

Exploring best practice – nutritional approach for people living with MND

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Outline

- The importance of early nutritional assessment & intervention
- Best practice nutritional assessment
- Nutritional strategies & key considerations
- Community management in advanced progression of MND

Early intervention

- Important to establish baseline
- Variation in patient presentation at diagnosis
- Identify barriers
- Acknowledge how overwhelming a time it can be – focus on key nutritional messages
- MDT involvement

Best practice dietetic assessment

- If possible joint with SLT or aim to have close contact and communication with SLT team
- Assess current challenges/barriers– check physical ability to prepare food & drink, feed self etc
- Detailed and tailored diet history
- Weight history – changes from diagnosis and pre diagnosis, calculate % weight loss for both

Diet history

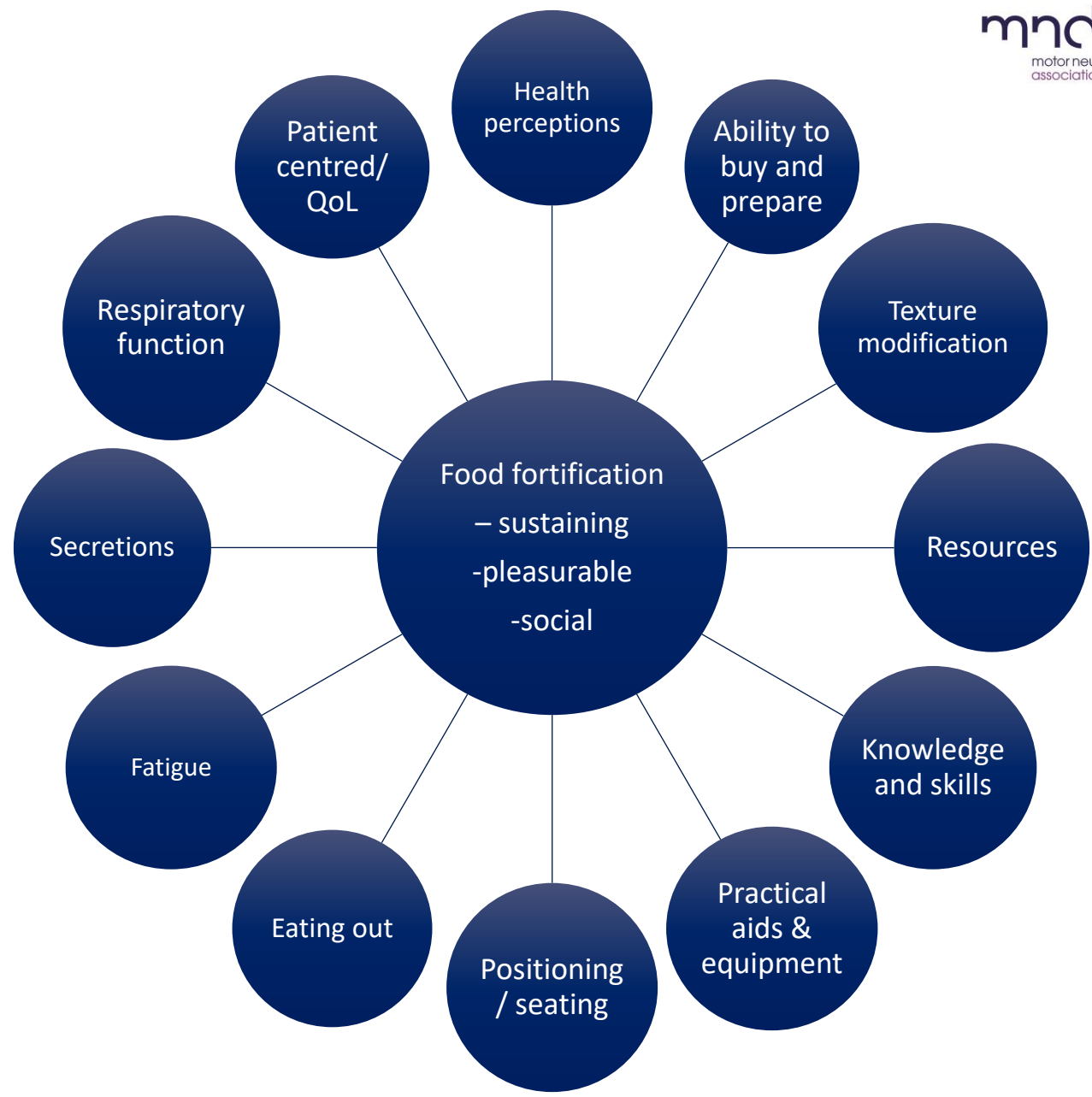
- Dietary intake
- Fluid intake
- Texture of diet
- The way the individual is eating
- Regularity of intake
- Fatigue
- Time taken to eat & drink
- Portion sizes & changes
- Comparison to pre symptoms and diagnosis

Diet history continued....

