

Nutrition Handout

A Nutrition Handout

Nutritional Screening

Identifying characteristics known to be associated with nutritional problems, i.e.: inadequate intake/absorption, increased requirements/losses, functional limitations, altered mental status, drug therapy, impaired blood flow, decreased thirst response, advanced age, intentional fluid restriction, decreased ability to concentrate urine

Nestle Mini Nutritional Assessment (MNA[®]) Screening Tool

- Identifies people aged 65+ who are malnourished or at risk for malnourishment to allow for earlier implementation of nutritional supports
- Six screening questions with a maximum of 14 points:
 - 12-14 = normal nutritional status
 - 8-11 = at risk for malnutrition
 - 0-7 = malnourished

Body Mass Index (BMI)

Classification	BMI Category
Underweight	<18.5
Normal Weight	18.5-24.9
Overweight	25.0-29.9
Obese Class I	30.0-34.9
Obese Class II	35.0-39.9
Obese Class III	>=40.0

- Indicator of obesity
- BMI of 21 with unintentional weight loss = risk for pressure ulcer
- Values are from Health Canada

Significant Unintentional Weight Loss

- > 5% loss of usual weight over one month

The South West Regional Wound Care Program



Vision: Integrated, evidenced-informed skin and wound care – every person, every health care sector, every day.

Mission: To advocate for the seamless, timely and equitable delivery of safe, efficient, and effective, person-centered, evidenced-informed skin and wound care to the people of the South West LHIN, regardless of the healthcare setting.



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- >7.5% loss of usual weight over three months
- > 10% loss of usual weight over six months

Common Lab Values to Assess for Nutritional Issues

Lab Test		Normal Range
Serum Albumin		35-50g/L
Pre-Albumin		16-36 mg/dL
Serum Creatinine	Males	53-106umol/L
	Females	44-97 mmol/L
Serum Ferritin		20-200 ug/L
Hemoglobin	Newborns	165-195 g/L
	Children	112-165 g/L
	Males	140-180 g/L
	Females	120-160 g/L
Serum Iron	Males	13-31 umol/L
	Females	5-29 umol/L
Serum Iron Binding Capacity		45-73 umol/L
Serum Potassium	Newborn	3.7-5.9 mmol/L
	Infant	4.1-5.3 mmol/L
	Child	3.4-4.7 mmol/L
	Adult	3.5-5.1 mmol/L
BUN		3.6-7.1 mmol/L
Glycosylated Hemoglobin		4-6%
Fasting Glucose		3.9-6.1 mmol/L
Serum Thyroid Stimulating Hormone	Newborn (1-4 days)	1-17 mIU/L
	Infant (2-20 weeks)	1.7-9.1 mIU/L
	Children (21 weeks – 20 years)	0.7-6.4 mIU/L
	Adult	0.4-4.8 mIU/L
Serum Transferrin		1.88 – 3.41 g/L
Serum Cholesterol		< 5.2 mmol/L
Hematocrit	Female	37– 46%
	Male	42 –52%

Key Nutrients in Wound Healing

- Carbohydrates
- Protein



- Fats
- Vitamins
- Water
- Minerals

Tips to Increase Fluids

Approximate Fluid Provision from Common Foods		
Jell-O	½ cup	120mL
Pudding	½ cup	100mL
Ice Cream/Sherbet	½ cup	60mL
Popsicle	1	90mL
Yogurt	½ cup	90mL
Canned fruit	½ cup	100mL
Soup	1 ½ cups	165mL

Nutritional Supports and Other Practical Considerations

- Liquid nutritional supplements
- Tube feeds
- TPN
- Med Pass Program
- Address dentition and/or swallowing
- Liberalize diet restrictions
- Conduct food audit
- Address physical and/or cognitive impairments
- Incorporate food/fluids into therapy
- Encourage family to bring favorite/familiar/cultural foods/beverages
- Switch to Homo milk
- Add dry milk powder to milk, cereal, pudding, etc.
- Switch to higher calorie liquid nutritional supplement
- Add liquid nutritional supplements to hot cereals, cream soups and/or mashed potatoes