

*July 2017*

# Nutrition and Hydration Policy

Live  Care

Date Written	14.07.2017
Author(s)	Registered manager
Version	2.0
Date Signed Off	19/07/2017
Reviewed by	

Unit 1 Chandos House,  
Hankridge Way,  
Taunton,  
Somerset  
TA1 2LR

# Review Data

## Initial Production

Name	Role/Department	RACI	Date
Registered manager	Registered Manager	RA	14.07.2017
Registered manager	Registered Manager	RA	04.12.2017

R = Responsible for document production; A = Accountable; C = Consulted; I = Informed

## Change History

Version	Date	Details of Change	Author
2.0	14.07.2017	Re-write and re-structure of original policy in line with most recent legislative updates.	Registered manager

## Emergency Contact Details

Name	Email	Mobile
Registered manager	fran@livein.care	

## CQC Fundamental Standards

Legislation	Details
Regulation 14: Meeting Nutritional and Hydration Needs	The intention of this regulation is to make sure that people who use services have adequate nutrition and hydration to sustain life and good health and reduce the risks of malnutrition and dehydration while they receive care and treatment.

## Key Lines of Enquiry

KLOE	How this applies to Anti-Bribery
Effective	This Nutrition and Hydration policy is an aspect of 'Effective' due to Living Carers Ltd understanding that the provision of a healthy, nutritious, and balanced diet is of vital importance for the health and wellbeing of its Clients and that care workers should help to support Clients in all aspects of achieving an adequate diet.
Caring	Our Nutrition and Hydration policy also demonstrates 'Caring' as an aim of the company is to treat all Client's with dignity and respect when providing nutrition and hydration support, as well as supporting their autonomy and independence.

## Related Documents

This policy should be read in conjunction with our:

- **Food Hygiene Policy**
- **Incident Reporting Policy**
- **Risk Assessment Policy**

## Policy Statement

### Policy Aims

This policy is intended to:

1. ensure that Clients benefit from having food provided for them that is of high quality, is well presented and prepared and is nutritionally sound
2. ensure that those with special dietary needs are supported.
3. hydration assessments to be carried out in accordance with recognised guidance
4. water to be available and accessible to Clients at all times — and other drinks to be made available periodically throughout the day (and night)
5. Clients to be encouraged to drink independently if they are able, but to receive appropriate support to drink if needed
6. hydration intake to be monitored where necessary to prevent dehydration
7. Clients' religious and or cultural needs and preferences being recognised in their nutrition and hydration assessment, and subsequently met.

Living Carers Ltd is committed to help meeting Clients' nutritional and hydration needs as part of its service provision. Living Carers Ltd understands that the provision of a **healthy, nutritious, and balanced diet** is of vital importance for the health and wellbeing of its Clients and that **care workers should help to support Clients in all aspects of achieving an adequate diet.**

Living Carers Ltd also believes that, with respect to food provided for Clients, **Living Carers Ltd has a duty to ensure that Clients should be kept as safe as possible from food**

### CQC COMPLIANCE

Living Carers Ltd understands that it must comply with the Health and **Social Care Act 2008 (Regulated Activities) Regulations 2014** to maintain its registration with the Care Quality Commission.

With regard to food and drink, the agency understands that **Regulation 14: Meeting Nutritional and Hydration Needs**, includes a requirement for care providers to ensure that the nutritional and hydration needs of Clients are met if the meeting of the nutritional or hydration needs of Clients is part of the arrangements made for the provision of care or treatment by the agency.

Living Carers Ltd understands that providing suitable nutrition for Clients is considered a key element of the regulations and forms part of the fundamental standards below which care must not be allowed to fall.

**poisoning** and related food-associated illness by the adoption of high standards of food hygiene and food preparation.

## Food and Nutrition Procedure

Where food is prepared, served or handled in the Client's home, the following applies:

Wherever possible care workers will support the independence of Clients to cater for themselves, to choose their own foods, to choose when and where to eat and to prepare their own meals.

All food will be prepared, cooked, stored and presented in accordance with the high standards required by the Food Safety Act 1990, and the Food Hygiene (England) Regulations 2013.

Special therapeutic diets will be supported, wherever possible, when advised by healthcare or dietetic staff.

