

# E-learning tool on malnutrition and swallowing difficulties

**FREE** interactive e-learning tool designed for anyone providing care in a paid or unpaid role.

## Content

- Malnutrition, including how to identify and prevent it and stimulate weight gain
- Dietary advice for people at risk of malnutrition
- Advice, information and experiences of carers and health-care professionals
- Dysphagia (swallowing difficulties)
- Texture modified foods and thickened liquids – including changes to IDDSI



## Who is it for?

Care home staff

Home carers

Adult social care

Voluntary organisation staff and volunteers

Hospital staff

Unpaid/family carers



## Quality standards

CQC regulation 14

NICE quality standard 24

Care certificate standard 8

Certificate upon completion

**PaperWeight**  
helping fight malnutrition

For more details visit:

[www.ageuksalford.org.uk](http://www.ageuksalford.org.uk)

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AUTHORITY

**NHS**  
in Greater Manchester

## How to access

Go to the website: [www.paperweightarmband.org.uk](http://www.paperweightarmband.org.uk)