

**Step 1**

Care Support worker, registered nurses and manager to complete the questions on the relevant tab - this can be done by all staff  
In each question select the drop down option you feel best describes your experience

The options are

Red - Never/Rarely

Amber - Mostly

Green - Always

**Step 2**

Manager to check the answers on each tab have pulled through to the summary

**Step 3**

Small team of staff to include a minimum of 1 manager, 1 registered nurse and 1 care support worker to complete

**If further advice or training is required contact the dietetic department**

North & Rugby - Tel 024 76 865098

South - Tel 01926 626535

Email - [dietitians@swft.nhs.uk](mailto:dietitians@swft.nhs.uk)

done as a individual or a group

the action plan on tab 1

Nutrition & Hydration Self Assessment Tool for Care Homes		RAG rating		
		Red - Never/Rarely		
		Amber - Mostly		
		Green - Always		
		Don't know		
		Manager	Registered Nurse	Care Support Worker
<b>Standard 1 - Meeting the Nutritional Needs of Residents</b>				
1.1	At this care home the staff identify nutrition and hydration needs of all residents upon admission and update them as their needs change.	0	0	0
1.2	At this care home residents are able to choose a balanced diet in accordance with their preferences and dietary requirements.	0	0	0
1.3	At this care home residents are provided with regular meals and snacks in line with their preferences and dietary requirements	0	0	0
1.4	At this care home residents have a range of fluids available to them to meet their hydration needs.	0	0	0
1.5	At this care home staff have received training to understand what a balanced diet is.	0	0	0
1.6	At this care home the menus are analysed to ensure they meet the requirements specified.	0	0	0
<b>Standard 2 - The Dining Experience</b>				
2.1	At this care home information relating to food provision is available and accessible to residents and their families	0	0	0
2.2	At this care home residents are able to choose where they wish to eat.	0	0	0
2.3	At this care home residents are enabled to eat and drink as independently as possible.	0	0	0
2.4	At this care home residents have access to appropriate cutlery, crockery and equipment to allow them to eat and drink as independently as possible and with dignity.	0	0	0
2.5	At this care home residents are positioned to promote safe eating and drinking.	0	0	0
2.6	At this care home residents are not interrupted unnecessarily during mealtimes.	0	0	0
2.7	At this care home the dining area where residents eat is well presented and the environment is conducive to enjoying meals.	0	0	0
2.8	At this care home food is well presented and appealing.	0	0	0
<b>Standard 3 - Meeting Nutrition and Hydration Needs of Nutritionally Vulnerable Residents</b>				
3.1	At this care home a validated nutritional screening tool e.g. Malnutrition Universal Screening Tool (MUST) is used to screen whether residents are at risk of malnutrition on admission and monthly as a minimum or if there is concern or their clinical condition changes.	0	0	0
3.2	At this care home the staff who undertake nutritional screening have appropriate training during induction and every 2 years.	0	0	0
3.3	At this care home all residents have an individualised action / care plan relevant to their nutrition risk category and it is tailored to include the residents dietary needs and personal preferences.	0	0	0
3.4	At this care home if residents are identified as being at risk of malnutrition, food and fluid charts are initiated to monitor their intake.	0	0	0
3.5	At this care home updates regarding residents dietary needs are communicated to the resident, their family and all relevant staff.	0	0	0
3.6	At this care home all staff involved in preparing or serving food have appropriate training on meeting nutrition and hydration needs of residents, as a minimum every 2 years.	0	0	0
3.7	At this care home if residents are identified as 'at risk' a high protein, high energy menu is available for them to choose from.	0	0	0
3.8	At this care home if residents are identified as 'at risk' additional nourishing snacks and / or drinks are available for them to choose from.	0	0	0

