



TOPIC OF THE MONTH

NUTRITION & HYDRATION

Additional resources to support this month's Topic of the Month

If you are unable to access any of the articles in full text via your **NHS Open Athens** account, you can request them from your local NHS Library Service or you can sign up for NHS OpenAthens [here](#)



LISTEN

NursingStandard

Nursing Standard Podcast : Enteral feeding and its effects on patients

Dietitian and lecturer Shawn McLaren discusses enteral feeding with RCNi's Richard Hatchett



WATCH

The 10 Key Characteristics of Good Nutrition and Hydration

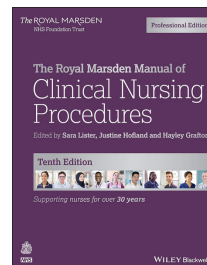
A short video from 6Cs Live! to highlight the things we must do to ensure good nutrition and hydration in hospitals and the wider community



READ

The Royal Marsden Manual of Clinical Nursing Procedures

Chapter 8 : Nutrition and fluid balance



NHS OpenAthens Account required

GUIDELINES & STANDARDS

- [NHS England : National standards for healthcare food and drink](#)
- [NICE Clinical Guideline : Nutrition support for adults: oral nutrition support, enteral tube feeding and parenteral nutrition](#)
- [NICE Quality Standard : Nutrition support in adults](#)

MARCH 2026



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WEB RESOURCES

- **Clinical Knowledge Summary : When and how should I screen a person for malnutrition or risk of malnutrition?** [NICE](#)
- **Malnutrition in adult hospital patients** [BJNInform*](#)
- **BAPEN Malnutrition Universal Screening Tool 'MUST' Calculator** [RESOURCES](#)
- **BAPEN Malnutrition Self-Screening Website** [RESOURCES](#)
- **British Geriatrics Society : End of Life Care in Frailty : Nutrition** [Clinical Guide](#)
- **HSC Mealtimes Matter Framework** [Framework](#)
- **HSC Food and Drink "Safety Pause"** [Guidance](#)

* [NHS OpenAthens Account required](#)

ORGANISATIONS



LATEST RESEARCH

Vollam, S. et al. (2026). Opportunities to Improve Nutrition for Patients in Hospital After Discharge From an Intensive Care Unit: A Human Factors Analysis. *Nursing in Critical Care*. 31(2), p.e70374. [Online]. **Available at:** <https://doi.org/10.1111/nicc.70374>

Shaikh, A. (2026). Addressing malnutrition in ageing populations. *British Journal of Community Nursing*. 31(2), pp.70-73. [Online]. **Available at:** <https://doi.org/10.12968/bjcn.2025.0215>



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LATEST RESEARCH

Tan, S.L.L. et al. (2025). Improving hydration among hospitalised older adults in an acute geriatric ward with a bundled multi-component intervention. *BMJ Open Quality*. 14(2), p.e002805. [Online]. **Available at: <https://doi.org/10.1136/bmjog-2024-002805>**

Wu, Y. et al. (2025). Impact of scheduled water intake on mild cognitive impairment in patients with orthostatic hypotension. *Scientific Reports*. 15(1), p.10269. [Online]. Available at: **<https://doi.org/10.1038/s41598-025-94818-0>**

Barnes, E. et al. (2025). Social Eating Among Child and Adult Hospital Patients: A Scoping Review. *International journal of environmental research and public health*. 22(5), p.796. [Online]. **Available at: <https://doi.org/10.3390/ijerph22050796>**

Sarier, C. et al. (2025). Effectiveness of Interventions to Improve Malnutrition Among Older Adults Living with Frailty Who Are Discharged from the Acute Setting: A Systematic Review. *Nutrients*. 17(19), p.3181. [Online]. **Available at: <https://doi.org/10.3390/nu17193181>**

Munk, T. et al. (2025). The effects of a dietitian-supported multidisciplinary nutrition intervention on optimizing nutrition care in older patients with hip fracture and at nutrition risk-A quality improvement study. *Nutrition in Clinical Practice*. 40(6), pp.1529-1537. [Online]. **Available at: <https://doi.org/10.1002/ncp.70049>**

Deagan, C. et al. (2025). Using a Pictorial Menu in Hospital Enhances Patient Satisfaction Without Improving Nutritional Intake or Plate Waste: A Pre-Post Mixed-Methods Pilot Study. *Journal of Human Nutrition and Dietetics*. 38(3), p.e70062. [Online]. **Available at: <https://doi.org/10.1111/jhn.70062>**

Lam, L. et al. (2025). Exploring Patient Mealtime Experience in an Acute Care Setting Using the Modified Austin Health Patient Mealtime Experience Tool. *Journal of Human Nutrition and Dietetics*. 38(3), p.e70068. [Online]. **Available at: <https://doi.org/10.1111/jhn.70068>**

Perria, V. et al. (2025). The role of nutrition in palliative care nursing: a scoping review. *International Journal of Palliative Nursing*. 31(11), pp.555-561. [Online]. Available at: **<https://doi.org/10.12968/ijpn.2025.0028>**



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EVENTS, CONFERENCES & TRAINING

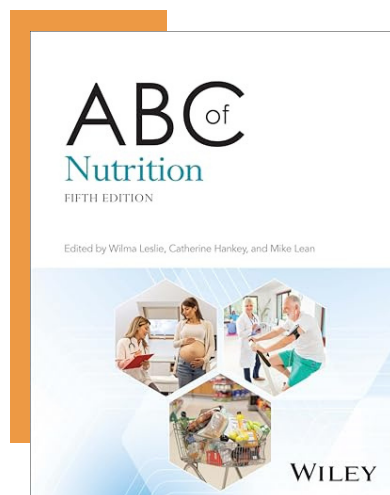
[The Hydration Game Board Game: helps staff to recognise & minimise dehydration in patients](#)
[AVAILABLE FROM THE LIBRARY](#)
[Anytime](#)



[Nutrition & Hydration Week](#)
[16-22 March 2026](#)

[Eating and Drinking in the Last Days of Life Course for Non Registered Health Care Professionals 2026](#)
[Queenscourt Hospice, Southport](#)
[6 July 2026](#)

FEATURED BOOK



[Wilma Leslie, Catherine Hankey and Mike Lean](#)

[ABC of Nutrition](#)

[ISBN: 9781118665961](#)

[Search the MWL Library Catalogue here for more](#)



CONTACT US



If you have any questions or need any help or advice, please contact the **MWL Library and Knowledge Service**

We can conduct specific literature/evidence searches for you, help you find information to update policies and procedures, conduct 1:1 or group training sessions, provide help with studying, and much more!

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