

# NUTRITION SCREENING

Older adults should be screened by a healthcare professional such as nutrition and dietetic technician or a community health worker using the Malnutrition Screening tool (MST).

Is the older adult at nutrition risk?

No

Maintain current diet and activity. Rescreen at least once per year for those in the community or up to every 3 months for those in long-term care.

Yes

Is an RDN available for Nutrition Assessment?

Yes

# NUTRITION ASSESSMENT

Older adults at risk for malnutrition should be referred to a RDN for nutrition assessment using a valid nutrition assessment tool such as the full form Mini Nutrition Assessment Tool.

Is the older adult malnourished or at risk for malnutrition?

No

Maintain current diet and activity. Rescreen at least once per year for those in the community or up to every 3 months for those in long-term care.

Yes

# NUTRITION INTERVENTION

RDN to provide person centered nutrition care based on nutrition assessment. RDNs may consider the following evidence-based interventions.

Older adults at risk for malnutrition should be referred to a RDN, however, if an RDN is not available, other healthcare professionals or community health workers may consider the following nutrition interventions.

Congregate and Home-Delivered Meals

Oral Nutrition Supplements\*

Food Fortification\*

\*See the MiOA Guideline for additional information on benefits vs harms and implementation considerations.



# Prevention and Treatment of Malnutrition in Older Adults 2023: Nutrition Care Process Flow Chart

Registered dietitian nutritionists (RDNs) should deliver nutrition assessment and interventions, however, if not feasible, RDNs should oversee or train other healthcare or community providers who provide nutrition care.