



Australian Government

Department of Health and Aged Care

NATIONAL AGED CARE MANDATORY
QUALITY INDICATOR PROGRAM

Unplanned weight loss



Make it count

Continuous improvement is about seeking and applying opportunities to enhance the quality of care and outcomes for care recipients.

Take 60 seconds to understand how to measure and report on unplanned weight loss and help your service enhance the quality of care and outcomes for your care recipients.



Click the arrow
to continue



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Click on a box to view that section or move through all the sections using the next and previous buttons at the bottom of the page.



Why measurement matters

The consequences of poor nutrition are significant and often irreversible for older people.

It is important that unplanned weight loss is detected early and acted upon.



Impact of unplanned weight loss

Unplanned weight loss occurs for a number of reasons, including as a result of dementia, depression, social isolation or the physical and organisational environment.

Click on the boxes to learn how unplanned weight loss can be harmful to care recipients.



How to collect data for unplanned weight loss

There are two unplanned weight loss quality indicators measured and reported on as part of the QI Program.

Click on the boxes to learn more about the data collected and reported on for the unplanned weight loss quality indicators.

Quality improvement

Awareness of risk factors and some simple steps can support in minimising unplanned weight loss in care recipients.

The checklist on the right will help assess care recipients who are at risk of unplanned weight loss and provide potential support and management strategies.



Implement primary prevention strategies for unplanned weight loss and malnutrition



Implement secondary prevention strategies for unplanned weight loss and malnutrition



Implement tertiary prevention strategies for unplanned weight loss and malnutrition

For detailed information on potential prevention and management strategies, and quality improvement activities, please refer to the **QI Program Manual 4.0 – Part B**.

Ask QIRI

The Quality Indicator Reporting Instructor (QIRI) answers your questions about unplanned weight loss.

Click on a speech bubble to learn a top tip from QIRI.



Quality indicator challenge



Congratulations!

**You have completed
Module Four –
Unplanned weight
loss.**

Test your knowledge in the box on the right then move onto the next module.

Test your knowledge...

Write down your key take-aways from this module:

TAKEAWAY 1

TAKEAWAY 2