

Nutritional Screening at The Whittington Hospital

Emma Coupland

Dietitian



Effects of malnutrition

- **Immune system**
- **Muscles**
 - Reduced ability to work, shop, cook and self-care
 - Pressure ulcers and blood clots
 - Falls
 - Reduced ability to cough → chest infections and pneumonia
 - Heart failure
- **Impaired wound healing**
- **Kidneys** → over-hydration or dehydration
- **Brain** → apathy, depression, introversion, self-neglect and deterioration in social interactions
- **Impaired temperature regulation**

(BAPEN, 2016)

Who is affected?

What can we do?



Meritene Shakes/Soups!



These are available on ALL wards
– in kitchen cupboard!

Mix with 200ml full fat milk

- 235kcal
- 16g protein