**<INSERT ORGANISATION NAME> INDIVIDUAL NUTRITIONAL RISK ASSESSMENT EXAMPLE**

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| **INDIVIDUAL NUTRITIONAL RISK ASSESSMENT EXAMPLE** |
| The following assessment will help you articulate the treatment problems you may be having and take measures according to the needs of your service user. |
| **Causes of Reduced Food Intake** | **Causes of Reduced Fluid Intake** |
| **1. Personal Factors/Impaired Abilities*** The service user is no longer in full control of their food intake.
* Functional impairment of arms, hands or fingers.
* Lesions in the mouth; dry mouth.
* Missing teeth or ill-fitting/absent dentures.
* Visual or hearing impairment.
* Additional impairments.
 | **1. Personal Factors/Impaired Abilities*** The service user no longer recognises the presence of a drink or cannot pour a drink for themselves.
* The service user can no longer use a cup or glass independently.
* Functional impairment of arms, hands or fingers.
* Swallowing difficulties.
* Additional impairments.
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| **2. Loss of Appetite and/or Pleasure in Eating*** Psychological stress.
* Acute illness and pain.
* Loss of mobility.
* Side effects of medication.
* A reduction in the person’s sense of taste and/or smell.
* Other reasons.
 | **2. Loss of Pleasure in Drinking*** Pain.
* Reduction in thirst.
* Anxiety about having to use the toilet.
* Tendency to cough when eating food or drinking, leading to a fear of choking.
* Other reasons.
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| **3. Environmental Factors*** The dining routine is unpleasant for the person (consider factors such as noise, room temperature or dining companions).
* Inconvenient mealtimes (may not coincide with periods of

maximum alertness or hunger).* May not enjoy eating in front of others.
* Other reasons.
 | **3. Environmental Factors*** Relationship to the caregiver – fear of being seen as a ‘nuisance’ (when asking for drinks or help to visit the toilet).
* Unsuitable drinking vessels (too large, too heavy, unattractive in design).
* Drinks are inaccessible.
* Other reasons.
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| **4. Food Selection*** The person is dissatisfied with the food on offer or they simply dislike a particular dish.
* Unsuitable consistency (care should be taken to ensure food is suitable for service users with limited ability to chew).
* Other reasons**.**
 | **4. Drink Selection*** The person does not like the drink provided or it is too weak, strong or sweet for their taste.
* The drink is too hot or cold.
* Other reasons.
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| **5. Possible Causes of Increased Energy/Nutritional Requirement*** Higher energy demand due to illness, fever, infection, tumour, open wounds, psychological stress, blood loss, severe vomiting, diarrhoea.
* Hyperactivity.
* Other reasons.
 | **5. Possible Causes of Increased Fluid Intake*** Heavy perspiration.
* Illness-related loss of liquid (e.g. fever, vomiting, blood loss, persistent diarrhoea).
* Use of diuretics or laxatives.
* Other reasons.
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| **Evaluation**: Check which areas apply to your service user, then incorporate them into your care plan. Using the results from the assessment above you will be better placed to take specific measures to minimise your service user’s risk of malnutrition. |