

MDS Alert

Consider These Parameters When the Resident Isn't Eating Well

The Nutritional Status Care Area Assessment Resource spells out the following things to consider.

Review of Indicators of Nutritional Status

Current eating pattern -- resident leaves significant proportion of meals, snacks, and supplements daily for even a few days

- Food offered or available is not consistent with the resident's food choices/needs
- Food preferences not consistently honored
- Resident has allergies or food intolerance (for example, needs lactose-free)
- Food not congruent with religious or cultural needs
- Resident complains about food quality (for example, not like what spouse used to prepare, food lacks flavor)
- Resident doesn't eat processed foods
- Food doesn't meet other special diet requirements
- Pattern re: food left uneaten (for example, usually leaves the meat or vegetables)
- Intervals between meals may be too long or too short
- Unwilling to accept food supplements or to eat more than three meals per day

Source: One section of the CAA-specific resource in Appendix C of the RAI User's Manual for the MDS 3.0, page C-50.