

Activity 2 – Taking nutrition

This activity considers a person’s ability to be nourished, either by cutting food into pieces, conveying it to the mouth and chewing and swallowing; or through the use of therapeutic sources.

The type of food and drink for nourishment is not a consideration for this activity, but rather the claimant’s ability to nourish themselves.

The frequency of taking nutrition should only be considered if the claimant has an eating disorder, supported by further medical evidence.

Notes:

A therapeutic source means parenteral or enteral tube feeding using a rate limiting device, such as a delivery system or feed pump.

Spilling food can be considered, regular spillage requiring a change of clothes after meals is not an acceptable standard of taking nutrition.

When considering whether a claimant requires an aid or appliance, HPs should distinguish between:

- an aid or appliance that a claimant must use or could reasonably be expected to use, in order to carry out the activity safely, reliably, repeatedly and in a timely manner; and
- an aid or appliance that a claimant may be using or wish to use because it makes it easier to carry out the activity safely, reliably, repeatedly and in a timely manner
- Descriptor advice in favour of an aid or appliance should only be given in the former case. An aid or appliance is not required in the latter.

Where a claimant chooses not to use an aid or appliance that he or she could reasonably be expected to use and would enable them to carry out the activity without assistance, they should be assessed as needing an aid or appliance rather than a higher level of support.

A	Can take nutrition unaided.	0
Within the assessment criteria, the ability to perform an activity ‘unaided’ means without either the use of aids or appliances; or help		

from another person.		
B	Needs – i. to use an aid or appliance to be able to take nutrition; or ii. supervision to be able to take nutrition; or iii. assistance to be able to cut up food.	2
<p>A key consideration when assessing whether supervision is required should be whether the claimant has a real risk of choking when taking nutrition.</p> <p>Please note it is not necessary for an individual to be able to cut up tough meats, e.g. steak, in order to be able to take nutrition to an acceptable standard.</p>		
C	Needs a therapeutic source to be able to take nutrition.	2
For example: may apply to claimants who require enteral or parenteral feeding but can carry it out unaided.		
D	Needs prompting to be able to take nutrition.	4
<p>‘Prompting’ means reminding, encouraging or explaining by another person.</p> <p>May apply to claimants who need to be reminded to eat (for example, due to a cognitive impairment or severe depression), or who need prompting about portion size. Prompting regarding portion size should be directly linked to a diagnosed condition such as Prader Willi Syndrome or Anorexia. In cases where obesity is a factor through the claimant’s lifestyle choices then this descriptor would not apply.</p>		
E	Needs assistance to be able to manage a therapeutic source to take nutrition.	6
For example: may apply to claimants who require enteral or		

parenteral feeding and require support to manage the equipment.		
F	Cannot convey food and drink to their mouth and needs another person to do so.	10