



Raising the Issue of Malnutrition – How to Use the Armband Tool

1. Start a conversation around eating, drinking, appetite & weight loss (see prompt card)
2. With verbal consent, use the Paperweight armband to assess risk
3. Ask the red flag questions if someone is at risk
4. Give appropriate advice and signposting to local community groups/clubs
5. Complete data form and discuss follow up (if applicable)

Key Questions

1. Has the person lost weight without meaning to, had a poor appetite or low mood?
2. Do his/her clothes, shoes, jewellery or dentures look or feel loose?
3. Does the paperweight armband fit together and slide easily up and down?



Yes (Question 1 OR Question 2 OR Question 3)



Red flag questions

- Have you noticed sudden weight loss (10% of body weight in 3 months)?
- Do you have difficulties swallowing food or drinks?
- Do you get pain in your tummy when you eat?
- Has there been a recent persistent change in moving to your bowels to looser stools and/or increased frequency?
- Do you have a sore mouth?



Yes

- Signpost to GP (if not already discussing this with them)
- Provide Eat Well Age Well 'Understanding Malnutrition and what you can do' leaflet

Yes

- Signpost to dentist
- Provide Eat Well Age Well 'Understanding Malnutrition and what you can do' leaflet

No



TAKE ACTION

- Provide Eat Well Age Well 'Understanding Malnutrition and what you can do' leaflet and offer simple food advice
- Consider signposting to relevant services (e.g. cooking group, befriending service, lunch club) – see voluntary organisations handout



RECORD

- Complete the data collection form to record how you have used the armband