-care-homes/training-videos-for-care-homes/). This webinar is 25 minutes long and contains the following information:   * 1. How to screen and identify residents who may be at risk of malnutrition   2. How to support residents using the Nutrition Support Care Plan booklet with a **food first approach** and **homemade supplements**   3. Monitoring and what to do next | |  |  |
| **2** | | Complete the [Nutrition Support Care Plan](https://www.somersetft.nhs.uk/dietetics/information-for-care-homes/nutrition-support-care-plan-booklet/) booklet for your resident (attached). Either print or complete electronically and embed into your residents’ nutritional care plan record.  We have created a short video (less than 7min) on how to complete this booklet; you can watch this video on our [website](https://www.somersetft.nhs.uk/dietetics/information-for-care-homes/nutrition-support-care-plan-booklet/) . |  |  |
| **3** | Continue to weigh your resident at least monthly, ideally completing their MUST score also. | |  |  |
| **4** | Familiarise yourself and your teams with our [MUST Care Pathway for Care Homes](https://www.somersetft.nhs.uk/dietetics/information-for-care-homes/malnutrition-pathway-for-care-homes/) which provides summary guidance on how to support residents with regards to their MUST score or nutritional screening outcome. | |  |  |
| The resources above and additional resources to support your residents are available in the ‘Information for Care Homes’ section on our website [www.somersetft.nhs.uk/dietetics/](http://www.somersetft.nhs.uk/dietetics/) | | | | |

Additional resources on our website we recommend you view include (optional section - delete as appropriate):

1. [Nutrition Support for COVID-19 Recovery](https://www.somersetft.nhs.uk/dietetics/information-for-care-homes/resources-for-care-homes/covid-19-nutrition/)
2. [Nutrition for Wound Healing](https://www.somersetft.nhs.uk/dietetics/information-for-care-homes/resources-for-care-homes/nutrition-for-wound-healing/) (Coming Soon)
3. [Eating and Drinking Well: Supporting People Living with Dementia](https://www.somersetft.nhs.uk/dietetics/information-for-care-homes/training-videos-for-care-homes/)
4. [Nutrition in end of life care](https://www.somersetft.nhs.uk/dietetics/information-for-care-homes/resources-for-care-homes/nutrition-in-end-of-life-care/)

**Follow Up**

We request you complete the [Community Dietetic Referral Form for Care Homes](https://www.somersetft.nhs.uk/dietetics/information-for-care-homes/referral-form-for-care-homes/) (attached) if either of the following occur:

* You have followed the food first action plan recommended in the Nutrition Support Care Plan booklet for **4-8 weeks** and there is **no** improvement. Examples of improvement could be: 1) No further weight loss or slowing of weight loss, 2) Weight stable (note: a variation of 5% is considered normal) or 3) Weight gain or MUST score improved
* Your resident has complex or conflicting dietary needs and you need additional guidance or support. For example, 1) Poorly controlled diabetes, 2) Food allergies or intolerances , 3) Reduced oral intake caused by significantly impaired swallow 4) Wounds/pressure sores which are not healing (regardless of weight or MUST score)

**Please note:** for residents who are end of life (last few weeks of life) a referral to the dietitian is unlikely to be appropriate. Carer’s and relatives may find the following leaflet [‘Nutrition in end of life care’](https://www.somersetft.nhs.uk/dietetics/information-for-care-homes/resources-for-care-homes/nutrition-in-end-of-life-care/) helpful to support residents who are end of life.

If you have any queries or concerns regarding this letter, please do not hesitate to contact us to discuss.

With kindest regards

[Insert Author/GP/Pharmacist]

Enclosures:

* Nutrition Support Care Plan Booklet
* MUST Care Pathway for Care Homes in Somerset
* Community Dietetic Referral Form for Care Homes