# Investigating Capacity to Access Nutrition

#### 1. Screen

# WHAT is the degree of malnutrition risk?<sup>1</sup>

# Score the following questions:

lowing questions:	••	Score
	No	0
	Unsure	2
st weight	Yes 1-5kg	1
ig III ule last	Yes 6-10kg	2
	Yes 11-15kg	3
	Yes >15kg	4

without tryin

Has client los

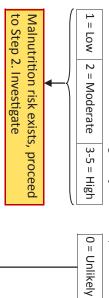
6 months?

### Add scores & circle the degree of risk

Is client eating poorly due to reduced appetite (< 3/4 usual intake)?

Yes 8

0



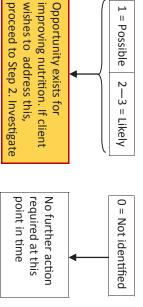
# WHAT is the potential for nutritional risk?

### Score the following questions:

Score

ability to have an adequate diet?	Do you have any concerns about client's	prepare meals or how they shop?	Has client had any recent changes that have affected what they eat, how they
No	Yes	No	Yes
0	1	0	2

### Add scores & circle the degree of risk:



Encou

### 2. Investigate

# WHY is the client at nutritional risk?

Are weight loss, reduced food intake, changes to food access or dietary concerns due to: (discuss with prompts)

#### **HEALTH STATUS?**

Chronic condition	Explore:
Acute Illness	☐ Altered nutrition
\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	nppds?

Medication change Wound healing

Other: Mental /Emotional health 

Rest /recovery?

setback or in order to avoid preventable injury intervention(s) particularly for functional gain or after a Consider referral(s) to Allied Health for restorative

### PHYSICAL ACCESS TO FOOD?

	Other:	Dental problems	Communication	Cognition /Memory	Transport	Mobility	Disability /Impairment	
				\ \_				
		[						
:	Specialist suppo	sequencing task	Planning &	Strength, balance?	appliances:	Use of kitchen	Kitchen access?	

### KNOWLEDGE /SKILLS DEFICIT?

ncourage action & oceed to Step 3. Act	<b>←</b>	Other:	Portion sizes	Appropriate food choices	Recipes	Cooking	special diet
ļ				es			
If act							]
If action is declined, discuss potential long		Specialist support?	food budgeting?	Menu planning &	Interpreting labels?	expert advice in the past 12 months?	

needs?	Altered nutrition	

Motivation /social

Specialist support?

#### Explore:

		<b>∨</b>	
Specialist support?	Planning & sequencing tasks?	Strength, balance & endurance?	Use of kitchen appliances?

#### Explore:

	izes	ate food choices			let
Specialist support?	food budgeting?		Interpreting labels?	expert advice in the past 12 months?	1 - -

term effects on health & monthly to monitor risk function. Repeat ICAN

> Client Name: DOB:

Completed by: Date

#### 3. Act

# **HOW** will the client be best supported?

To address nutritional risk, strategies will be: (use prompts to guide referral)

Restorative (goal-directed & time-limited)

Supporting maintenance (ongoing)

Other (e.g. monitoring, respite)

WHO can support the client to achieve this? Occupational Therapist Speech Pathologist Dietitian Dentist Physiotherapist GP Personal Carer **Domestic Carer** Counselor Pharmacist

## WHEN will the ICAN be repeated?

Exercise program **Education program** 

Other:

Meals -home /social

Use the SCTT Nutritional Risk Summary for		dssigned to:	this be	Who will	≥ 2 months	$\square$ 1—2 months	
ritior							
ıal Risk S		Other:	Carer	DNS			
šumr							
nary for			Key Worker	GP /Practice nurse	Not needed	12 months	6 months



referral & care coordination purposes