

# Nutrition and Hydration Considerations for Care Homes during COVID-19

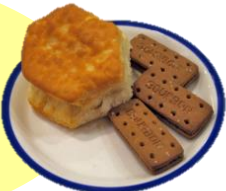
During these difficult times we want to ensure that residents are eating well and keeping hydrated to avoid malnutrition, dehydration, falls, UTIs, pressure sores, muscle loss and to optimise their immune function. Below are some top tips to prioritise within your home:



Ensure that residents always have drinks within reach



Offer snacks more frequently and ensure residents have a snack box/plate in front of them each day



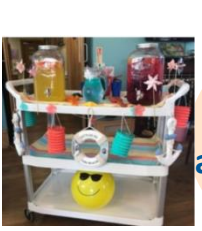
Continue with oral mouth care daily. Monitor for signs of dysphagia and refer to SALT if concerned



For those at risk of malnutrition, fortify meals and prioritise milky drinks and juice or smoothies (unless they have poorly controlled diabetes)



Prioritise high protein foods and encourage residents to keep active and mobile as much as possible to prevent loss of muscle mass



Run a drinks trolley that can be decorated and themed to appeal to residents

Fruit and vegetables and fruit juice can support immune function. Consider 10µg OTC Vitamin D supplements daily in line with SACNE recommendations 2018



If a resident is unwell:

- Offer plainer foods and fluids 'little and often' throughout the day.
- Prioritise high calorie fluids to keep hydrated i.e. milky drinks, fortified soups or juice