3.9	At this care home if residents are identified as 'at risk' their food will be fortified to increase the nutritional content of their meals, snacks and drinks.	0	0	0
3.10	At this care home residents and their families are made aware of why residents require food fortification for a high protein, energy diet, and / or nourishing snacks and drinks.	0	0	0
<b>Standard 4 - Modified Texture Diets</b>				
4.1	At this care home residents who require a modified texture diet have access to food that is the correct consistency that is appealing and meets their nutritional requirements.	0	0	0
4.2	At this care home residents who require thickened fluids have access to fluids thickened to the correct consistency as per the residents Speech & Language Therapists recommendations.	0	0	0
4.3	At this care home staff have appropriate training to know how to meet residents nutrition and hydration needs if they need modified texture food and fluids.	0	0	0
<b>Standard 5 - Diabetes</b>				
5.1	At this care home residents with diabetes are able to choose food and fluids that provide consistency in the carbohydrate content of meals including suitable snacks, desserts and drinks.	0	0	0
5.2	At this care home the timing of residents with diabetes meals will be taken into account when their diabetes medications, including insulin, are administered.	0	0	0
5.3	At this care home the staff are trained to support residents with diabetes to make suitable food and drink choices taking their diabetes into consideration.	0	0	0
5.4	At this care home residents with diabetes have an individualised action / care plan which is tailored to include their dietary needs and personal preferences.	0	0	0
5.5	At this care home residents with diabetes diet plans are communicated to the resident, their family and all relevant staff.	0	0	0
5.6	At this care home if residents with diabetes have a poor appetite and / or continued weight loss MUST screening will completed as per standard 3.0.	0	0	0
5.7	At this care home if residents with diabetes need to have oral nutritional supplements their blood glucose is monitored closely due to the hyperglycaemic effect of some supplements. Residents with diabetes are only prescribed these supplements under the guidance of a Registered Dietitian.	0	0	0
5.8	At this care home residents who have diabetes and are overweight are offered suitable food and drink choices and are encouraged to be more active as appropriate to their ability.	0	0	0
<b>Standard 6 - Obesity</b>				
6.1	At this care home residents weight is measured and their BMI is calculated to identify and monitor if residents are overweight or obese.	0	0	0
6.2	At this care home residents who are overweight / obese are offered food and drink choices suitable for them to follow a weight reducing diet.	0		0
6.3	At this care home residents who are overweight / obese are encouraged to be more active, appropriate to their ability.	0		0
6.4	At this care home residents who are overweight / obese have an individualised action / care plan which is tailored to include their dietary needs and personal preferences.	0		0
6.5	At this care home residents who are overweight / obese diet plans are communicated to them, their family and all relevant staff.	0		0
<b>Standard 7 - Palliative Care</b>				
7	At this care home standards 1 – 6 are followed for residents who are receiving palliative care and the stage of palliative care is considered when agreeing the appropriateness of interventions.	0	0	0
<b>Overall</b>				
	At this care home the care provided for residents regarding nutrition and hydration meets the Warwickshire Nutrition & Hydration Standards	0	0	0
<b>Action plan</b>				
In this care home the following examples of excellent care is provided in relation to residents nutrition & hydration				

In this care home the following areas require improvement in relation to residents nutrition & hydration

To do this we are going to?

We are going to complete this by:

Date:

In this care home the following training is required

Nutrit

Stand

1.1

1.2

1.3

1.4

1.5

1.6

Stand

2.1

2.2

2.3

2.4

2.5

2.6

2.7

2.8

Stand

3.1

3.2

3.3

3.4

3.5

3.6

3.7

3.8
3.9
3.10
Standards
4.1
4.2
4.3
Standards
5.1
5.2
5.3
5.4
5.5
5.6
5.7
5.8
Standards
6.1
6.2
6.3
6.4
6.5
Standards
7
Overview

## **tion & Hydration Self Assessment Tool for Care Homes**

### **Standard 1 - Meeting the Nutritional Needs of Residents**

At this care home the staff identify nutrition and hydration needs of all residents upon admission and update them as their needs change.

At this care home residents are able to choose a balanced diet in accordance with their preferences and dietary requirements.

At this care home residents are provided with regular meals and snacks in line with their preferences and dietary requirements

At this care home residents have a range of fluids available to them to meet their hydration

At this care home staff have received training to understand what a balanced diet is.

At this care home the menus are analysed to ensure they meet the requirements specified.

### **Standard 2 - The Dining Experience**

At this care home information relating to food provision is available and accessible to residents and their families

At this care home residents are able to choose where they wish to eat.

At this care home residents are enabled to eat and drink as independently as possible.

At this care home residents have access to appropriate cutlery, crockery and equipment to allow them to eat and drink as independently as possible and with dignity.

At this care home residents are positioned to promote safe eating and drinking.

At this care home residents are not interrupted unnecessarily during mealtimes.

At this care home the dining area where residents eat is well presented and the environment is conducive to enjoying meals.

At this care home food is well presented and appealing.

### **Standard 3 - Meeting Nutrition and Hydration Needs of Nutritionally Vulnerable Residents**

At this care home a validated nutritional screening tool e.g. Malnutrition Universal Screening Tool (MUST) is used to screen whether residents are at risk of malnutrition on admission and monthly as a minimum or if there is concern or their clinical condition changes.

At this care home the staff who undertake nutritional screening have appropriate training during induction and every 2 years.

