

1.13. Diet and Hydration

All residents in CBCS facilities will be provided with a varied and nutritious diet that has been approved by a Dietician.

The health and condition of each resident will be assessed, and this will determine the type of food and/or fluid offered. Each resident will be offered choices and their preferences will be considered, particularly with regard to cultural and religious beliefs.

Fluid intake will be encouraged and in warmer weather fluids will be increased to maintain hydration. Staff shall ensure that suitable drink is accessible to a resident where possible at all times.

A fluid balance chart will be implemented when a resident's fluid intake is not satisfactory and attempting to increase fluid intake is appropriate

All residents will be weighed monthly. A loss of 2.5 kg will be investigated if outside their health weight range, or if there is no unexplained reason e.g. the resident is not palliative. The resident will also be referred to a medical officer for future orders. Supplements can also be given if appropriate and if the resident is not palliative.

Signature:



Date: 22/06/2011

Developed July 1999
1st Revision September 2000
2nd Revision December 2009
3rd Revision June 2011