



Nutrition and Hydration Policy and Procedure

CARERS' HANDS H C A LTD

Company Number: 12398073

Registered Office: 39 Crossley Place, Southampton, SO15 2EX

Policy Owner: Registered Manager

Policy Reviewed: June 2025

Next Review Due: June 2026

Version: 1.0

1. Purpose

To ensure that all service users of CARERS' HANDS H C A LTD receive appropriate support to meet their nutritional and hydration needs, thereby maintaining health, dignity, and wellbeing.

2. Scope

This policy applies to all staff involved in the care and support of service users who require assistance with food and fluid intake.

3. Policy Statement

We are committed to promoting healthy, safe, and person-centred approaches to nutrition and hydration in line with CQC Regulation 14. Our goal is to prevent malnutrition, dehydration, and associated health complications.

4. Legal and Regulatory Framework

- CQC Regulation 14: Meeting Nutritional and Hydration Needs
- Health and Social Care Act 2008
- NICE Guidelines on Nutrition Support in Adults
- Food Safety Act 1990

5. Assessment and Care Planning

- Nutritional and hydration needs are assessed as part of the initial care plan
- Preferences, allergies, cultural/religious dietary requirements, and swallowing difficulties are identified
- Risk factors such as weight loss, poor appetite, or fluid refusal are monitored regularly



6. Food and Fluid Support

- Staff support service users with meal preparation and safe feeding, where needed
- Fluids and meals are offered in line with individual care plans and preferences
- Appropriate portion sizes and food textures (e.g., pureed, soft diet) are used if required

7. Monitoring and Recording

- Food and fluid intake is monitored and documented for at-risk individuals
- Concerns are escalated promptly to healthcare professionals or the Registered Manager
- Weight is recorded regularly for those on nutritional watch

8. Training and Competence

- Staff receive training on safe food handling, nutrition awareness, and choking prevention
- Training is refreshed annually and tailored to staff roles

9. Involving Others

- Input from dietitians, GPs, and speech and language therapists (SALT) is sought when needed
- Family members are involved in meal planning where appropriate

10. Food Safety and Hygiene

- All food is handled in accordance with food hygiene standards
- Staff follow infection control procedures when preparing or handling food in service users' homes

11. Review, Audit and monitoring

This policy and procedure will be monitored and reviewed **at least annually**, or earlier if changes in legislation, regulation, or best practice occur or monitored through audits, and service user feedback. Regular audits will be undertaken to ensure ongoing compliance with Care Quality Commission (CQC) requirements and the internal quality assurance framework of CARERS' HANDS H C A LTD.

For a full copy of this policy and related procedures, or to request it in an alternative format or language, please contact:



📞 Call the Office: 07535 8524917

✉ Email: carershandsagency@gmail.com

Signature and Declaration

Signed:

Chanyuka Dhlakama

Designation: Registered Manager

Date: 01/06/2025

Next Review Due: 01/06/2026