



Topic Talks

Nutrition & Hydration: more than food & water

When you think of Nutrition and Hydration do you think of being full and not being thirsty? Or do you think about nutrition and hydration being linked to health, healing and quality of life? This week we will look at the importance of Nutrition & Hydration.

Some facts:

- Malnutrition is estimated to affect 35-60% of patients in acute care
- Malnutrition is estimated to affect 30-50% of patients in rehabilitation
- Malnutrition is estimated to affect up to 72% of residents in residential aged care facilities

- **Malnutrition** = a deficiency, excess or imbalance of energy, protein, vitamins, minerals or other micronutrients that cause measurable adverse effects on the body
- Malnutrition is divided into two categories: undernutrition and overweight/obesity
- **Dehydration** = depletion of total body water caused by pathological loss of fluid, inadequate fluid intake or a combination of both.
- Dehydration is common in older people and can lead to constipation, increased risk of infection, falls and medication toxicity.

Let's talk

Suggested questions to ask yourself or your peers this week



How would you rate your level of understanding of this topic?

Watch a webinar, listen to a podcast, look at the websites. Learn something new.

What contributes to malnutrition and dehydration for inpatients and residents in our care?

List 5 things that may contribute to malnutrition and dehydration for inpatients and residents?

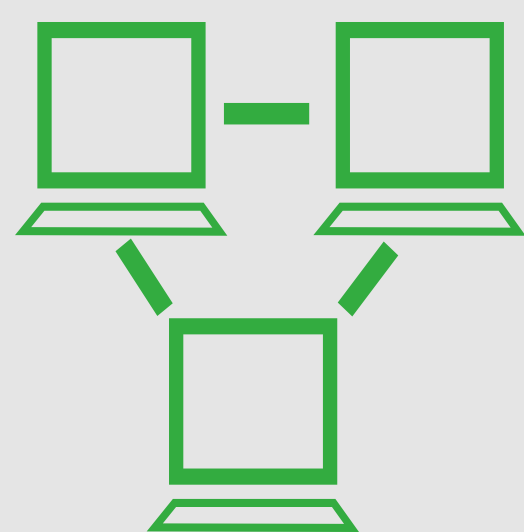
What can be done to address these issues?

Simple interventions can have a big impact. What can you do to help address nutrition and hydration for patients and residents??

What are 2 new pieces of information you have learned about the topic this week?

Think about what you have learned. How can you use this learning going forward?

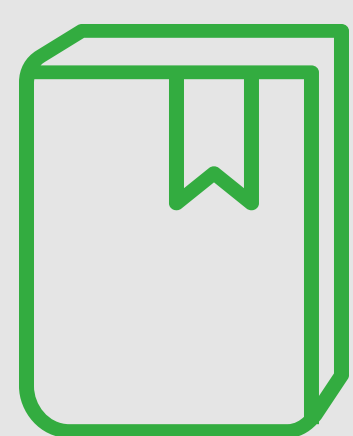
Loddon Mallee Activities and Resources



What's on the Web?



References:



Tuesdays@2 Webinar Series

Tuesday 16th March 1400: Join the webinar via the [Bendigo Health Website](#)
or via zoom <https://bendigohealth.zoom.us/j/93324155450?pwd=Nm9iSUZmSEl4enJHWFRheWRtaTdaUT09>

Speaker: Lauren Ballantyne, Allied Health Educator, Senior Clinical Dietician and Dietetic Clinical Support Lead

Topic: Food for thought

Webcasts:

Dietician Connection (2020) (free registration required)
<https://dietitianconnection.com/product-category/webinars/free-webinars/>

- Identifying and managing malnutrition and frailty in the community [1:00]
- Malnutrition and obesity: The Dietetic Conundrum [1:00]
- Nutrition in Aged Care: Focus on residents' needs and the new quality standards [1:00]

Web Sites:

[Health.vic](#) Older People in Hospital: Nutrition & Hydration
[Australian Commission on Safety and Quality in Healthcare: Nutrition and Hydration](#)

- Australian Commission on Safety and Quality in Healthcare (2019) Action 5.28 Nutrition & Hydration <https://www.safetyandquality.gov.au/standards/nsqhs-standards/comprehensive-care-standard/minimising-patient-harm/action-528>
- Department of Health Tasmania (2020) Malnutrition: What is Malnutrition?
[online] https://www.dhhs.tas.gov.au/_data/assets/pdf_file/0004/343372/Malnutrition_background.pdf
- Dietitians Australia (2020) Is malnutrition an issue in Australia?
[online] <https://dietitiansaustralia.org.au/smart-eating-for-you/smart-eating-fast-facts/medical/is-malnutrition-an-issue-in-australia/>
- Victorian State Government (2020) Nutrition and Hydration
[online] <https://www2.health.vic.gov.au/hospitals-and-health-services/patient-care/older-people/nutrition-swallowing/nutrition-and-hydration>