

# Supporting good nutrition in mental health: an introduction to the NEMO/MHIG website

[http://www.health.qld.gov.au/nutrition/nemo\\_mhindex.asp](http://www.health.qld.gov.au/nutrition/nemo_mhindex.asp)

A training resource for dietitians to introduce this website to colleagues

Reviewed December 2014, Review December 2016



# background

Good nutrition has a key role in physical and mental health

Unfortunately, not all mental health services are staffed with enough dietitians to support optimal nutrition care

A 2007 project by dietitians at the Royal Brisbane and Women's Hospital's Inner North Brisbane Mental Health Service capitalised on the unique working relationship and communication lines that exists between mental health service case managers and their clients to fill this gap

## development and endorsement

A web-based resource was developed

- informed by home visits, work-shadowing, focus groups with mental health case managers, a literature review and professional expertise
- contained 'action-based' resources

Resources were:

- designed to support the delivery of basic nutrition care
- not designed to replace specialised nutrition and dietetic services or to be handouts for patients
- directed/informed basic nutrition education by case managers
- provided the 'who' and 'how' for more specialised referrals

In 2009-10, this resource underwent a rigorous National endorsement process through

- Queensland Health's NEMO mental health team with
- DAA's mental health interest group

# the web-based resource

URL: [http://www.health.qld.gov.au/nutrition/nemo\\_mhindex.asp](http://www.health.qld.gov.au/nutrition/nemo_mhindex.asp)

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### Welcome to the NEMO Mental Health resources

These web pages and 'action-based' resources are designed to support the delivery of basic nutrition care by non-nutrition mental health professionals (e.g. case managers/key workers/care co-ordinators) to their community-based patients or clients.

These resources are a useful first line of nutrition education. They are not designed to replace specialised nutrition and dietetic services. They have been developed with the recognition of the relationship that exists between mental health service case managers and their patients.

They are not designed to be handouts for patients, but to be 'action-based'; to direct and inform basic nutrition education by case managers/key workers. They also provide the 'who' and 'how' for more specialised referrals.

- 1 →
  - [Supporting good nutrition in mental health: an introduction to the NEMO/MHIG website](#)  
A training PowerPoint to assist dietitians introduce and train their colleagues to use the NEMO mental health resources.
- 2 →
  - [Nutrition Support Action Plans \(NSAPs\)](#)  
Decision tools to guide the selection of action-based resources for use by mental health service case managers/key workers.
- 3 →
  - [Mental Health action based resources](#)  
Action-based resources to guide the care and advice you provide to your patients.
- 4 →
  - [Reference list](#)

1. This training PowerPoint can be found here
2. Find the main resource here
3. If you know which resource you want click here
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# the web-based resource: NSAPs

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## Mental Health nutrition support action plans (NSAPs)

NSAPs are action-based resources to guide the care and advice you provide to your patient.

Without specialised nutrition training you may find it hard, in some instances, to select the most appropriate resource to guide your patient's care. Use the prompts below to help you refine your search.

For practical nutrition advice for your patient, click on the relevant issue below. (If you know the NSAP that you want, [click here](#))

What you might see...

- [Your patient eating a lot of takeaway](#)
- [Your patient not eating much at all](#)
- [Your patient gaining weight very quickly](#)
- [Your patient having no food in their cupboard or fridge](#)
- [Your patient not having anything to cook meals on or with](#) (i.e. no stove, microwave, no pots and pans etc).
- [Your patient losing weight very quickly](#)
- [Your patient's clothes being baggier than usual](#)
- [Your patient complaining of sore mouth and/or teeth](#)
- [Your patient drinking excess cola, coffee or energy drinks](#)
- [Your patients relying on one or two types of food](#) (examples could be milk; pies; soft drink; alcohol; biscuits; bread)
- [Your patient having nowhere to store food](#)
- [Your patient leaving plates lying around with food scraps on them](#)
- [Your patient having lots of junk food in their cupboard and/or empty boxes of processed food lying around](#)
- [Other general nutrition issues](#)

**NEMO Mental Health resources home page**

Let's work through three examples to see how you might use this resource...

