



Nutrition Wheel: Explanatory Guide

What is the Nutrition Wheel?

The Nutrition Wheel is an interactive tool, intended to be used as a conversation starter to help identify potential risk of undernutrition and offer guidance, advice and signposting on next steps. It is based on the questions in the Patients Association Nutrition Checklist. It is easy to use, and requires no specific training. The Nutrition Wheel is made from durable coated card, and as such can be used multiple times. The Nutrition Wheel should be kept by the volunteer or care worker - it is not a patient resource, and as such is not appropriate to be given out to patients or clients.

Why use the Nutrition Wheel?

It is estimated that 1 in 10 people over 65 are undernourished, underweight and/or are not taking in the right nutrients and calories to maintain their health and wellbeing. Most of these people are living in their own homes. The Nutrition Wheel aims to help tackle the problem of undernutrition by:

- Encouraging conversations and raising awareness of the potential for undernutrition
- Helping identify those likely to be at risk using a simple tool
- Providing basic advice and signposting to information and sources of help for those likely to be at risk

When should the Nutrition Wheel be used?

- The Nutrition Wheel has been developed and tested for use by volunteers and carers who work with people over 65. See the table overleaf for descriptions on which community roles the Nutrition Wheel would be appropriate for, and tools which would be more suited to other roles
- The Nutrition Wheel is not a screening tool or a diagnostic tool, and as such, should not replace validated screening tools like the 'Malnutrition Universal Screening Tool' ('MUST') and associated care pathways which are used by healthcare professionals. The Nutrition Wheel complements 'MUST' by identifying 'clinical concern' and then acting as a prompt to refer someone for screening
- The Nutrition Wheel does not enable monitoring of change in nutritional status. It should be used to identify whether someone is likely to be at risk of undernutrition, and provide guidance accordingly
- The Nutrition Wheel can be used with multiple clients/service users. As such, it cannot itself provide a record of a conversation (although existing client notes could be used to record that a conversation was held and the advice that was provided, as necessary)
- The Nutrition Wheel can also be used by service users or patients themselves, e.g. in GP, clinic or pharmacy waiting areas

What is included in the Nutrition Wheel 'toolkit'?

Along with the Nutrition Wheel itself, the following resources have been developed as part of the toolkit. These are all available to download from <http://wessexahsn.org.uk/nutritionwheel>

- Advice sheet (for anyone found to be at risk from using the Nutrition Wheel)
- Explanatory Guide
- Nutrition FAQ (contains more information about general nutrition, nutrients and nutrition myths to help volunteers who may be using the Nutrition Wheel)

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- Information for GPs and Practice Nurses
- Older Peoples Essential Nutrition (OPEN) undernutrition leaflet (which can be given to anyone at risk of undernutrition)
- Video (showing a volunteer using the Nutrition Wheel with an older person)
- Development of the Nutrition Wheel (highlighting the research behind it)

When should different tools be used in community settings?

	Patients Association Nutrition Checklist	Nutrition Wheel	Screening by staff (e.g. 'MUST')
General Practice	<input checked="" type="checkbox"/> To identify 'clinical concern' to triage when someone requires screening / advice, <i>e.g. could be used by receptionist, HCA, phlebotomist</i>		<input checked="" type="checkbox"/> On initial registration and in response to 'clinical concern' as identified by the checklist
Community health and social care teams, e.g. integrated community teams, community nursing, older people's mental health, allied health professionals	<input checked="" type="checkbox"/> By social care if not screening (refer to local policy)		<input checked="" type="checkbox"/> As recommended on Trust nutrition / screening policy
Care homes (nursing and residential)		<input checked="" type="checkbox"/> For family/carers at open days and coffee mornings	<input checked="" type="checkbox"/> For residents
Community clinics e.g. Podiatry, diabetic eye screening, dentist	<input checked="" type="checkbox"/> In a consultation role	<input checked="" type="checkbox"/> By patients themselves while waiting	
Community pharmacy	<input checked="" type="checkbox"/> In a consultation role- to offer advice on services & guide to further help as required	<input checked="" type="checkbox"/> By other staff or in waiting area	
Domiciliary care	<input checked="" type="checkbox"/>		
Volunteers & community groups, e.g. lunch clubs, activity groups, day centres, churches, community centres, events	<input checked="" type="checkbox"/> In a consultation role – to offer advice on services & guide to further help as required	<input checked="" type="checkbox"/> Especially if used for one-off contact	
Care Navigators	<input checked="" type="checkbox"/>		
Dementia Advisors		<input checked="" type="checkbox"/>	
Wardens in assisted housing		<input checked="" type="checkbox"/>	
Other community services, e.g. shops, libraries, barbers, hairdressers, opticians		<input checked="" type="checkbox"/>	

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