At this care home all residents have an individualised action / care plan relevant to their nutrition risk category and it is tailored to include the residents dietary needs and personal

At this care home if residents are identified as being at risk of malnutrition, food and fluid charts are initiated to monitor their intake.

At this care home updates regarding residents dietary needs are communicated to the resident, their family and all relevant staff.

At this care home all staff involved in preparing or serving food have appropriate training on meeting nutrition and hydration needs of residents, as a minimum every 2 years.

At this care home if residents are identified as 'at risk' a high protein, high energy menu is available for them to choose from.



At this care home if residents are identified as 'at risk' additional nourishing snacks and / or drinks are available for them to choose from.

At this care home if residents are identified as 'at risk' their food will be fortified to increase the nutritional content of their meals, snacks and drinks.

At this care home residents and their families are made aware of why residents require food fortification for a high protein, energy diet, and / or nourishing snacks and drinks.

#### **Standard 4 - Modified Texture Diets**

At this care home residents who require a modified texture diet have access to food that is the correct consistency that is appealing and meets their nutritional requirements.

At this care home residents who require thickened fluids have access to fluids thickened to the correct consistency as per the residents Speech & Language Therapists recommendations.

At this care home staff have appropriate training to know how to meet residents nutrition and hydration needs if they need modified texture food and fluids.

#### **Standard 5 - Diabetes**

At this care home residents are able to choose food and fluids that provide consistency in the carbohydrate content of meals including suitable snacks, desserts and drinks.

At this care home the timing of residents meals will be taken into account when their diabetes medications, including insulin, are administered.

At this care home the staff are trained to support residents to make suitable food and drink choices taking their diabetes into consideration.

At this care home residents have an individualised action / care plan which is tailored to include their dietary needs and personal preferences.

At this care home residents diet plans are communicated to the resident, their family and all relevant staff.

At this care home if residents have a poor appetite and / or continued weight loss MUST screening will be completed as per standard 3.0.

At this care home if residents need to have oral nutritional supplements their blood glucose is monitored closely due to the hyperglycaemic effect of some supplements. Residents with diabetes are only prescribed these supplements under the guidance of a Registered Dietitian.

At this care home residents who have diabetes and are overweight are offered suitable food and drink choices and are encouraged to be more active as appropriate to their ability.

#### **Standard 6 - Obesity**

At this care home residents weight is measured and their BMI is calculated to identify and monitor if residents are overweight or obese.

At this care home residents are offered food and drink choices suitable for them to follow a weight reducing diet.

At this care home residents are encouraged to be more active, appropriate to their ability.

At this care home residents have an individualised action / care plan which is tailored to include their dietary needs and personal preferences.

At this care home residents diet plans are communicated to them, their family and all relevant

#### **Standard 7 - Palliative Care**

At this care home standards 1 – 6 are followed for residents who are receiving palliative care and the stage of palliative care is considered when agreeing the appropriateness of

all

At this care home the care provided for residents regarding nutrition and hydration meets the Warwickshire Nutrition & Hydration Standards

[illegible]


Nutrit

Stand

1.1

1.2

1.3

1.4

1.5

1.6

Stand

2.1

2.2

2.3

2.4

2.5

2.6

2.7

2.8

Stand

3.1

3.2

3.3

3.4

3.5

3.6

3.7
3.8
3.9
3.10
Standards
4.1
4.2
4.3
Standards
5.1
5.2
5.3
5.4
5.5
5.6
5.7
5.8
Standards
6.1
6.2
6.3
6.4
6.5
Standards
7
Overview



## **tion & Hydration Self Assessment Tool for Care Homes**

### **ard 1 - Meeting the Nutritional Needs of Residents**

At this care home the staff identify nutrition and hydration needs of all residents upon admission and update them as their needs change.

At this care home residents are able to choose a balanced diet in accordance with their preferences and dietary requirements.

At this care home residents are provided with regular meals and snacks in line with their preferences and dietary requirements

At this care home residents have a range of fluids available to them to meet their hydration

At this care home I have received training to understand what a balanced diet is.

At this care home the menus are analysed to ensure they meet the requirements specified.

### **ard 2 - The Dining Experience**

At this care home information relating to food provision is available and accessible to residents and their families

At this care home residents are able to choose where they wish to eat.

At this care home residents are enabled to eat and drink as independently as possible.

At this care home residents have access to appropriate cutlery, crockery and equipment to allow them to eat and drink as independently as possible and with dignity.

At this care home residents are positioned to promote safe eating and drinking.