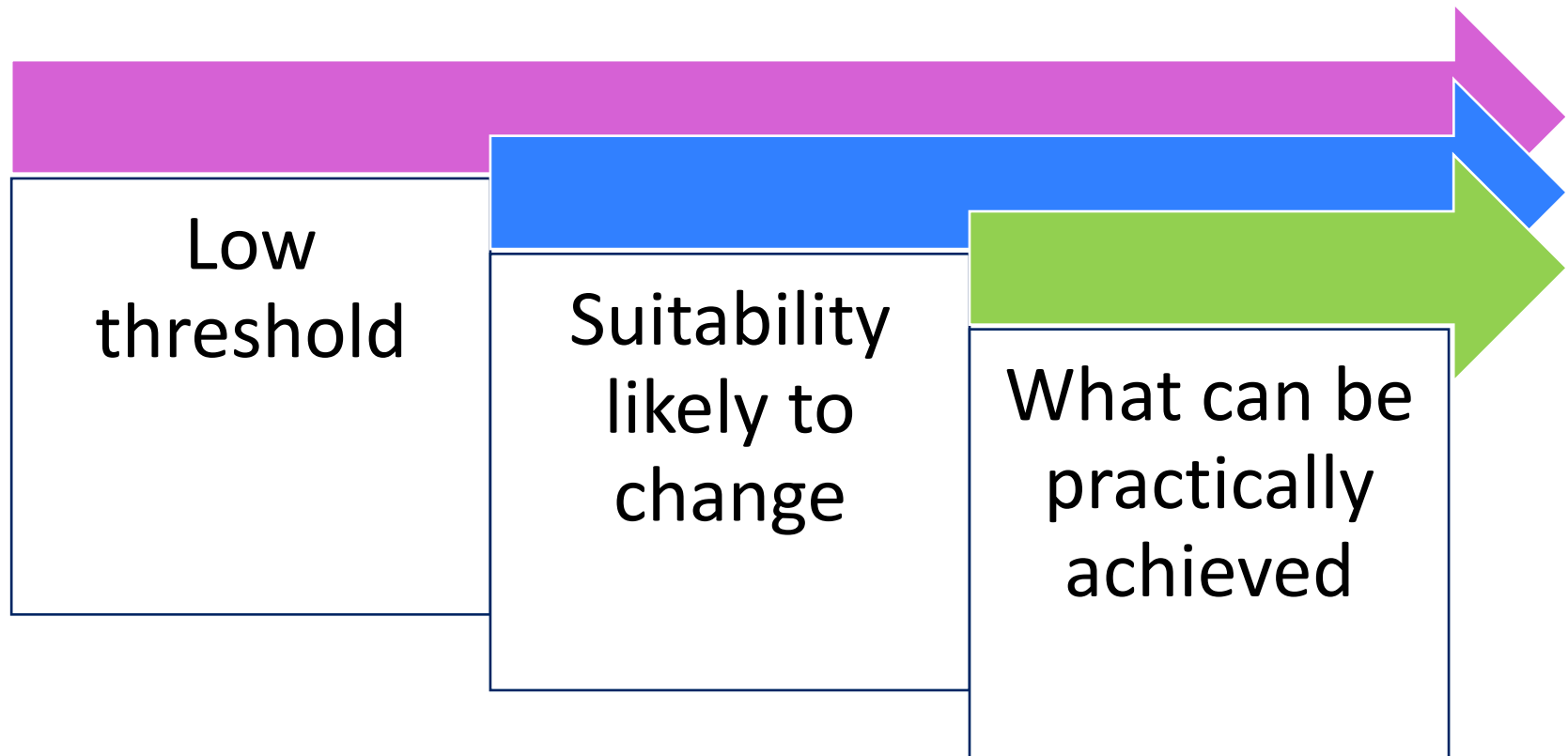
- Not just 'what do you eat and drink?' but.....
- **How long** is it taking you to eat and drink?
- **How much** are you eating and drinking and how does this compare to before symptoms began?
- How much **effort** is going into managing eating and drinking?

