

Liberalized Diets & The Dining Experience

TexasQualityMatters.org

The Challenge

Ensure that individuals maintain weight and nutritional status

Provide food that looks, smells, and tastes good

Risk Factors for Weight Loss

- ❖ **M**-medications
- ❖ **E**-emotional problems
- ❖ **A**-anorexia
- ❖ **L**-late-life paranoia
- ❖ **S**-swallowing disorders

- ❖ **O**-oral Problems
- ❖ **N**-nosocomial infections

- ❖ **W**-wandering
- ❖ **H**-hyperthyroidism
- ❖ **E**-enteric problems
- ❖ **E**-eating problems
- ❖ **L**-low salt, low cholesterol diets
- ❖ **S**-social problems



What Restrictive Diets Do

- ❖ Limit familiar foods
- ❖ Eliminate or modify seasonings in food
- ❖ Contribute to:
 - Poor appetite
 - Decreased food intake
 - risk of illness and weight loss

Diabetic Diets

A regular diet is appropriate for most geriatric individuals who have diabetes

- ❖ Consistent meal times
- ❖ Consistent calories, carbohydrates, and protein
- ❖ Standardized portion sizes
- ❖ Improves quality of life

Cardiac/Cholesterol Diets

- ❖ Medications for heart disease can suppress appetite
- ❖ The importance of cholesterol in reducing mortality rates after age 65 is questionable
- ❖ The risk of causing malnutrition is a greater risk after age 65

Low Sodium Diets

- ❖ People who are elderly do not tolerate low sodium diets well

- ❖ Contribute to:
 - Loss of appetite
 - Hyponatremia
 - Increased confusion

Renal Diets

- ❖ individuals with renal failure are especially susceptible to malnutrition

- ❖ Preventing malnutrition may require liberalizing diet restrictions

Prevention of Weight Loss

❖ Individual Interventions

- Facilitate increased food consumption
- Provide feeding assistance



Prevention of Weight Loss

❖ Dining

➤ Enhance the dining experience

- Favorite food, comfort food, ethnic food
- Accessibility: when hungry or longing for specific foods
- Food first, then supplements



Prevention of Weight Loss

❖ Family support



❖ Nutritional therapy

- Fortified foods, Snacks, Finger Foods
- Liquid nutritional supplements

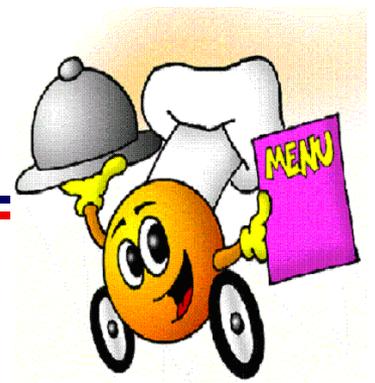


The Culture Change Movement

The culture change movement aims to take the 'institution' out of the home.

It involves transforming nursing homes from a traditional model to a person-centered and person-directed model.

Culture Change



❖ Menus and Nutritional Adequacy:

- Use resident council meetings to discuss menus and meal service
- Who makes up the “community” culturally?
- Use regional menus and include ethnic favorites



Culture Change

❖ Food Preparation and Meal Service

- Respect individual preferences and habits regarding meal consumption
- Train staff on cooking methods that enhance appearance and palatability
- Observe meal service:
 - Environment
 - Assistance
 - Meal Frequency
 - Different styles of meal service



Dining Alternatives

- ❖ Five meal plan vs. 3 meals plus snack
- ❖ Restaurant-style dining
- ❖ Buffet-style dining
- ❖ Family dining
- ❖ Select menu
- ❖ Extended hours



Hydration



- Honor individuals preferences and habits regarding fluid consumption
- Document person's fluid preferences in care plans
- Provide a variety of beverages with meals and snacks
- Provide beverage stations with easy access or hydration carts
- Soups, smoothies, lemonade, popsicles, watermelon
- Room pitchers within reach



Culture Change & Regulations

- ❖ No significant barriers have been identified by Regulatory Services for implementing culture change.
- ❖ Nursing homes can actually reduce their deficiencies by:
 - Seeking positive person-centered outcomes.
 - Care planning according to a person's wishes.
- ❖ Food and dining requirements are core components of quality of life and quality of care

What it means...

- ❖ Care provided is consistent with the comprehensive assessment
- ❖ Diet is determined by individual's informed choices and preferences
- ❖ Goals and prognosis refer to personal and clinical outcomes

Impact to Providers

- ❖ Changes in meal time and impact on nursing and caregiving schedules
- ❖ Changes in attitudes about textures and diet liberalization
- ❖ Costs
- ❖ Increased occupancy



DADS Culture Change Initiative

For help regarding:

- ❖ Questions on Culture Change topics
- ❖ Stories on Culture Change successes in Texas nursing homes
- ❖ Questions for DADS experts

Contact:

DADS Center for Policy and Innovation

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Quality Monitoring Program

Providing Positive Partnerships w/ Providers

Regional Staff:

- ❖ Includes dietitians, nurses and pharmacists
- ❖ Serve as a resource to develop and communicate evidence-based best practices and innovations for improvement of outcomes
- ❖ Available for in-services on a variety of topics.