At this care home residents are not interrupted unnecessarily during mealtimes.

At this care home the dining area where residents eat is well presented and the environment is conducive to enjoying meals.

At this care home food is well presented and appealing.

### **ard 3 - Meeting Nutrition and Hydration Needs of Nutritionally Vulnerable Residents**

At this care home a validated nutritional screening tool e.g. Malnutrition Universal Screening Tool (MUST) is used to screen whether residents are at risk of malnutrition on admission and monthly as a minimum or if there is concern or their clinical condition changes.

At this care home the staff who undertake nutritional screening have appropriate training during induction and every 2 years.

At this care home all residents have an individualised action / care plan relevant to their nutrition risk category and it is tailored to include the residents dietary needs and personal

At this care home if residents are identified as being at risk of malnutrition, food and fluid charts are initiated to monitor their intake.

At this care home updates regarding residents dietary needs are communicated to the resident, their family and all relevant staff.

At this care home all staff involved in preparing or serving food have appropriate training on meeting nutrition and hydration needs of residents, as a minimum every 2 years.

At this care home if residents are identified as 'at risk' a high protein, high energy menu is available for them to choose from.
At this care home if residents are identified as 'at risk' additional nourishing snacks and / or drinks are available for them to choose from.
At this care home if residents are identified as 'at risk' their food will be fortified to increase the nutritional content of their meals, snacks and drinks.
At this care home residents and their families are made aware of why residents require food fortification for a high protein, energy diet, and / or nourishing snacks and drinks.

#### **Standard 4 - Modified Texture Diets**

At this care home residents who require a modified texture diet have access to food that is the correct consistency that is appealing and meets their nutritional requirements.
At this care home residents who require thickened fluids have access to fluids thickened to the correct consistency as per the residents Speech & Language Therapists recommendations.
At this care home staff have appropriate training to know how to meet residents nutrition and hydration needs if they need modified texture food and fluids.

#### **Standard 5 - Diabetes**

At this care home residents are able to choose food and fluids that provide consistency in the carbohydrate content of meals including suitable snacks, desserts and drinks.
At this care home the timing of residents meals will be taken into account when their diabetes medications, including insulin, are administered.
At this care home the staff are trained to support residents to make suitable food and drink choices taking their diabetes into consideration.
At this care home residents have an individualised action / care plan which is tailored to include their dietary needs and personal preferences.
At this care home residents diet plans are communicated to the resident, their family and all relevant staff.
At this care home if residents have a poor appetite and / or continued weight loss MUST screening will be completed as per standard 3.0.
At this care home if residents need to have oral nutritional supplements their blood glucose is monitored closely due to the hyperglycaemic effect of some supplements. Residents with diabetes are only prescribed these supplements under the guidance of a Registered Dietitian.
At this care home residents who have diabetes and are overweight are offered suitable food and drink choices and are encouraged to be more active as appropriate to their ability.

#### **Standard 6 - Obesity**

At this care home residents weight is measured and their BMI is calculated to identify and monitor if residents are overweight or obese.
At this care home residents are offered food and drink choices suitable for them to follow a weight reducing diet.
At this care home residents are encouraged to be more active, appropriate to their ability.
At this care home residents have an individualised action / care plan which is tailored to include their dietary needs and personal preferences.
At this care home residents diet plans are communicated to them, their family and all relevant

#### **Standard 7 - Palliative Care**

At this care home standards 1 – 6 are followed for residents who are receiving palliative care and the stage of palliative care is considered when agreeing the appropriateness of
--

all



At this care home the care provided for residents regarding nutrition and hydration meets the Warwickshire Nutrition & Hydration Standards

## RAG rating

Red - Never/Rarely

## Amber - Mostly

## Green - Always

Pink - Don't know

**Registered Nurse**

[illegible]




Nutrit

Stand

1.1

1.2

1.3

1.4

1.5

1.6

Stand

2.1

2.2

2.3

2.4

2.5

2.6

2.7

2.8

Stand

3.1

3.2

3.3

3.4

3.5

3.6

3.7
3.8
3.9
3.10
Stand
4.1
4.2
4.3
Stand
5.1
5.2
5.3
5.4
5.5
5.6
5.7
5.8
Stand
6.1
6.2
6.3
6.4
6.5
Stand
7
Overa



## **tion & Hydration Self Assessment Tool for Care Homes**

### **ard 1 - Meeting the Nutritional Needs of Residents**

At this care home the staff identify nutrition and hydration needs of all residents upon admission and update them as their needs change.

At this care home residents are able to choose a balanced diet in accordance with their preferences and dietary requirements.

