

Outcome 5: Meeting nutritional needs

This outcome reflects the requirements of Regulation 14 of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2010

CQC requirement:

People who use services

- Are supported to have adequate nutrition and hydration.

This is because providers who comply with the regulations will:

- Reduce the risk of poor nutrition and dehydration by encouraging and supporting people who use services to receive adequate nutrition and hydration.
- Provide choices of food and drink for people to meet their diverse needs, making sure the food and drink they provide is nutritionally balanced and supports their health.

The guidance requires that those using services should be given all the food and drink that they need. This does not apply in dentistry but you may undertake procedures where fasting is necessary and the nutritional requirements of patients need to be considered. You therefore only need to comply with this requirement as far as it is applicable; you may not need to have a policy on fasting.

If this outcome applies in your practice, the following suggestions aim to help you identify how you might comply with it. But these are only suggestions; you may have additional or different ways of meeting the needs of your patients for this outcome.

Fasting

- Patients are only required to fast where it is essential and for the minimum length of time. They are provided with appropriate advice about food and drink, as soon as possible after the procedure.
- Procedures requiring fasting are scheduled to require the minimum time without nutrition and hydration.
- Where procedures requiring fasting are cancelled, patients are provided with nutrition and hydration as soon as possible.

Demonstrating compliance

If you are asked to show how you comply with this requirement, you might use:

- Patient records showing information about the need for fasting has been explained to the patient
- Pre-operative instructions including guidance about fasting and post-operative instructions including guidance about nutrition and hydration

Practice policies and protocols will help show that you have systems in place to help you ensure a consistent approach. A practice protocol for scheduling procedures that require fasting might be useful here.

Staff training records that detail where relevant training has been provided or undertaken will also help.