

Dear GPs and Care home Managers,

We are writing to you to inform you of changes to the Nutrition and Dietetic Service. Due to increased demand, we have reviewed our service provision to care homes so that we can treat those most at risk efficiently and safely. This is in line with the changes to prescribing practice in care homes across East Suffolk introduced by the Ipswich and East Suffolk CCG on 1st September 2016, which included no longer prescribing Complan in the first instance. Additionally, the changes adhere to NICE Guidance CG32 regarding nutrition support.

Please refer to the enclosed local policy, new care home referral form and new handover form for carers.

From February 2017, referrals will be triaged for evidence of high risk factors. Where these are present, an assessment will take place and a treatment plan with a clear nutritional goal provided. The new care home referral form will support this process.

Referrals will be rejected under the following circumstances listed below:-

- No evidence of high risk factors
- No evidence of implementing Food First principles (i.e. food fortification, energy dense snacks and homemade supplements)
- No high risk factors present and no evidence of two different types of over the counter sip feeds (i.e. AYMES, Complan, or Meritene Energis) being tried

The rejection letter will include practical advice along with triggers for re-referral

Individuals who have had long term dietetic input and are clinically stable (no high risk factors, no clinical changes for nine months, and weight stable), will have their review period extended from three to six months.

We will continue to offer regular training for care home staff (carers and kitchen) for nutritional screening and managing malnutrition. In particular, at our training we would like to reinforce treatment of those at moderate risk malnutrition, empowering carers with the aim of preventing deterioration to a high risk of malnutrition.

Please do not hesitate to contact the Nutrition and Dietetic Service with and queries regarding the letter.

Kind Regards,

Daisy Greenaway
Community Dietitian

Louise Jordan
Community Dietitian, Team Lead