Malnutrition is causing more than hunger pains in skilled nursing

Malnutrition, dehydration, and weight loss constitute one of the largest, silent epidemics in skilled nursing facilities. Not only can malnutrition and dehydration result in hospital readmission, but it can also contribute to a decreased quality of life, morbidity, and mortality.

Since good nutrition is the best defense against malnutrition, and is easy to implement, surveyors have zero tolerance for any nutrition-related problems. This includes any unintended weight loss, or inadequate or unmonitored nutrition in residents.

In a recent review of nutritional compromise in nursing home patients, malnutrition was prevalent in 6-15% of residents.

The three leading causes of malnutrition in long-term care include:

- Lack of individualization in timing of menu selection and service.
- Difficulty manipulating dishes, lids, and food packages.
- Overly restrictive and unappetizing therapeutic diets.

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The three leading causes of the largest, silent epidemics in skilled nursing facilities are malnutrition, dehydration, and weight loss.

Using technology to nurture better nutrition

Leveraging a solution that integrates with your existing electronic health record (EHR) platform will help ensure your staff is providing a balanced diet to each and every resident.

Other capabilities to look for in a nutrition management solution include:

- Easy-to-use menu builder tool that allows for greater variety in diet and is associated with better nutrition among residents.
- The ability to recognize dislikes and offer alternative choices for residents.
- Staff reminders for resident assistance, such as lid removal, cutting, feeding, etc.
- Mobile meal ordering, which allows staff to access resident meal preferences at anytime, from anywhere.

By improving residents' nutritional status through a nutrition management solution, skilled nursing facilities can reduce re-hospitalizations, pressure ulcers, and fractures – while improving the quality of life for their residents.

Learn more about PointClickCare’s Nutrition Management Solution