



Undernutrition Awareness Training

QUIZ

*For Carers & Volunteers
(and professionals not required to carry
out 'MUST' nutritional screening)*

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1. Roughly how many people (over 65) are at risk of undernutrition in the UK?

15%

25%

35%

45%

65%





Correct!

It is estimated that 14% of older people are undernourished or at risk of being undernourished. Prevalence of undernutrition varies depending on the setting

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2. Roughly how many people living in care homes are at risk of undernutrition in the UK?

15%

25%

35%

45%

65%





Correct!

Screening surveys reveal that 30-42% of care home residents are undernourished or at risk of being undernourished

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3. Can you identify one of the key (most important) signs of undernutrition?

Underweight (BMI under 20)

More frequent infections

Losing weight due to being on a diet

Pressure ulcers

Recent unintentional weight loss

Lots of visits to the Doctor





Correct!

Trained health and social care professionals, along with trained care home staff will use a tool called the Malnutrition Universal Screening Tool ('MUST') to screen someone for undernutrition. The 'MUST' tool looks at whether someone is underweight, and the degree of recent unintentional weight loss they've experienced. If a person has a healthy weight or is overweight/obese, but they are losing weight – they are still at risk.

Simply asking questions to determine recent unintentional weight loss will give you valuable information. If you have information on the person's weight, height and body mass index (BMI), this can tell you if the person is underweight (although access to this information is often tricky to obtain in the community). As undernutrition contributes to the causes of many health conditions, there are many other signs of undernutrition which can help in the overall assessment, such as more frequent (and longer than usual) infections, pressure ulcers, falls, fatigue, reduced engagement in usual activities and frequent visits to the doctor

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4. Can you identify a non-medical cause of undernutrition? *(there are several correct answers to choose from)*

Social isolation

Bereavement

Cancer

Dementia

Trouble doing cooking or shopping

Medications





Correct!

There are many reasons why people become undernourished, and this is often multi-factorial. It's well known that people with medical conditions such as dementia, depression, cancer and stroke are more likely to be at risk of undernutrition. There are many non-medical reasons too, and these are often things that can be changed or improved through simple measures, such as providing transport, befriending services or lunch clubs.

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5. What advice could you give to improve the diet of an undernourished person?

Choose full fat dairy products & have a milky drink with a meal

Include fruit for dessert and increase portion size of main meals

Choose high energy snacks and add butter & cream to mashed potato

Include plenty of fruit & vegetables





Correct!

Melting butter on hot vegetables or adding cream to fruit would help increase their energy intake without significantly increasing the portion size. Choosing higher calorie desserts like rice pudding, thick & creamy yoghurts and individual trifles are good options. It's best to have drinks separately from meals, as fluids may cause people to feel full and not finish their food.

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Whilst fruits and vegetables contain important nutrients, they are low in energy (calories). Melting butter on hot vegetables or adding cream to fruit would help increase their energy intake without significantly increasing the portion size. Choosing higher calorie desserts like rice pudding, thick & creamy yoghurts and individual trifles are good options. It's best to have drinks separately from meals, as fluids may cause people to feel full and not finish their food.

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6. On a scale of 1 to 10, how confident do you feel talking to older people about undernutrition, making a basic assessment and offering suggestions for help?

1

6

2

7

3

8

4

9

5

10





You are feeling confident

It's great that you feel so confident talking to older people about nutrition. The next step is to make sure you keep discussing nutrition with people so it becomes part of your routine practice – and encourage your colleagues to discuss nutrition as well.

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[Complete Quiz](#)





To improve your confidence...

Going through the training video again, discussing with your work colleagues or simply starting to discuss nutrition more during conversations may help further improve your confidence. For more information on starting a conversation about nutrition, download our handy sheet entitled “4 steps to a conversation about malnutrition” by visiting <http://wessexahsn.org.uk/OPEN-toolkit> and going to the ‘resources’ section on the right.

For more information about making a basic assessment of weight loss, take a look at our “signs of weight loss poster” by visiting the same link. You can also start practicing asking questions to people about recent weight loss and making this part of every conversation.

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**Thank you for completing our quiz on
Undernutrition Awareness for Carers
& Volunteers**

