Training for care homes and useful links

MUST Training and supporting with nutrition

[Care Home Staff – Malnutrition and Food First (rdash.nhs.uk)](https://malnutritionandfoodfirst.rdash.nhs.uk/courses/care-home-staff/)

[Malnutrition and Dehydration : Reactto](https://www.reactto.co.uk/resources/malnutrition-and-dehydration/)

Hydration

[I-Hydrate | University of West London (uwl.ac.uk)](https://www.uwl.ac.uk/research/research-centres/richard-wells-centre/i-hydrate#resource)

[Hydration at Home (wessexahsn.org.uk)](https://wessexahsn.org.uk/projects/204/hydration-at-home)

[GULP DEHYDRATION RISK SCREENING TOOL.pdf (lscft.nhs.uk)](https://www.lscft.nhs.uk/media/Publications/Hydration%20in%20Care%20Homes/GULP%20Assessment/GULP%20DEHYDRATION%20RISK%20SCREENING%20TOOL.pdf)

[Lancashire and South Cumbria NHS Foundation Trust | GULP Assessment (lscft.nhs.uk)](https://www.lscft.nhs.uk/hydration-gulp)

Catering training

[React To Red: Pressure Ulcer Prevention : Training resources](https://www.reactto.co.uk/resources/react-to-red/) – this is a catering video sharing food fortification ideas, scroll to the bottom of the page to access the video

Guidance documents for nutrition and hydration in care and nursing homes

[Regulation 14: Meeting nutritional and hydration needs | Care Quality Commission (cqc.org.uk)](https://www.cqc.org.uk/guidance-providers/regulations-enforcement/regulation-14-meeting-nutritional-hydration-needs#guidance)

[Healthier and more sustainable catering - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/healthier-and-more-sustainable-catering-a-toolkit-for-serving-food-to-adults) this is a toolkit for providing nutrition and hydration to older adults.