

Food & fluid myths in hospital

Myth: Only nursing staff can offer patients food and drink

FALSE

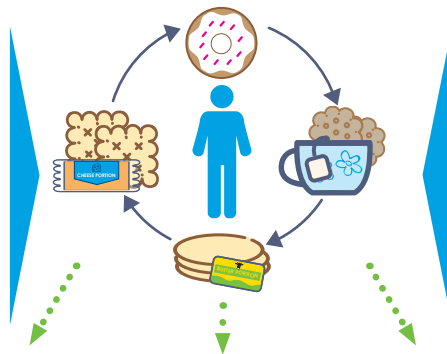
Any member of staff working with a patient can offer and encourage **food and drink**.

Increasing the number of opportunities for a patient to eat and drink can improve their overall food and fluid intake during the day.

If you are unsure whether a patient needs a special diet or drink please check, options are available for all patients.

We can ALL play our part

- Family
- Friend
- Catering assistant
- Physiotherapist
- Speech and language therapist



- Nurse
- Domestic
- Dietitian
- Doctor
- Occupational therapist

Reduce tiredness

Support rehabilitation
and muscle function

Reduced recovery
time

Everyone can play a role in supporting patients to access food and fluid.