# worked example - 1

**Situation:** You've noticed over subsequent visits with a client that their clothes are getting baggier.

Scan through the 'what you might see' list to see if what you've noticed is there...

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- [Other general nutrition issues](#)

**[NEMO Mental Health resources home page](#)**



*Click on the hyperlink*

# worked example - 1

Following the hyperlink brings you to a page with two potentially useful resources. Review them both to inform further discussion and steps to take with your client.

*(Note to dietitian: print and bring both resources to training session for review)*

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**Nutrition Education Materials Online - nutrition support action plans (NSAPs)**

Action-based resources to guide the care and advice you provide to patients.

What you might see: **Your patient's clothes being baggier than usual.**

What could this be? Click on the relevant item for practical ideas and actions you can take with your patient.

- [Poor appetite](#)
- [Sore mouth/ teeth or dry mouth](#)

Not sure? [Try a nutrition assessment.](#)

[Back to Nutrition Support Action Plan main page](#)

**If you choose the wrong one, just click the back arrow.**

**Each page links also back to the main page.**

# worked example - 2

**Situation:** Your client has changed to antipsychotic medications and you notice them starting to gain weight quickly.

Scan through the 'what you might see' list to see if what you've noticed is there...

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What you might see...

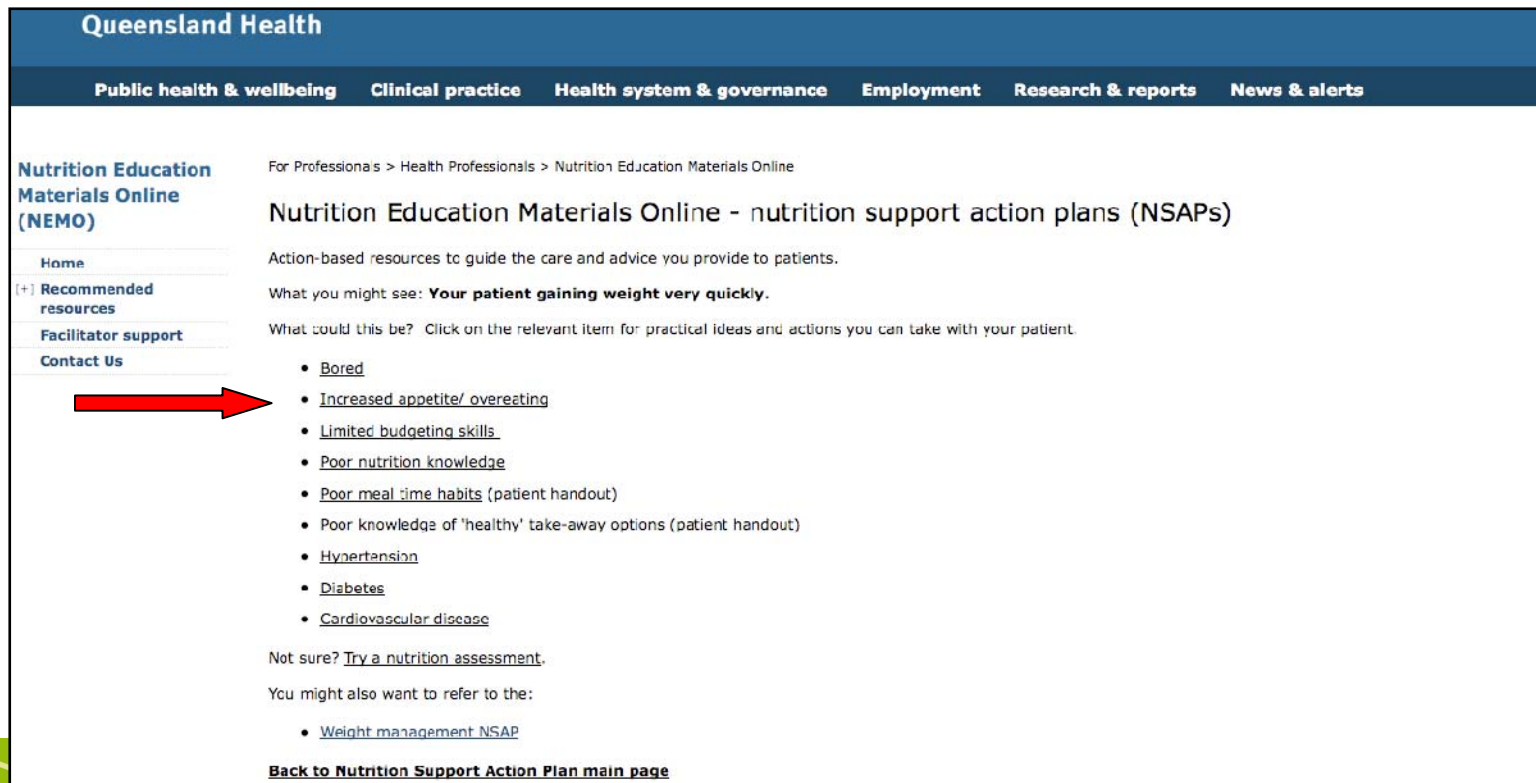
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- [Other general nutrition issues](#)