Tips:
Don't dilute when puréeing
Cook in
How

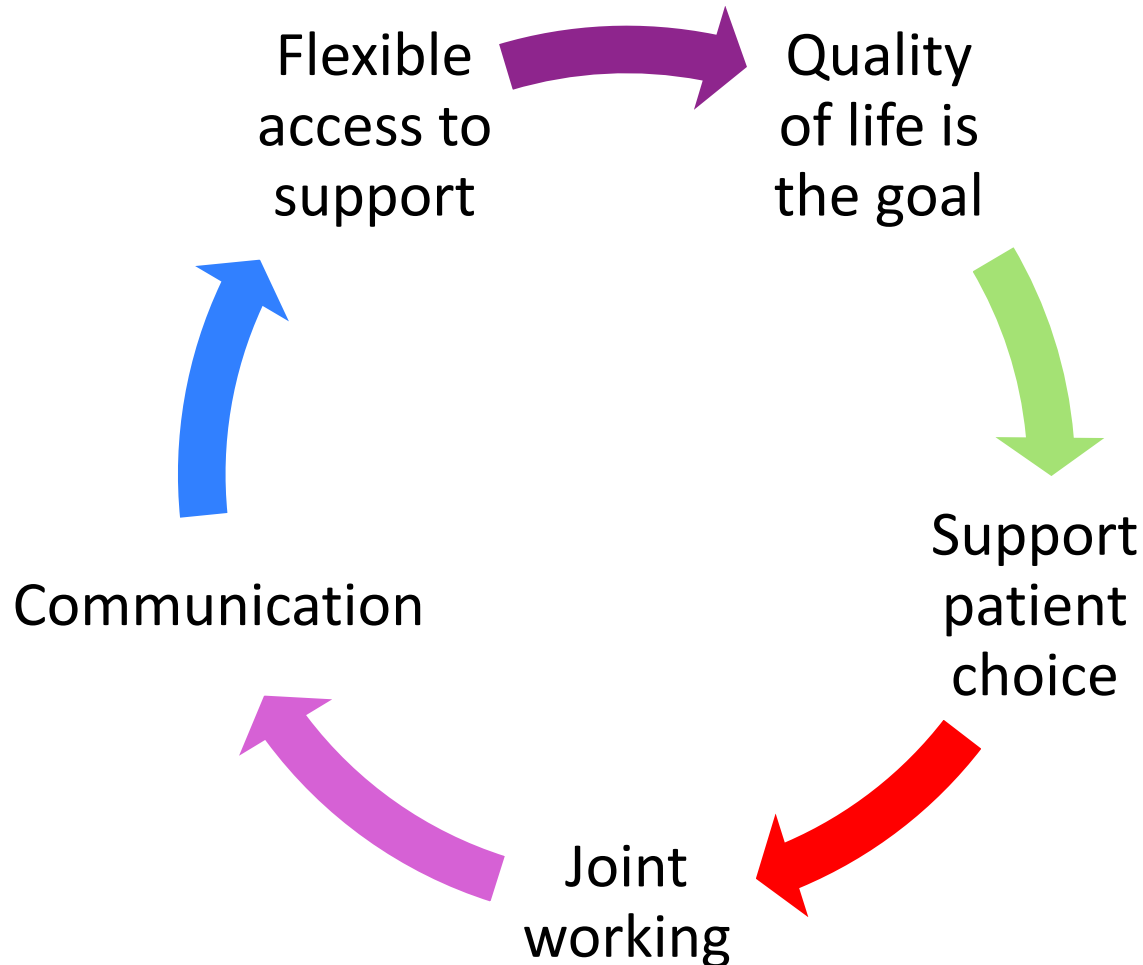
Nutritional Strategies



Nutritional Strategies – dietary supplements



Advancing Disease



Non-Invasive Ventilation (NIV)

- Regular respiratory testing undertaken for all people with MND
- Type II respiratory failure -> NIV
- Can sometimes see a 'bounce back' nutritionally when first started on NIV
- NIV often begins overnight, common as respiratory issues progress to use more during the day also

Non-Invasive Ventilation (NIV) continued...

- Common side effects of dry mouth
- As disease progresses and more reliant on NIV can experience bloating
- Overall – respiratory weakness- in particular respiratory failure are red flags nutritionally
Require an up to date nutritional assessment and regular review of their nutritional care

Summary

Importance of early
intervention and
identifying nutritional red
flags

MDT approach to
nutrition

Importance of monitoring

Patient centred
nutritional care

Useful Resources

- <https://www.mndassociation.org/support-and-information/living-with-mnd/eating-and-drinking/>
- Ready Steady Blend - <https://www.bda.uk.com/resource/ready-steady-blend-now-it-s-your-turn.html>
- <https://www.eatingwithdignity.org/>
- RightCare Progressive Neurological Conditions Toolkit
<https://www.england.nhs.uk/rightcare/wp-content/uploads/sites/40/2019/08/progressive-neuro-toolkit.pdf>
[Accessed 14/1/23]
- Motor neurone disease: assessment and management. NICE guideline [NG42] <https://www.nice.org.uk/guidance/ng42>
[Accessed 14/01/23]