**The Food First Initiative for residents with a MUST score of 2 or more.**

**Step 1**

**Step 2**

**Step 4**

1. If the Resident has scored 2 or more on MUST proceed to step 2 on this flow chart
2. **However,** **if the resident has** **any of the following**, **refer to the Dietitian immediately**; an Enteral feeding tube, Motor Neuron’s Disease, Huntington’s Disease, Parkinson’s Diseases, Stroke, Multiple Sclerosis, Head & Neck Cancer, Oesophageal Cancer, Pancreatic Cancer, Stomach Cancer, Mesothelioma, a Grade 2 or above pressure sore, Dysphagia, any safeguarding concerns, or already prescribed nutritional supplements.

For 4 weeks implement the following Food First Initiative principles:

* Weekly MUST screening
* Record daily food and fluid charts
* Offer two homemade milkshakes or smoothies per day
* Use the calorie booster checklist
* Encourage extra snacks between meals

**Refer to the Food First Initiative booklet & the online Nualtra Forefront discover training for more information.**

**Step 3**

If the Residents weight / appetite has improved after 4 weeks of following the food First Initiative a Dietetic referral is not required.

However, if the Resident’s weight and appetite has decreased after 4 weeks of following the Food First Initiative, submit a Dietetic referral, including completed food and fluid charts for 3 days to [chcp.247111@nhs.net](mailto:chcp.247111@nhs.net)

When a Dietetic referral has been accepted for the resident, the Dietetic Team will complete a full assessment via telephone and devise a treatment plan. If a Dietetic review is required, then this will likely be booked as a home visit or via video call.