If patients don’t eat or drink enough in hospital it can lead to:

- Weight loss
- Muscle loss
- Dehydration
- Dizziness

Can lead to a Patient Fall

Encourage older patients to eat and drink at **ALL** meal and mid meal times

**Making every mouthful count**

For more information on Comprehensive Care - Minimising Harm program please visit www.cec.health.nsw.gov.au