Mealtimes will be unhurried and relaxed with Clients being given plenty of time to eat and enjoy their food.

Food and drink will be presented in a manner that is attractive and appealing.

Staff serving meals should report to the person in charge if a Client does not eat their meal and should make a suitable record in the Client notes.

Drinks will be made available throughout mealtimes and will be made available upon request at any other time, and refreshments in the form of hot and cold drinks will also be offered at intervals between meals.

Where a Client requires help with eating or drinking, care workers will discreetly provide appropriate help with sensitivity and care.

Staff will help all Clients to be as independent in feeding themselves as possible and will work to ensure their dignity while they are doing so.

Eating difficulties will be identified within each Client's care plan and a plan of assistance agreed, both with the Client and with their carers.

The following nutritional principles will be supported:

- food should be enjoyed
- a variety of different foods should be eaten
- the right amount should be eaten to maintain a healthy weight
- plenty of foods rich in starch and fibre should be included in the diet
- foods that contain a lot of fat should be avoided
- sugary foods and drinks should not be eaten or drunk too often
- vitamins and minerals in food are critical
- adequate hydration is also critical.

**Care workers should take into account any ethnic or cultural dietary needs of Clients and should be sensitive to religious and cultural beliefs surrounding food.**

## Hydration Procedure

The importance of good hydration will be actively promoted to Clients.

All new Clients will have a suitable nutritional assessment conducted on first beginning to use the service, which will include an assessment of their hydration needs

Assessments will be carried out by a senior member of staff with appropriate training and skills and will be recorded in the Client plan of care.

Any new Client with special nutritional needs identified during assessment will be, with their agreement, referred to an appropriate specialist service.

When a Client is identified as being at risk of poor nutrition or dehydration they will have their food and drink intake monitored and be provided with help to reduce the risks as necessary, including additional advice and support and, where necessary, referral for specialist help and assessment.

Eating and drinking difficulties, or a need for assistance when eating or drinking, will be identified within each Client's care plan and a plan of assistance agreed with both the Client and their relatives, where necessary.

For any Client with a need for assistance with eating and drinking, reasonable arrangements will be made to help them to feed themselves with dignity, including the provision of special eating aids and special food preparation.

Staff will be alert to any difficulties that a Client is having with regards to their nutrition or hydration and will report any worries or concerns to a senior member of staff.

Care workers should be alert to urine colour as a possible indication of hydration level. Odourless, pale urine will generally indicate good hydration levels. Dark, strong-smelling urine could be an indicator of poor hydration.

Where a requirement is identified for additional help or advice the Client will be referred to a suitable expert such as a dietician or speech and language therapist.

Clients will be provided with information on what constitutes a balanced diet to address any risk of poor nutrition and/or dehydration, which will help them make an informed decision about the type and amount of food and drink they need.

Where a Client is reluctant to drink enough water/fluid and this is having a negative effect on their health, the service will consider other ways of increasing their fluid intake that are more acceptable to them, e.g. through breakfast cereals with milk, soup, and fruit and vegetables.

Where Clients have worries about possible incontinence related to increased hydration, especially at night, care workers should reassure them that help will be provided with going to the toilet. In such cases it is best not to encourage the Client to drink close to bedtime. Instead they should be encouraged to drink little and often during the day

## Key Points to Take Away

Living Carers Ltd understands that the provision of a **healthy, nutritious, and balanced diet** is of vital importance for the health and wellbeing of its Clients and that **care workers should help to support Clients in all aspects of achieving an adequate diet.**

Living Carers Ltd understands that it must comply with the Health and **Social Care Act 2008 (Regulated Activities) Regulations 2014**

Care workers should take into account any ethnic or cultural dietary needs of Clients and should be sensitive to religious and cultural beliefs surrounding food

The importance of good hydration will be actively promoted to Clients.

### Policy Review

This policy will be reviewed by the Registered Manager at least annually to make any updates and amendments necessary to ensure the policy conforms to current legislation, reflects current practice and expectations.

### Authorisation and Signature

This Policy is the official and authorised version agreed by the Directors of Living Carers Ltd. All employees are expected to work in accordance with this policy and failure to comply with this policy could result in disciplinary action.

Registered manager

**Registered Manager**

04.12.2017