

Ready, Set, Go: Know Your Risks

Leadership Tool for a Learning Organization

Nutrition and Hydration in Aging Services

WHY ARE NUTRITION AND HYDRATION IMPORTANT?

- Poor nutritional status in the long-term care population can result in adverse outcomes in residents, including increased risk of developing and delayed healing of pressure injuries, decline in function, dehydration, and increased risk of death.¹
- Failure to ensure proper nutrition and hydration can leave an organization prone to liability and lawsuits, and can result in citations for regulatory noncompliance, sometimes leading to termination from the Medicare program.
- Despite the detrimental effects of malnutrition and dehydration and recommendations from guidelines and regulatory agencies, conducting assessments to screen for malnutrition in long-term care residents is not always common practice.²

DID YOU ASK?

- Does our facility perform comprehensive nutritional assessments of residents upon admission and when a change in condition occurs, in order to identify those at risk for malnutrition?
- Does our facility have a system in place to develop an individualized care plan for each resident that incorporates nutritional needs? Are appropriate interventions implemented when needed and monitored for effectiveness?
- Do we have sufficient staff on hand to feed residents during mealtimes? Are staff trained to ensure a comfortable mealtime environment, to incorporate resident food preferences when appropriate, and to handle situations in which residents refuse to eat or wish to suspend nutrition and hydration as part of end-of-life care?
- What steps is our organization taking to track problems and dietary errors that occur? How are we using this information to improve our dietary program and to ensure compliance with nutrition and hydration requirements?

Need More Information?

As a member of ECRI Institute's risk and resident safety program, you and your staff can access guidance outlining strategies for an effective nutrition and hydration program:

► [Guidance: Nutrition and Hydration](#)

► [Guidance: Pressure Ulcers](#)

ECRI Institute can help you with all of your resident safety, quality, and risk management projects. E-mail us at ccrm@ecri.org.

1 Centers for Medicare and Medicaid Services (CMS). State operations manual appendix PP—guidance to surveyors for long term care facilities. 2016 Jun 10 [cited 2016 Aug 18]. http://www.cms.hhs.gov/manuals/downloads/som107ap_pp_guidelines_tcf.pdf

2 Stange I, Poeschl K, Stehle P, Sieber CC, Volkert D. Screening for malnutrition in nursing home residents: comparison of different risk markers and their association to functional impairment. *J Nutr Health Aging* 2013 Apr;17(4):357-63. <http://link.springer.com/article/10.1007/s12603-013-0021-z> PubMed: <https://www.ncbi.nlm.nih.gov/pubmed/23538659>