

# Respiratory Healthcare Professionals – Nutritional Guideline for COPD Patients

	High BMI >25kg/m <sup>2</sup>	Normal BMI 20-25kg/m <sup>2</sup>	Low BMI <20kg/m <sup>2</sup>
<b>Weight stable</b> <b>Food intake normal</b>	<p>Advise patient to eat a healthy and varied diet.            Give patient 'Eating Well for Your Lungs' leaflet.            If planning to reduce weight, discuss the need to cut back on high-energy foods and aim for gradual weight loss - do not consider unless BMI &gt;30kg/m<sup>2</sup>.</p>	<p>Advise patient to eat a healthy and varied diet.            Give patient 'Eating Well for Your Lungs' leaflet.</p>	<p>Advise patient to eat a healthy and varied diet - monitor and review at next appointment.            Give patient 'COPD Improving Your Nutrition' leaflet.            If following an activity programme, advise your patient to increase their energy intake and consider prescribing oral nutritional supplement: 600kcal daily for 3 months.            Review at end of 3 months.</p>
<b>Unintentional weight or muscle loss</b> <b>Food intake not compromised</b>	<p>Advise patient to eat a healthy and varied diet and the need to boost energy and protein intake, and make changes to their diet if appetite is poor.            Give patient 'COPD Improving Your Nutrition' leaflet.            Monitor and review if possible within 2 months or at next appointment.</p>	<p>Advise patient to eat a healthy and varied diet and the need to boost energy and protein intake, and make changes to their diet if appetite is poor.            Give patient 'COPD Improving Your Nutrition' leaflet.            Monitor and review if possible within 2 months or at next appointment.</p>	<p>Advise patient to increase energy and protein intake, and make changes to their diet if appetite is poor.            Give patient 'Nutrition Support in COPD' leaflet.            Prescribe oral nutritional supplement: 600kcal daily for 3 months, review monthly if possible. If no improvement seek advice of the dietitian.            If following an activity programme, ensure your patient understands the need to increase their energy intake.</p>
<b>Unintentional weight or muscle loss</b> <b>Food intake compromised</b>	<p>Advise patient to increase energy and protein intake, and make changes to manage with poor appetite.            Give patient 'Nutrition Support in COPD' leaflet.            Prescribe oral nutritional supplement: 600kcal daily for 3 months, review monthly if possible. If no improvement seek advice of the dietitian.            If following an activity programme, ensure your patient understands the need to increase their energy intake.</p>	<p>Advise patient to increase energy and protein intake, and make changes to manage with poor appetite.            Give patient 'Nutrition Support in COPD' leaflet.            Prescribe oral nutritional supplement: 600kcal daily for 3 months, review monthly if possible. If no improvement seek advice of the dietitian.            If following an activity programme, ensure your patient understands the need to increase their energy intake.</p>	<p>Advise patient to increase energy and protein intake, and make changes to manage with poor appetite.            Give patient 'Nutrition Support in COPD' leaflet.            Prescribe oral nutritional supplement: 600kcal daily for 3 months, review monthly if possible. If no improvement seek advice of the dietitian.            If following an activity programme, ensure your patient understands the need to increase their energy intake.</p>

- Work with all patients to increase awareness of changes in weight, body shape and food intake, and when to seek help
- If concerned about diet and co-morbidity, for example diabetes, seek advice from the Dietitian
- Two standard bottles of oral nutritional supplements provide 600kcal
- Malnutrition risk: ■ Low ■ Medium ■ High

For a copy of the guideline plus accompanying patient leaflets contact the Nutricia Resource Centre on **01225 751098** or for electronic copies go to **www.copdeducation.org.uk**



# 5 Key Questions

Use the following questions to help understand your patient's food intake and current nutritional status.

This information, together with their BMI, will help you establish the position on the guideline to identify the appropriate course of action for your patient.

1. How is your appetite?

2. Are you managing to eat as well as you usually do?

3. Have you noticed any changes in your weight?  
Are clothes and jewellery becoming looser, have friends/family made comments?

4. Have you noticed any other changes to your body shape?  
Any changes to arms and legs, muscle strength?

5. Do you have any concerns about your food intake and diet?

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# Calculate BMI

		Height (feet and inches)																							
		4'10 <sup>1/2</sup>	4'11	5'0	5'0 <sup>1/2</sup>	5'1 <sup>1/2</sup>	5'2	5'3	5'4	5'4 <sup>1/2</sup>	5'5 <sup>1/2</sup>	5'6	5'7	5'7 <sup>1/2</sup>	5'8 <sup>1/2</sup>	5'9 <sup>1/2</sup>	5'10	5'11	5'11 <sup>1/2</sup>	6'0 <sup>1/2</sup>	6'1	6'2	6'3		
Weight (kg)	100	46	44	43	42	41	40	39	38	37	36	35	35	34	33	32	32	31	30	30	29	28	28	15	10
	99	45	44	43	42	41	40	39	38	37	36	35	34	33	33	32	31	31	30	29	29	28	27	15	8
	98	45	44	42	41	40	39	38	37	36	35	34	33	32	32	31	31	30	30	29	28	28	27	14	9
	97	44	43	42	41	40	39	38	37	36	35	34	34	33	32	31	31	30	29	29	28	27	27	15	4
	96	44	43	42	40	39	38	38	37	36	35	34	33	32	32	31	30	30	29	28	28	27	27	15	2
	95	43	42	41	40	39	38	37	36	35	34	34	33	32	31	31	30	29	29	28	27	27	26	15	0
	94	43	42	41	40	39	38	37	36	35	34	33	33	32	31	30	30	29	28	28	27	27	26	14	11
	93	42	41	40	39	38	37	36	35	35	34	33	32	31	31	30	29	29	28	27	27	26	26	14	9
	92	42	41	40	39	38	37	36	35	34	33	33	32	31	30	30	29	28	28	27	27	26	25	14	7
	91	42	40	39	38	37	36	36	35	34	33	32	31	31	30	29	29	28	27	27	26	26	25	14	5
	90	41	40	39	38	37	36	35	34	33	33	32	31	30	30	29	28	28	27	27	26	25	25	14	2
	89	41	40	39	38	37	36	35	34	33	32	32	31	30	29	29	28	27	27	26	26	25	25	14	0
	88	40	39	38	37	36	35	34	34	33	32	31	30	30	29	28	28	27	27	26	25	25	24	13	12
	87	40	39	38	37	36	35	34	33	32	32	31	30	29	28	28	27	27	26	26	25	25	24	13	10
	86	39	38	37	36	35	34	34	33	32	31	30	30	29	28	28	27	27	26	25	25	24	24	13	8
	85	39	38	37	36	35	34	33	32	32	31	30	29	29	28	27	27	26	26	25	25	24	24	13	6
	84	38	37	36	35	35	34	33	32	31	30	30	29	28	28	27	27	26	25	25	24	24	23	13	3
	83	38	37	36	35	34	33	32	32	31	30	29	29	28	27	27	26	26	25	25	24	23	23	13	1
	82	37	36	35	35	34	33	32	31	30	30	29	28	28	27	26	26	25	25	24	24	23	23	12	13
	81	37	36	35	34	33	32	32	31	30	29	29	28	27	27	26	26	25	24	24	23	23	22	12	11
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77	35	34	33	32	32	31	30	29	29	28	27	27	26	25	25	24	24	23	23	22	22	21	12	1	
76	35	34	33	32	31	30	30	29	28	28	27	26	26	25	25	24	24	23	23	22	22	21	11	13	
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