Combating Malnutrition in Long Term Care
Goals for today

• Gain a better understanding of nutrition related trends among the elderly in America
• Review the usage of oral nutrition supplements
• Broaden our understanding of how nutritional issues can be addressed with food first using creative dining strategies and nutritional services.
Aging in America

The elderly population in the United States is growing. The population 65 and over has increased from 35.9 million in 2003 to 44.7 million in 2013 (a 24.7% increase) and is projected to more than double to 98 million in 2060.

(Administration on Aging)
Facts about Older Americans

Persons reaching age 65 have an average life expectancy of an additional 19.3 years (20.5 years for females and 17.9 years for males).

(Administration on Aging)
Nutrition Snapshot

It is estimated that more than 22% of the population over the age of 65 is malnourished. Malnutrition in the elderly is often not recognized or diagnosed.

(Nestle Nutrition Institute, MNA website)
Elderly in the Community: 5 – 10% are malnourished.

Elderly in the Hospital: 60% are malnourished.

Elderly in Long Term Care: 35 – 85% are malnourished.

(Furman, E.F. Journal of Gerontological Nursing.)
Defining Malnutrition...

The presence of two or more of the following characteristics:

- Insufficient energy intake
- Weight loss
- Loss of muscle mass
- Loss of subcutaneous fat
- Localized or generalized fluid accumulation
- Decreased functional status

Causes of Malnutrition

Physical Aspects of aging
Social Situations
Depression
Medical Conditions
Financial Concerns
Hospitalization
Medical Conditions and How They Relate to Malnutrition

- Dementia
- Parkinson’s Disease
- Cardiac Disease
- Pulmonary Disease
- Cancer
- Arthritis
- Medications
Consequences of Malnutrition

Malnutrition

- Morbidity $\uparrow$
- Wound healing $\downarrow$
- Infections $\uparrow$
- Complications $\uparrow$
- Convalescence $\downarrow$

- Mortality $\uparrow$
- Treatment $\uparrow$
- Length of stay in hospital $\uparrow$

$\uparrow$ COST  $\downarrow$ QUALITY OF LIFE

Source: fightmalnutrition.edu
Supplement Usage

• It is estimated that 1/3 of prescribed oral nutrition supplements is wasted.

• Nursing home staff spends only 5% of the time that is needed for adequate encouragement of oral supplement intakes.
Supplement Usage

Within LTC settings, the prescription and monitoring of nutrition supplements varies considerably. Evidence-based guidelines for the use of a food-first strategy and the prescription and monitoring of supplements should be developed, implemented, and evaluated to optimize the nutritional health of the elderly in LTC facilities.
Food First

• Only 18% of facilities report using a food first philosophy in which food preferences, fortified foods, and snacks are utilized before the use of oral nutrition supplements.

• In one study, between-meal snacks were shown to reduce length of stay in patients with low handgrip strength (11.5 vs. 14 days)
What’s Your Dining Philosophy?
“Providing nourishment is more than just providing the right number of calories; it is taking care that the appearance, presentation, aromas, flavors, delivery and setting are optimal as well.”

Frampton, Gilpin, & Charmel, Putting Patients First. Dining Symposium Background Paper
“Food is the heart of our home...and most often one of our life’s daily pleasures. When we enhance the dining experience of our elders, we nourish their souls, as well as their bodies.... “

Linda Bump, R.D., Life Happens in the Kitchen.
Dining Symposium Background Paper
New Dining Practice Standards

Goal Statement:

Establish nationally agreed upon new standards of practice supporting individualized care and self-directed living versus traditional diagnosis focused treatment.

(New Dining Practice Standards)
Key Concepts of the New Dining Practices

- Reduce therapeutic diets
- Reevaluate the use of texture modified diets
- Reduce the use of commercial nutrition supplements
- Diets should be determined with the person and their choices, goals and preferences in mind
Key Concepts of the New Dining Practices

“Assess the condition of the person. Assess and provide the person’s preferred context and environment for meals, in other words, the person’s preferences, patterns and routines for socialization, physical support and personal meaning and value of the dining experience.”
Creative, Customized Dining Strategies to get your residents eating better.
The Importance of Meals & Snacks

- Nutrition
- Tradition
- Choice
- Independence
- Service
GREAT FOOD
DELICIOUS DESSERTS

Bread Pudding

Cheesecake

Strawberry Rhubarb Pie

Peach Crisp
The Dining Room

Why is a Well Designed Dining Room Program so important?

