

Section 1

1:1 GOOD NUTRITIONAL CARE:

Good Nutritional Care is dependent on a co-ordinated approach to the delivery of food and fluid by all healthcare professionals. This process takes into account the individual requirements, preferences and cultural needs, illness, disease and or lifestyle which can have a significant impact on nutritional status by altering nutritional requirements. Monitoring of nutritional status is achieved by completing assessment and screening documentation to identify patients who are, or may be, at nutritional risk and who may benefit from nutritional intervention.

Good nutritional care includes relevant training for all staff (Healthcare Improvement Scotland (2014), Fluid, Food and Nutritional Care Standard 6) and access to nutritional information for patients (Healthcare Improvement Scotland (2014) Fluid, Food and Nutritional Care Standard 5)

NHSGGC

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