

Four steps to a conversation about Malnutrition

1. Conversation starters

"I am a bit concerned, as I've noticed..."

"Have you noticed any changes lately? Anything different with your
....(appetite, food, eating)..."

"Have you noticed any changes to your appetite/food/eating?"

"How are things going with you? And your food?"

"I've noticed(you haven't been coming to....)... and I'm a little worried
about you. Is everything okay?"

If the person does not want to discuss nutrition, don't push the conversation. Instead, offer an appropriate leaflet, highlight the contact details on the leaflet and if appropriate, bring the conversation up in the future.

2. Physical factors?

Weight loss?
Feeling full quickly?
Loss of appetite?
Trouble preparing food?
Difficulty getting to the shops?

2. Social factors?

Bereavement?
Money troubles?
Lonely?
Anxiety?
Depression?

Try: Smaller meals more often
Hot milky drinks
High energy snacks
Good Neighbours referral
One Community Transport Service

Try: One Community Activities List
Age Concern Activity Groups
Citizens Advice Bureau
Meals on Wheels
Apetito

3. Review the person. When you see them next, ask;

"How are you getting on with....?" or "Can I help you any further?"

4. Reinforce the conversation

"Please let me know if you need anything" or "If you are worried about malnutrition ask a local Practice Nurse or Pharmacist"