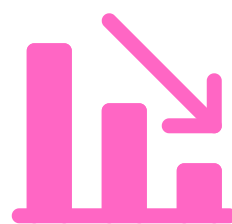


COVID-19: Good Nutrition & Hydration Helps Recovery

Top tips for Care & Residential Homes

During critical stages of C19:

- significant weight loss
- muscle loss
- poor appetite
- altered taste
- reduced mobility
- dysphagia related to being intubated



Good nutrition and hydration can:

- prevent further infection
- prevent skin breakdown
- improve quality of life
- minimise weight loss
- Improve muscle mass

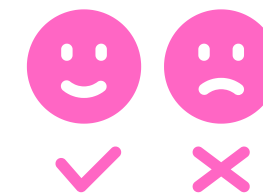


Complete **MUST**
Step 5

Nutritional
Management Plan

» liaise with specialist nurse / HCP

Review food &
fluid likes and
dislikes



monitor
intake

Maximum energy &
protein options

Food fortification



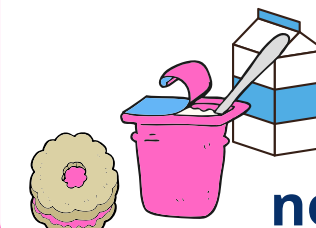
» liaise with Catering Team



weigh
weekly

or mid-upper arm
circumference monthly

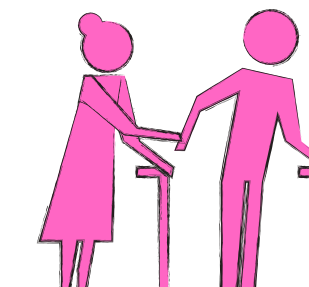
Assist
if required



High protein
snacks &
nourishing drinks

encourage

mobility



DYSPHAGIA

occurs in **30%**
post being intubated

SLT Assessment ?
Correct consistency ?

TASTE CHANGES

Use **strong flavours**

offer
condiments



DIABETES

During infection
monitor **BLOOD GLUCOSE**

Target **7 - 12 mmol/l**



scan for more info

Produced by the Care Home Dietitians, NHS Greater Glasgow & Clyde (May 2020)



COVID-19 APPROVED GUIDANCE

OFFICIAL SENSITIVE

Note: This guidance has been fast-tracked for approval for use within NHSGGC

Covid-19 Good Nutrition and Hydration Helps Recovery

This guidance is intended to assist healthcare professionals in the choice of disease-specific treatments.

Clinical judgement should be exercised on the applicability of any guidance, influenced by individual patient characteristics. Clinicians should be mindful of the potential for harmful polypharmacy and increased susceptibility to adverse drug reactions in patients with multiple morbidities or frailty.

If, after discussion with the patient or carer, there are good reasons for not following guidance, it is good practice to record these and communicate them to others involved in the care of the patient.

Version Number:	2
Does this version include changes to clinical advice:	N/A
Date Approved:	18 th June 2020
Approval Group:	Covid-19 Tactical Group (HSCPs)

Important Note:

The version of this document on the Clinical Guideline Directory is the only version that is maintained. Any printed copies should therefore be viewed as 'Uncontrolled' and as such, may not necessarily contain the latest updates and amendments.