

# Quality Standards for Nutritional Support in Adults: Promises made to you

## Improving Patient Care in the NHS

Malnutrition is both a cause and consequence of illness, with significant impact on health outcomes. Surprisingly the problems associated with malnutrition are poorly recognised, despite numerous reports and guidelines. Patients receiving care in the NHS should reasonably expect assessment of their nutritional status with implementation of a nutritional care plan where appropriate.

The National Institute for Health and Clinical Excellence (NICE) has published [quality standards \(QS\)](#) covering adults in hospital and the community who are receiving oral, enteral or parenteral nutrition support.

## Quality Standards

There are **5 quality standards (QS)** – QS 4 and 5 directly affect patients receiving nutrition support at home.



### Screening:

People in care settings are screened for the risk of malnutrition.



### Treatment:

People who are malnourished, or at risk of malnutrition, have a nutrition and hydration care plan that aims to meet their nutritional requirements.



### Documentation and communication:

People who are screened have their screening results and nutrition support goals (if applicable) documented and communicated in writing within and between settings.



### Self Management of Artificial Nutrition Support:

People managing their own artificial nutrition support and/or carers are trained to manage their nutrition delivery system and monitor their wellbeing.

*The aim of this QS is to prevent and quickly recognise any adverse changes in wellbeing, including the artificial nutrition delivery system and feed storage.*



*Promise*

**Healthcare professionals and service providers will ensure that systems are in place for you to manage your own artificial nutrition support. This will ensure:**

- You or your carers are trained to manage your nutrition delivery system and can monitor your wellbeing
- You or your carers are aware of practices on how to prevent, recognise and respond to any problems
- You or your carers will be informed of how to contact specialists for urgent advice and support when needed

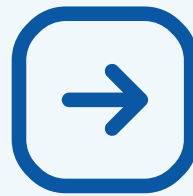


**QS 5**

**Reviews:**

People receiving nutrition support are offered a review of the indications, route, risks, benefits and goals of nutrition support at planned intervals.

*It is recognised that nutrition support requirements are influenced by many factors and can therefore be rapidly changing, so regular reviews are needed to ensure your changing needs are met.*



**Promise**

People receiving nutrition support will have **regular reviews** by healthcare professionals and service providers to:

- Assess their need for nutritional support
- Assess their method of nutritional support
- Assess the risks, benefits and goals of their nutritional support, reviewed at planned times

**Your checklist**

**QS 4**

**Quality Standard 4: Self Management**

Do you feel that you understand the reasons why you need artificial nutrition?

Do you feel you have been given sufficient training in managing your nutrition treatment?

Do you know how to detect any early warning signs that something is not right and what to do?

Do you know how to go about dealing with problems related with your health, both inside and outside of normal working hours?

Do you know how to address issues relating to the delivery of your nutrition treatment by your healthcare company?

Do you know how to access technical help should problems with your equipment occur?

**QS 5**

**Quality Standard 5: Reviews**

Do you receive regular review appointments with your healthcare team?

Do you prepare a list of points that are important to you before your review appointment? *This will help you get the most out of the time you have with your healthcare team.*

Do you feel that you are able to discuss your nutrition treatment and any concerns/ problems that you may have with your healthcare team?

Do you feel that your healthcare team listen to you and where possible try to accommodate your wishes?

*You may wish to take this document to your clinic appointment.*

If your response to any of the points mentioned in 'your checklist' for quality standards 4 and 5 is no, you should seek further advice.

- Make a list of the points you require further information or clarification on
  - Raise these points with your usual healthcare team or other healthcare professionals involved in your care
- This should encourage a discussion to support you.

