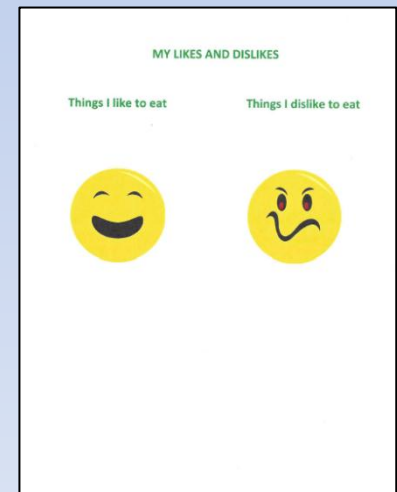


# Increasing food and fluid intake

**Background**  
During the Gateshead Malnutrition Task Force Launch Event a discussion took place about how to better understand patient food and drink preferences.

**Objective**  
To develop ways of increasing food and fluid intake on ward 12 at the Queen Elizabeth Hospital in Gateshead.

- Approach**
- Notice board developed on the ward which is in clear view for staff, patients and visitors (see picture opposite).
  - 'Likes and Dislikes' sheet (see opposite) is given to patients, or where appropriate their family/carers, to understand their food and drink preferences. From this the ward can ensure that the patient receives the food and drink they enjoy (ie coffee with milk and two sugars).





# Increasing food and fluid intake



## Outcomes

100% of patients have the 'Likes and Dislikes Sheet' completed on admission. Patients and carers have found this really useful, particularly if English is not their first language, if they live in a care home or if they are unable to express themselves.

The success of the 'Likes and Dislikes' sheet will be further evaluated by looking in the case notes to see if food and drink intake increases. It is acknowledged that this measure is subjective as a person's appetite may well change over the duration of a stay in hospital. However, over time it will provide an indication as to its success.

Both ideas are felt to be positive steps towards meeting patient needs and raising awareness amongst patients, visitors as well as staff.