

# Hydration and Nutrition

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2 pieces of work ;

BMA guidelines 2018

Clinical cases

# Clinically-assisted nutrition and hydration guidance BMA 2018



BMA, GMC, RCP 2018

Clinically assisted nutrition and hydration guidance

[www.bma.org.uk/CANH](http://www.bma.org.uk/CANH)

- Clinically-assisted nutrition and hydration (CANH) is a form of medical treatment.
- Treatment should only be provided when it is in the patient's best interests.
- Decision-makers must start from the strong presumption that it is in a patient's best interests to receive life-sustaining treatment but that presumption can be rebutted if there is clear evidence that a patient would not want CANH provided in the circumstances that have arisen.
- All decisions must be made in accordance with the Mental Capacity Act 2005.

No requirement for decisions to withdraw CANH to be approved by the court.

-as long as there is agreement upon what is in the best interests of the patient, the provisions of the Mental Capacity Act 2005 have been followed, and the relevant professional guidance has been observed.

– the General Medical Council’s guidance states that a second clinical opinion should be sought where it is proposed, in the patient’s best interests, to stop or not start CANH and the patient is not within hours or days of death.

The guidance covers decisions to start, re-start, continue or stop CANH in adult patients in England and Wales who lack the capacity to make the decision for themselves.

It focuses on patients who could go on living for some time if CANH is provided, where CANH is the primary life-sustaining treatment.

# **Key points to consider;**

**Who is the decision maker?**

**Clinical assessments**

**Best interest meetings**

**Second opinions**

**Court of Protection**



**Ms A. 89yo**

**4 yrs in nursing home.**

**Quadraplegic from osteoporotic fracture**

**Full Care**

**Previously taking diet and fluid with  
nurses**

**Acute event 'Stroke'**

**Unable to swallow.**

**GP asks for help in making decision about  
CANH**



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**What do you want to know?**

**Prognosis -with and without CANH**

**ADRT**

**Family /Friends**

**Health and Welfare advocate**

**2nd opinion**

**Best interests meeting**

**Documentation**

**Communication**

## **Andy 45yo Multiple Sclerosis**

**Asked to see at home as choking on food  
and fluids**



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**What extra information do you need?**

## **Key thoughts;**

**Who do I need to ask if the patient cannot tell me?**

**Who do I need to involve in the decision?**

**Who do I need to inform about the decision?**

**Where do I document the decision?**

**When will I review the decision?**

Thank you .

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