- Greater choice
- Greater attention from staff
- Socialization
- Lighting & atmosphere
- Staff observation and cues
- Staff notices declines faster
- Food can be served in “courses”
- Seconds & alternates are more available
- Better able to eat with family & visitors

- “Copy-cat”: people eat more when they see others eating.
- Positioning improves
Dining Room Suggestions

• Open dining hours
• Restaurant style dining
• Buffet Dining
• Chef Displays with food tasting
• Special Food Days & celebrations
• Staff eating with residents
Buffets and Steam Tables
Nutrition Education
Nutrition Activities –
Use activities to engage residents
Special Food-Related Events Like Cookouts and Farmer’s Markets
Special Food-Related Events Like Farmer’s Markets and Crab Feasts
Chef Displays, Dining Discoveries and Cooking Classes
Holidays, Special Events and Themed Meals
Holidays, Special Events and Themed Meals
“Let’s Get Eating”
Programs to help your residents eat more real food

- Puree Program
- Fortified Foods Program
- Hydration Program
- Finger Foods Program
- Menu Alternates

Always Available Menu
For your dining pleasure...
Puree Food Program

“We saw a dramatic increase in our resident’s food consumptions.
The nursing staff also really enjoyed telling the residents what they were eating.”
Puree chocolate peanut butter delight.

Puree lasagna, garlic bread and spinach.
Puree pork chop with sweet potatoes and mixed vegetables

Puree steak with corn and scalloped potatoes
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Finger Foods Program
Finger Foods Core Concepts

- Variety
- Eye Appeal
- Soup to Nuts
- Nutritional Density
Finger Foods Breakfast
Finger Foods
Hydration

Hydration Menu

Sunday - Apple Water: Delicious and crunchy apple fruit is one of the most popular fruits, favorite of health conscious, fitness lovers who believe in the concept “health is wealth.” This wonderful fruit is packed with rich phyto-nutrients that in the true senses indispensable for optimal health. The antioxidants in apple have much health promoting and disease prevention properties.

Monday - Watermelon Water: Watermelon is not only a great thirst quencher but may also quench the inflammation that contributes to conditions like asthma, diabetes, colon cancer, and arthritis.

Tuesday - Mixed Melon Water: Cantaloupe is a great source of Beta-Carotene, which the body processes into Vitamin A. There are many other nutrients that make cantaloupe very good for you, cantaloupe is also very good for lowering stress levels. Honeydew is a very low fat source for Vitamin C, and also contains high levels of Potassium.

Wednesday - Lemon Water: The lemon is king when it comes to vitamin C and helps to resolve digestive problems. Lemon juice is also credited with helping to cure the hiccups.

Thursday - Mint Water: For centuries mint has been appreciated for its wonderful aroma, great taste, and digestive healing powers.

Friday - Orange Water: Oranges are the largest citrus crop in the world. Oranges are high in bioflavonoids and carotenoids both which help to fight cancer.

Saturday - Lime Water: Limes are great for adding a zingy flavor to a wide variety of foods. Limes contain vitamin C, vitamin A, calcium, and iron.
Alternative Dining Selections Menu

Mealtime Dining Options - Because eating well is important to your recovery:

**Breakfast Selections:**
- Fresh Fruit - Bananas, Apples, Oranges and Seasonal Fruit
- Canned Fruit - Peaches, Pears, Applesauce, Pineapple
- Eggs - Scrambled Eggs, Egg White Omelets, Veggie Omelets
- Cereals - Raisin Bran, Corn Flakes, Cheerios, Rice Krispies
- Toast - Wheat, White, Rye, Raisin Yogurt

**Lunch & Dinner Selections:**
- Grilled Chicken Breast
- Turkey & Veggie Burgers
- Salads - Garden, Caesar or Greens with Grilled Chicken
- Sandwiches - Ham & Cheese, Turkey, Grilled Cheese & Tomato
- Egg & Chicken Salad, Peanut Butter
- Cottage Cheese & Fruit Plates
- Soup (Tomato, Chicken Noodle)
Questions?