**NEMO Mental Health resources home page**

*Click on the hyperlink*

# worked example - 2

You scan through the list and in this case you decide, knowing the side effects of this medication, that your client may potentially have an increased appetite/reduced satiety. Review this resource for some useful tips. (*Note to dietitian: print and bring resource to training session for review*)



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### Nutrition Education Materials Online - nutrition support action plans (NSAPs)

Action-based resources to guide the care and advice you provide to patients.

What you might see: **Your patient gaining weight very quickly.**

What could this be? Click on the relevant item for practical ideas and actions you can take with your patient.

- [Bored](#)
- [Increased appetite/ overeating](#)
- [Limited budgeting skills](#)
- [Poor nutrition knowledge](#)
- [Poor meal time habits](#) (patient handout)
- [Poor knowledge of 'healthy' take-away options](#) (patient handout)
- [Hypertension](#)
- [Diabetes](#)
- [Cardiovascular disease](#)

Not sure? [Try a nutrition assessment](#).

You might also want to refer to the:

- [Weight management NSAP](#)

[Back to Nutrition Support Action Plan main page](#)

# worked example - 3

**Situation:** You're not quite sure quite where your client is 'at' with their diet, but you feel there might be 'room for improvement'.

Scan through the 'what you might see' list to see if what you've noticed is there...

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- [Other general nutrition issues](#)

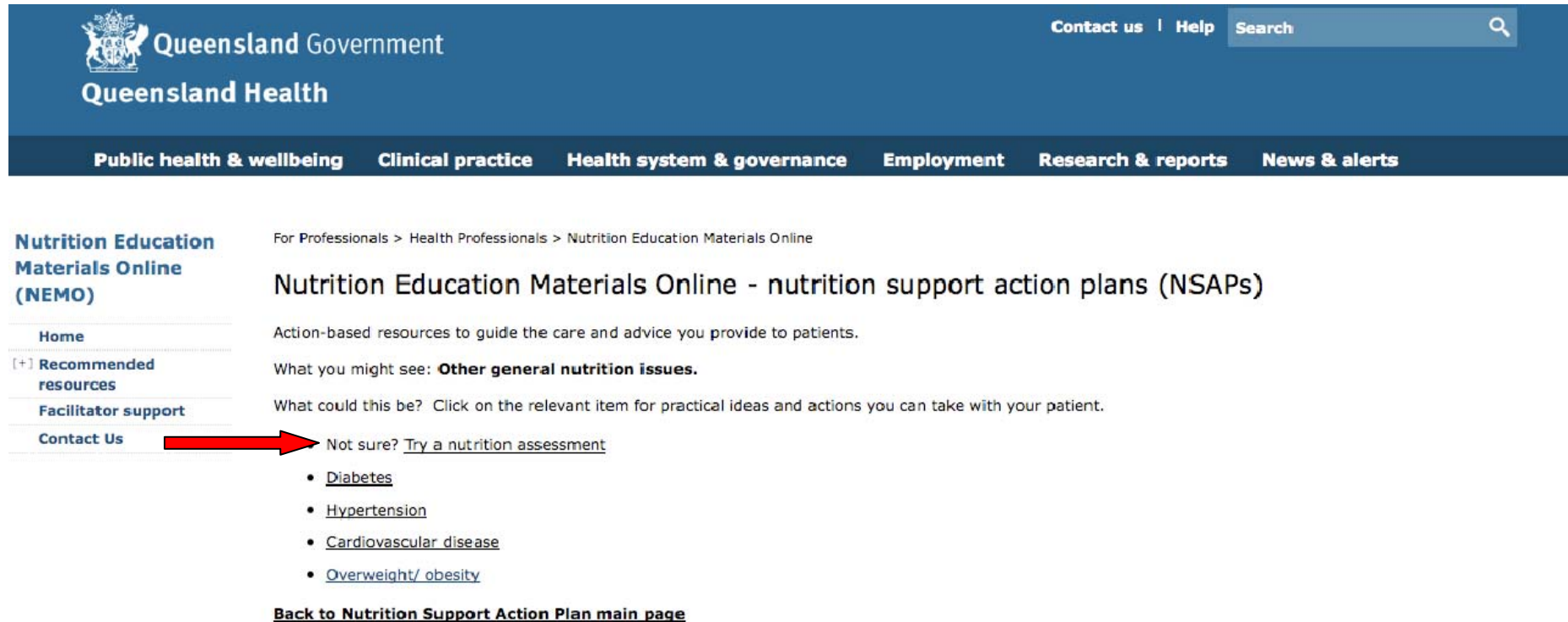
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*Click on the hyperlink*

