

Nutrition & Wound Healing Care Plan

Patient: _____ DOB: _____

1. Is the resident at risk of malnutrition Calculate? MUST score and see Malnutrition Care Plan for further details



MUST Score 0 or 1

Commence a **high energy + high protein diet** and ensure **adequate fluid intake** – ensure to aim for 30-35ml fluid per kg body weight per day to promote skin integrity.

Tips to increase protein content in meals:

- Include High-Quality Protein Foods (Meat, Eggs, Milk, Yogurt and Cheese) at each Mealtime (2-3 meals per day)
- Add diced Meat/Poultry/Fish/Pulses to soups, stews and salads
- Use Creamy White Sauces made with whole milk with meals
- Provide Nourishing Snacks between meals such as Milk, Milky Pudding, Custard, Yoghurt or Cheese – eat something every 2-3 hours
- Use toppings such as cream cheese, peanut butter, egg mayonnaise, pate, melted cheese or hummus to toast, crackers and bagels to increase protein content
- Encourage intake of Nourishing Fluids throughout the day—Milk, Yoghurt Drinks, Smoothies, Milkshakes, hot Chocolate but remember fluids can be filling so drink fluids after meals
- Skimmed Milk Powder can be added to milk, soup, smoothies, sauces and gravy and over cereals

Monitor wound carefully and continue to monitor weight and MUST monthly.

MUST Score 2+

Commence a **high energy + high protein diet** and ensure **adequate fluid intake** – ensure to aim for 30-35ml fluid per kg body weight per day to promote skin integrity as above*

- Refer to Dietitian via online referral system for an individual nutritional assessment
- Complete a 3-day food and fluid chart
- If there is moderate to severe exudate commence ****Altraplen Protein OD**, as this would indicate high nutritional losses that should be replaced to encourage healing.



Considerations: * seek advice from your dietitian if your patient has impaired renal function
**If the resident requires Level 2 fluids or above consult with Dietitian before commencing supplement

Ensure to document Dietitian's recommendations in the resident's nutrition care plan & continue to monitor weight and MUST screening monthly.



Additionally, refer to TVN service via our online referral system for specialist advice in wound management, this care plan is to be used alongside TVN advice for optimum results.

**NOTE: Please place this in the patient's file and document actions taken.
If training is required, please contact your Nualtra Representative.**