

**Launch of the Nutrition Wheel:  
A new interactive tool to identify  
malnutrition in older people and start  
a conversation around nutrition**

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# The problem of malnutrition in the community

- The majority with or at risk of malnutrition are living in the community: 1 in 10 older people and ageing population
- Malnutrition still remains under-detected and under-treated, despite NICE guidance and quality standards
- Malnutrition results from disease-related, physical and social factors – ***social risk factors are an important consideration in the community***
- Malnutrition in the UK costs > £19 billion (BAPEN/NIHR 2015)



# The Nutrition Wheel is based on the Patients Association Nutrition Checklist

- **A simple tool** - designed to identify potential malnutrition risk
  - ❑ **Section A** - 4 questions to focus discussions on unplanned weight loss and nutrition, and identify potential risk of undernutrition
  - ❑ **Section B** - for those at increased risk from section A. It provides guidance around basic advice and signposting
- **Well tested** - piloted in domiciliary care, Hampshire Fire & Rescue Service, Age UK Southampton, GP practices ( Report: [www.patients-association.org.uk/patients-association-launches-nutrition-checklist](http://www.patients-association.org.uk/patients-association-launches-nutrition-checklist))
- **Validated research** - moderate agreement when compared to ‘MUST’; identified more people at risk than ‘ MUST’ (21.8% vs 9.9%)  
( *Murphy et al 2019, Journal of Human Nutrition and Dietetics, accepted for publication*)

## Section A:

Tick the relevant box to indicate the person's answers; then refer to the actions below.

1. Are you or your family concerned that you may be underweight or need nutritional advice?

- Yes  
 No  
 Don't know

2. Have you lost a lot of weight unintentionally (in the past 3-6 months)?

- Yes – do you know why? .....
- No  
 Don't know

3. Have you noticed that your clothes or rings have become loose recently?

- Yes  
 No  
 Don't know

4. Have you recently found that you have lost your appetite and/or interest in eating?

- Yes  
 No  
 Don't know

**Is the person at increased risk of undernutrition?**

*(tick 'YES' if the client answered 'yes' or 'don't know' to one or more questions)*

**YES**

**NO**

**Further assessment & signposting /  
advice needed (Section B)  
Advise the person to see their GP or  
Practice Nurse**

**No further action needed**

# The Patients Association Nutrition Checklist questions



# How the Nutrition Wheel was developed

2017, 7 healthcare students from BU helped to **develop the Patients Association Nutrition Checklist into an initial prototype** as part of their ‘Service Improvement Project’



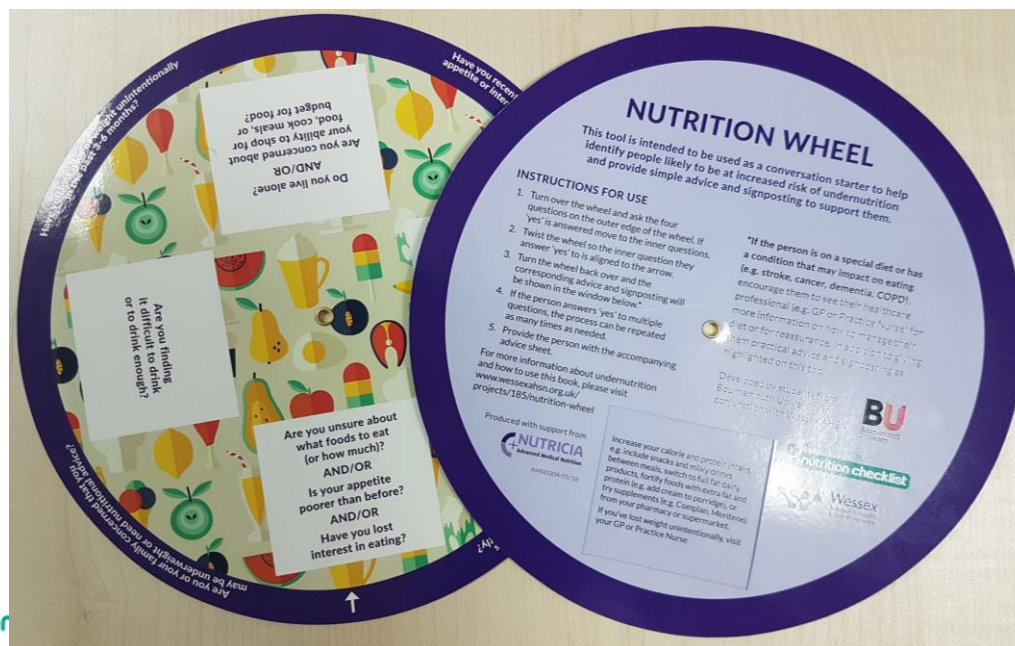
## How the Nutrition Wheel was developed

The students obtained initial feedback from 7 volunteers in lunch clubs and 12 service users – feedback included:

- Design easy to understand and straightforward to use – with or without volunteer
- Provision of national helpline numbers helpful
- A ‘friendly’ way to have the conversation
- Liked the signposting advice on the information sheet

# How the Nutrition Wheel was developed

The Nutrition Wheel was **further amended and 100 were printed for piloting**. An information/advice sheet was produced



