



TOOLKIT 16 · LONG-TERM CARE · TOOL 4 OF 6

Nutrition and Hydration — Weekly Monitoring Chart

Weight, intake, fluids, swallowing, mouth: the weekly checks that catch decline before it becomes a hospital admission

Resident · room · usual weight · target fluids per day (ml) · diet /
texture · allergies · month

Week	Weight (kg)	Change from last month (%)	Risk (low / medium / high)	Meals eaten (¼ ½ ¾ all)	Fluids (ml/day, average)	Swallow difficulty	Mouth checked	Action taken	Initials
1						☐	☐		
2						☐	☐		
3						☐	☐		
4						☐	☐		

Triggers. Weight loss $\geq 5\%$ in a month or $\geq 10\%$ in six months · intake under half of meals for 3 days · fluids under target for 2 days · new coughing or choking with food or drink · sore or dry mouth, ill-fitting dentures → care-plan review this week; dietitian and, for swallowing, speech therapy referral; doctor informed; family told.

Monthly summary — whole home

Residents weighed this month (%)	Residents with weight-loss trigger	Referrals made	Residents on texture-modified diet	Hydration below target (resident-days)

Adapted from the AHRQ nursing-home safety resources and the Malnutrition Universal Screening Tool concept.

ASF standards: LTC Standard 5 — nutrition and hydration (means of verification: charts, referral log)