

CC20 Nutrition and Hydration

Purpose

1. To ensure that all participants receive adequate nourishment and hydration.

Alignment with Practice Standards

1. Module 2: Provider Governance and Operational Management
2. Module 3: Provision of Supports
3. High Intensity Daily Personal Activities

Legislative Alignment

1. National Disability Insurance Scheme Act 2013
2. Work Health and Safety Act 2011 (Cth)
3. Work Health and Safety Regulations 2011 (Cth)

Key Responsible Executive

Chief Executive Officer

For More Support

Head of Multidisciplinary Care

Policy Statement

1. This policy applies to registered nurses and care staff.

Procedures

1. We ensure that regular assessments of each participant's nutrition and hydration needs are conducted and communicated as per the general care and service planning process. This includes the identification of each participant's specific needs and preferences, and the identification and treatment of risk factors and causes of malnutrition and dehydration in participants.
2. Changes in eating patterns or results such as weight loss are reported to senior care staff and the participants' medical officers. Where there is a pattern of unacceptable weight loss, participants are given special protein enriched supplements in liquid and/or solid form.

3. We encourage participants' independence and dignity during meal times and when drinking. This includes encouraging those participants, who do need assistance, to feed themselves as much as possible.

References to other SAVVY policies

1. CS3.5 Participant Record Management
2. HR4.17 Information Technology

References to other external materials

1. Personal care and clinical procedures manual
2. NSW Food Authority Vulnerable Persons Food Safety Scheme

Supporting documentation

1. Participant files
2. Assessments, care and service plans, incident reports, progress notes, charts
3. Weight charts

Version Control

1. 1 April 2023 - New Policy Creation