

'Teach-Back' Roleplay Activity – Malnutrition

In pairs. One person is the **'friend/relative'** who will be giving information and advice on malnutrition. The other person is the **'older person'** who seems to be malnourished.

Context: (both read)

You've noticed over the last few months that your older friend/relative seems to have lost weight (you know that they're not on a diet). They used to enjoy their food, but now they seem to have lost interest in it. You've also noticed that they seem to be struggling with simple things in the kitchen, like opening jars and buttering bread.

Play out the scenario. The 'friend/relative' should give some basic information/advice on malnutrition. This should include:

- **You think your friend/relative could be malnourished (not getting enough nutrients in their diet).** This is because they seem to be losing weight.
- **Why they still need to eat a balanced diet.** They might not need as much food/energy, due to their age. But they still need a nutrient-rich diet. This should include: calcium, Vitamin D and protein for healthy muscles and bones.
- **Explore why they seem to be losing weight.** E.g. Are they finding it difficult to prepare or eat food? Are their gums sore because of loose fitting dentures? Does food taste flavorless? Are they getting heartburn/indigestion? Explain why older age can sometimes cause these issues or make them worse.
- **Discuss ways they can address these issues.** E.g. Talk about daily living equipment and technology that can help with preparing meals and eating food, such as spreading boards (which have two raised edges making an 'L' shape, which can help when buttering bread), bottle/jar openers, lightweight saucepans, etc. Visiting the dentist if their dentures are loose. Trying stronger tasting food or adding more herbs, if food tastes bland. Drinking more water to help with digestion, etc. Signpost to the GP if you have major concerns.
- **Use teach-back at the end to check understanding.** You could say that you've recently had some training or read some information on malnutrition, so it's been good to share this information with someone. Then you could say something like: "Just so I can check that I've explained it well to you, would you be able to tell me what you're going to try now and why that's important?".

Swap roles, if time.