# How the Nutrition Wheel was developed

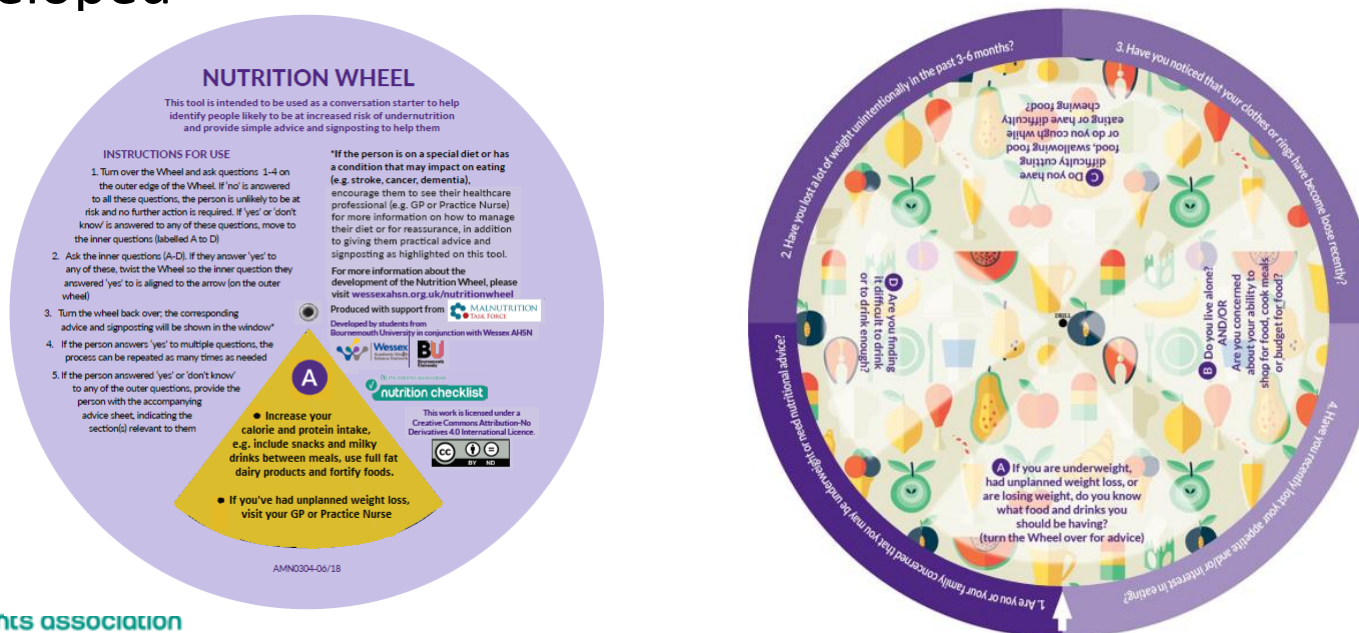
Pilot: 17 volunteers ( lunch and community groups)

- All volunteers felt the Wheel was an excellent conversation starter
- Changes were required to address repetition in questions and make wording less 'clinical'; also to simplify the advice sheet
- Design changes required to add in question numbering, use alternative colours



# How the Nutrition Wheel was developed: Final version

Further design & wording changes were required to be more user-friendly and clarify its use for volunteers. A toolkit was developed



# How the Nutrition Wheel was developed: The toolkit

- The Nutrition Wheel itself
- An advice sheet for anyone found to be at risk from using the Nutrition Wheel
- Explanatory Guide
- Nutrition FAQ – on general nutrition, nutrients and nutrition myths
- Nutrition Wheel ‘how to’ video
- Leaflets (e.g. OPEN undernutrition)



## How the Nutrition Wheel (Toolkit) was developed: Pilot feasibility and acceptability

- 27 staff/volunteers recruited from 3 charitable organisations in Hampshire, Hertfordshire and Dorset.
- The Nutrition Wheel was used with 153 older people in variety of settings, including activity groups, lunch clubs and 1:1 in peoples' homes.
- 16 telephone interviews and one focus group with 9 volunteers/staff. Data analysis in progress.



## Some preliminary findings:

- Used as part of overall holistic assessments
- Conversation starter – meaningful to identify changes, a conversation which may other be difficult e.g. Lady who had lost weight but would not normally have told
- ‘Tell their story’ opens the way to share other issues or difficulties e.g. loneliness, health problems, physical difficulties
- Raise awareness and confidence. People who answered ‘no’ were interested to know more/ related problems of poor nutrition
- Portable, easy to use tool, user friendly
- Time to complete, between 5 – 10 minutes
- Important part of role ( rated 6 to 10)
- How effective at identifying people ( rated 7 to 10)
- Liked advice/information sheet

## Nutrition Wheel Link and Video

<https://www.malnutritiontaskforce.org.uk/resources/nutrition-wheel>

**Thank you !  
Any questions?**

## **Dorset Malnutrition Programme Resources**

<https://www.dorsetcouncil.gov.uk/care-and-support-for-adults/information-for-professionals/nutritional-care-strategy-and-malnutrition-programme-resources.aspx>

