

Nutrition Care Plan for Pressure Ulcers

Care Home:	
Resident's Name:	
Date:	

Good nutrition and hydration have an important role in preventing and healing pressure ulcers. To optimise skin healing, adequate intake of calories, protein, fluid, vitamins & minerals is needed.

This care plan should be used to optimise the food/fluid intake of residents with a pressure ulcer(s). It should be reviewed at least **monthly** to ensure actions are consistently implemented.

Please ensure each of the following actions are implemented daily for at least **one month** to help promote skin healing. Use 'Comments' to detail any preferences/dislikes of the resident to help tailor the care plan.

If there has been no improvement in skin condition, please consider arranging a dietetic referral. A dietitian can assess whether the resident is meeting their nutritional requirements and whether they may benefit from additional oral nutritional supplements to support skin healing.

Immediate Dietetic Referral should be made if resident has a category 3,4 or unstageable pressure ulcer

If you have any questions please do not hesitate to contact the Nutrition and Dietetics team at Harrogate Hospital on **01423 553329** or email hdft.carehomediet@nhs.net

Daily Care Plan Actions

ACTION	ACTION COMMENCED (☒)	SIGNED
<p><u>High protein source at every meal</u> ✓ Palm-sized portion as a minimum <i>e.g. Meat, Fish, Eggs, Cheese, Soya, Tofu, Lentils, Beans</i></p>	<p><input type="checkbox"/> Date: Comments:</p>	
<p><u>2-3 high protein snacks per day</u> ✓ Encourage between every meal</p> <p><i>e.g. Yoghurt, Custard, Rice Pudding, Mousse, Cheese & Biscuits, Nuts, Sausage Roll/Scotch Egg, Egg/Cheese/Beans on Toast, Egg/Fish/Meat/Cheese/Nut Butter Sandwich</i></p>	<p><input type="checkbox"/> Date: Comments:</p>	
<p><u>6-8 cups of fluid per day</u> ✓ At least 2 nourishing drinks per day between meals</p> <p><i>e.g. Milkshake, Smoothie, Hot chocolate, Horlicks (make all with full cream milk, milk powder and cream)</i></p> <p>✓ Use fortified milk for all hot drinks/milky drinks <i>i.e. 4 tbsp milk powder per 1 pint (568ml) of full cream milk) to use in: tea, coffee, milkshakes etc.</i></p> <p>✓ Regular fluid prompts</p>	<p><input type="checkbox"/> Date: Comments:</p>	