



REVISION OF THE GUIDANCE -*FOOD IN HOSPITALS* - RECOMMENDATIONS

The recommendations which follow are not intended to be comprehensive but rather reflect, in the main, those areas in which Health Boards appear to be failing (see ASCS Survey Report, 2015):

<http://www.ascscotland.org.uk/default.asp?page=72>

General:

1. When menu planning for children and young people, Health Boards should be required to adhere to national nutritional standards rather than adopt the current recommendation that ".....local menu planning groups develop local criteria" (para. 3.1, FIH (Scotland) 2008).
2. While it is true that "If food is to have any nutritional value then it must be eaten", it does not necessarily follow that "Emphasis should be placed on the provision of popular and familiar foods" (FIH (Scotland) 2008, Appendix 1, p85) to the exclusion of nutritional standards. This is particularly true of long stay and repeat admissions
3. There should be paediatric dietetic input at Health Board and local FFN planning groups.
4. The revised guidance should be statutory.
5. Standards of food provision for children should be subject to independent inspection.

Hospitals admitting children and young people should:

(Information)

1. Provide information about arrangements for the provision of food and drink before admission or on admission
2. Record likes and dislikes, cultural, religious and religious dietary needs of children on admission
3. Provide specific menus for children and young people
4. Provide information about the nutritional value of menu items

(Nutrition)

1. Obtain paediatric dietetic advice during menu planning
2. Use national rather than locally developed nutritional standards during menu planning
3. Adhere to recommended nutritional intake and salt standards
4. Use a validated tool to assess nutritional risk
5. Use a validated tool to assess nutritional status
6. Support special diets

(Meals and Mealtimes)

1. Develop procedures to ensure that meals are attractively presented
2. Provide age appropriate cutlery and tableware
3. Offer age appropriate portion sizes
4. Provide food choice
5. Provide access to milk and water throughout the day
6. Protect mealtimes from interruption

There is extensive guidance on food provision for children and young people in Food in Hospitals (Scotland) 2008 but it is scattered throughout the document. In the revised guidance this information should be collated in a stand-alone section.

"FFNC for children and young people whilst they are in hospital is an important element of their clinical care and deserves the attention and level of scrutiny which is applied nationally to older people in acute hospitals" (Health Board CEO; ASCS Survey 2014/15).