Guide to assessing underlying causes of malnutrition and treatment options

Medical conditions causing reduced oral intake and gastro intestinal problems (nausea, vomiting, diarrhoea, constipation)	GP practice management i.e. medication review
Medical conditions effecting nutritional intake – e.g. poorly controlled Diabetes, gastro intestinal disorders such as Crohn's disease, Coeliac disease	Refer to Specialist/Specialist services i.e. Diabetologist, Gastroenterologist, Dietitian **or** direct to self-help guidance www.nhs/conditions/
Poor emotional or mental health e.g. depression, isolation, bereavement	GP practice management or local support self-help; www.sheffieldccg.nhs.uk/local-support.htm
Poor dentition	Help to find Dentist www.nhs.uk/service-search/find-a-dentist Offer dietary information on easy to chew foods www.sth.nhs.uk/patients/patient-information/find-a-leaflet/view-all-alphabetically?id=1753
Difficulties or unable to swallow (Dysphagia)	Refer to Speech and Language Therapy
Unable to do own shopping, and/or cooking and/or or feed self	Make suggestions of; • Supermarkets home delivery service • Wiltshire Farm Foods www.wiltshirefarmfoods.com • Oakhouse foods www.oakhousefoods.co.uk • Getting assistance from relatives/friends Refer to Occupational Therapy (if appropriate) Direct to self-help options; www.sheffield.gov.uk/home/social-care/independent-safe-well
Experiencing financial difficulties.	Direct to self-help services; www.sheffield.gov.uk/home/social-care/independent-safe-well
Alcohol or substance abuse	Direct to self-help services www.sheffieldccg.nhs.uk/local-support.htm