# worked example - 3

A more general sheet may highlight areas you can broach, or you could try a basic nutrition assessment



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## Nutrition Education Materials Online - nutrition support action plans (NSAPs)

Action-based resources to guide the care and advice you provide to patients.

What you might see: **Other general nutrition issues.**

What could this be? Click on the relevant item for practical ideas and actions you can take with your patient.

Not sure? [Try a nutrition assessment](#)

- [Diabetes](#)
- [Hypertension](#)
- [Cardiovascular disease](#)
- [Overweight/ obesity](#)

[Back to Nutrition Support Action Plan main page](#)

*Follow the  
steps on  
the action  
plan...*

# worked example - 3

**Step 1.** Starting from the **bottom** of the diagram below, ask your patient how many serves a day they eat from this row (breads/cereals). Write the number in the box to the right hand side. Not sure about serve sizes? See the shaded box.

**Step 2.** **Work up the diagram**, row by row, writing in your patient's answer in the space provided.

**Step 3.** **Compare** their answers with the recommended serves from each row.

**Step 4.** **Advise** on ways to increase or decrease foods for a more balanced diet. If your patient is on a budget, refer to "Healthy Shopping on a Budget" for more information.

## What's a standard serve? Here are some examples...

**Grain (cereal) foods:** 1 slice bread, ½ cup cooked pasta/rice/noodles, 2/3 cup cereal; 3 crispbreads; 1 crumpet

**Vegetables:** 1 cup salad; ½ cup cooked vegetables; ½ medium potato; ½ cup sweet corn; ½ cup beans, peas or lentils

**Fruit:** 1 piece e.g. apple, banana or orange; 2 small pieces e.g. kiwi fruit or apricots; ½ glass juice; 1 cup diced/canned fruit

**Milk and alternatives:** 1 cup (250ml); 1 tub yoghurt (200g); 2 slices cheese (40g); 1 cup (250ml) soy/rice milk, calcium fortified

**Lean meat and alternatives:** 65g lean red meat; 80g lean poultry; 100g fish; 2 eggs; 1 cup cooked legumes; 30g nuts

**Extras:** 1 Tbsp butter/marg/oil; 1 slice of plain cake/small cake-type muffin (40g); 1 Tbsp honey/jam; 2-3 sweet plain biscuits; 2 scoops ice-cream; Half a chocolate bar (25g); 30g potato chips; 1/2 can soft drink; ¼ meat pie; 12 hot chips