At this care home residents are provided with regular meals and snacks in line with their preferences and dietary requirements

At this care home residents have a range of fluids available to them to meet their hydration

At this care home staff have received training to understand what a balanced diet is.

At this care home the menus are analysed to ensure they meet the requirements specified.

### **ard 2 - The Dining Experience**

At this care home information relating to food provision is available and accessible to residents and their families

At this care home residents are able to choose where they wish to eat.

At this care home residents are enabled to eat and drink as independently as possible.

At this care home residents have access to appropriate cutlery, crockery and equipment to allow them to eat and drink as independently as possible and with dignity.

At this care home residents are positioned to promote safe eating and drinking.

At this care home residents are not interrupted unnecessarily during mealtimes.

At this care home the dining area where residents eat is well presented and the environment is conducive to enjoying meals.

At this care home food is well presented and appealing.

### **ard 3 - Meeting Nutrition and Hydration Needs of Nutritionally Vulnerable Residents**

At this care home a validated nutritional screening tool e.g. Malnutrition Universal Screening Tool (MUST) is used to screen whether residents are at risk of malnutrition on admission and monthly as a minimum or if there is concern or their clinical condition changes.

At this care home the staff who undertake nutritional screening have appropriate training during induction and every 2 years.

At this care home all residents have an individualised action / care plan relevant to their nutrition risk category and it is tailored to include the residents dietary needs and personal

At this care home if residents are identified as being at risk of malnutrition, food and fluid charts are initiated to monitor their intake.

At this care home updates regarding residents dietary needs are communicated to the resident, their family and all relevant staff.

At this care home all staff involved in preparing or serving food have appropriate training on meeting nutrition and hydration needs of residents, as a minimum every 2 years.



At this care home if residents are identified as 'at risk' a high protein, high energy menu is available for them to choose from.
At this care home if residents are identified as 'at risk' additional nourishing snacks and / or drinks are available for them to choose from.
At this care home if residents are identified as 'at risk' their food will be fortified to increase the nutritional content of their meals, snacks and drinks.
At this care home residents and their families are made aware of why residents require food fortification for a high protein, energy diet, and / or nourishing snacks and drinks.

#### **Standard 4 - Modified Texture Diets**

At this care home residents who require a modified texture diet have access to food that is the correct consistency that is appealing and meets their nutritional requirements.
At this care home residents who require thickened fluids have access to fluids thickened to the correct consistency as per the residents Speech & Language Therapists recommendations.
At this care home staff have appropriate training to know how to meet residents nutrition and hydration needs if they need modified texture food and fluids.

#### **Standard 5 - Diabetes**

At this care home residents are able to choose food and fluids that provide consistency in the carbohydrate content of meals including suitable snacks, desserts and drinks.
At this care home the timing of residents meals will be taken into account when their diabetes medications, including insulin, are administered.
At this care home the staff are trained to support residents to make suitable food and drink choices taking their diabetes into consideration.
At this care home residents have an individualised action / care plan which is tailored to include their dietary needs and personal preferences.
At this care home residents diet plans are communicated to the resident, their family and all relevant staff.
At this care home if residents have a poor appetite and / or continued weight loss MUST screening will completed as per standard 3.0.
At this care home if residents need to have oral nutritional supplements their blood glucose is monitored closely due to the hyperglycaemic effect of some supplements. Residents with diabetes are only prescribed these supplements under the guidance of a Registered Dietitian.
At this care home residents who have diabetes and are overweight are offered suitable food and drink choices and are encouraged to be more active as appropriate to their ability.

#### **Standard 6 - Obesity**

At this care home residents weight is measured and their BMI is calculated to identify and monitor if residents are overweight or obese.
At this care home residents are offered food and drink choices suitable for them to follow a weight reducing diet.
At this care home residents are encouraged to be more active, appropriate to their ability.
At this care home residents have an individualised action / care plan which is tailored to include their dietary needs and personal preferences.
At this care home residents diet plans are communicated to them, their family and all relevant

#### **Standard 7 - Palliative Care**

At this care home standards 1 – 6 are followed for residents who are receiving palliative care and the stage of palliative care is considered when agreeing the appropriateness of
--

all

At this care home the care provided for residents regarding nutrition and hydration meets the Warwickshire Nutrition & Hydration Standards

## RAG rating

Red - Never/Rarely

## Amber - Mostly

## Green - Always

Pink - Don't know

## Care Support Worker

[illegible]




Red - Never/Rarely
Amber - Mostly
Green - Always
Don't know