	Patient's diet	Goal Serves/day*	Food group
		Limit	Extras
		Men: 3 serves Women: 2.5 serves	Lean meat, poultry, fish, eggs, tofu, nuts, seeds, legumes, beans
		Men: 2.5 serves Women: 2.5 serves	Milk and alternatives, mostly reduced fat
		Men: 2 serves Women: 2 serves	Fruit
		Men: 6 serves Women: 5 serves	Vegetables and legumes/beans
		Men: 6 serves Women: 6 serves	Grain (cereal) foods, mostly wholegrain and/or high fibre cereal

\* Serves per day for men and women aged 19-50.  
For further information go to [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

# “I know the resource I need”

URL: [http://www.health.qld.gov.au/nutrition/nemo\\_mhindex.asp](http://www.health.qld.gov.au/nutrition/nemo_mhindex.asp)

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1. This training PowerPoint can be found here
2. Find the main resource here
3. If you know which resource you want click here
4. Supporting literature is here

# “I know the resource I need”

Following this hyperlink  
takes you to the full list of  
Nutrition Support Action  
Plans (NSAPs) and a  
number of patient  
handouts

Select the one  
you want from  
this list

The screenshot displays the Nutrition Education Materials Online (NEMO) website. The header includes the site name and a breadcrumb trail: "For Professionals > Health Professionals > Nutrition Education Materials Online". The main heading is "Mental Health action based resources", followed by a sub-heading: "Action-based resources to guide the care and advice you provide to your patients." A red box highlights the "Available resources:" section, which lists ten topics: [Assessing a patient's diet](#), [Poor appetite](#), [Increased appetite](#), [Weight management](#), [Dry/sore mouth](#), [Healthy shopping on a budget](#), [Diabetes](#), [Heart health](#), [Hypertension](#), [Hepatitis C](#), and [Glycaemic Index](#). Another red box highlights the "Patient handouts:" section, which lists: [Healthy takeaway guide](#), [Food safety](#), and "Putting it all together - shopping cooking and eating meals, snacks and drinks (basic budgeting, shopping and cooking advice)". This last item has three sub-links: [Practical advice about each of the food groups](#), [Tips for eating well - quick and easy meals](#), and [Tips for eating well - Tips for eating well](#). A final link, [Food shopping tips](#), is listed below. On the left side of the page, a navigation menu includes links for Home, Recommended resources (with a [+/-] icon), Facilitator support, and Contact Us.

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## Mental Health action based resources

Action-based resources to guide the care and advice you provide to your patients.

**Available resources:**

- [Assessing a patient's diet](#)
- [Poor appetite](#)
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- [Weight management](#)
- [Dry/sore mouth](#)
- [Healthy shopping on a budget](#)
- [Diabetes](#)
- [Heart health](#)
- [Hypertension](#)
- [Hepatitis C](#)
- [Glycaemic Index](#)

**Patient handouts:**

- [Healthy takeaway guide](#)
- [Food safety](#)
- Putting it all together - shopping cooking and eating meals, snacks and drinks (basic budgeting, shopping and cooking advice)
  - [Practical advice about each of the food groups](#)
  - [Tips for eating well - quick and easy meals](#)
  - [Tips for eating well - Tips for eating well](#)
- [Food shopping tips](#)

**Navigation:**

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- Facilitator support
- Contact Us

# supporting resources

## Background journal article:

Wilkinson, S. & Himstedt, K. (2008) Establishing an innovative model of nutrition and dietetic care for a mental health service through collaboration with non-nutrition health care workers. *Nutrition & Dietetics*, 65 (4), 279-283. (<http://onlinelibrary.wiley.com/doi/10.1111/j.1747-0080.2008.00310.x/full>)

## DAA Mental Health interest group

<http://daa.asn.au/members/interest-groups-and-discussion-groups/mental-health-interest-group/>

In DAA's DINER resource (<http://daa.asn.au/members/diner/>), search 'MHANDi' Mental Health And Nutrition and Dietetics Information

## Find a dietitian (APD):

<http://daa.asn.au/for-the-public/find-an-apd/>

# acknowledgements

- Royal Brisbane and Women's Hospital
  - Department of Nutrition and Dietetics
  - Inner North Brisbane Mental Health Service
- NEMO mental health group
- DAA Mental Health Interest Group committee
- DAA MHIG members