

Basic Nutritional Needs for Care Home Residents

Care Homes and Healthcare Staff Training

Basic Nutritional Needs for Care Home Residents

Introduction & Expectations



Basic Nutritional Needs for Care Home Residents

Workshop 1



Workshop 2



Workshop 3



Workshop 4



Workstation 1 - Fibre

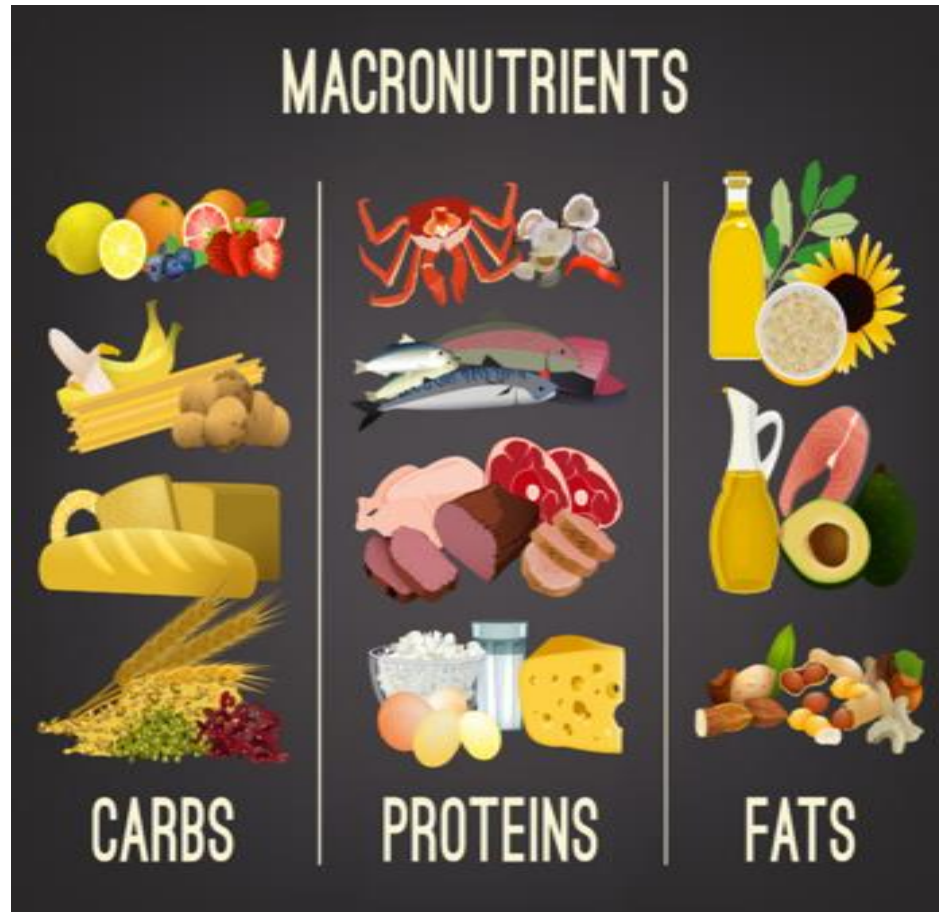


Workstation 1 - Fibre

- Worksheet:
 - Please answer the questions on the Worksheet
 - Please take this with you to remind you of the answers and what you plan to change in your home
 - Please take a copy of the Guts UK leaflet on Constipation.



Workstation 2 – Protein and Energy



Energy Dense Foods Versus Nutrient Dense Foods - Definition

Foods that are **energy-dense** contain a higher number of calories per serving, while foods that are **nutrient-dense** contain a higher level of vitamins, minerals, and other important nutrients with little or no added sugars or fats that raise calories.

- Sort the foods into those which are Energy Dense and those which are Nutrient Dense
- Take a photo to help you remember

Workstation 3 - Fluids

Top tips to increase fluid intake

- Chilled drinks can stimulate appetite – take care not to offer them too close to mealtimes though as they may fill someone up.
- Smoothies, milkshakes, ice lollies.
- Foods with a high-water content can also contribute such as melon, soup, cucumber and jellies.
- Take time to prompt the person to drink or make them a drink rather than always asking.
- Try drinks that are easy to hold - two handled mugs, one way drinking straws.
- Drink together, clink glasses say 'cheers!'
- Sit together and chat!



Workstation 3 - Fluids

Cold Drinks Menu



Orange juice



Cranberry juice



Apple juice



Pineapple juice



Mango juice



Fruit squash



Milk



Water



Smoothie

Hot Drinks Menu



Tea



Coffee



Horlicks



Ovaltine



Hot chocolate



Warm milk

Workstation 3- Fluids

Examples of fluid rich foods	
Breakfast	Porridge, cereal with milk, tinned tomatoes, yoghurt, fresh/tinned fruit.
Lunch/Dinner	Soup, gravy, stews, sauces, vegetables, broth.
Desserts	Ice cream, ice lollies, sorbet, custard, rice pudding, jelly, yoghurt, mousse, fruit puree, fresh/tinned fruit.
Snacks	Fruit and vegetables, yoghurt, fruit puree, mousse.

Drinking utensils

Factor	Qs to ask residents
Ease of handling: How easy it is the cup to hold, lift and drink from	Do you find the cup easy to pick up and hold? How easy is it to drink from?
Volume: The amount of fluid that the cup holds	Does the cup feel too big or too small? Does the cup hold enough fluid for you?
Feel: How it feels to touch and drink from	How does it feel to drink from?
Visual appeal: The colour, shape and design	Do you like the shape of the cup? Do you like the way the cup is decorated?

Workstation 4 – Vitamins and Minerals

- ***Vitamins and Minerals Sources List***

- Why are they at risk in Care Home population
- Role / Function in body
- Best Food Sources
- How much to have
- Vitamin Supplements

- Spin the Vitamin and Mineral Wheel

- From the cards on the table
 - Pick best sources of the Vitamin / mineral
 - Pick its role in the body
 - Pick how much to have
- Take a photo

How many can you do in 10 minutes?

Workstations – Discussion and Summary

- Any New Information?
 - Protein & Energy – mention need for energy and nutrient dense foods
- Did you notice any cross overs between the foods and drinks focussed on in the workstations?
- How will this change the foods and drinks you offer?
- What are barriers to making those changes?
 - How can these be challenged?

Mealtime Assistance

- 3 Volunteers
 - Limited Arm use (Sling)
 - Limited Vision (Vision Goggles / Strong Glasses)
 - Weird Smell (Tissue Paper with fragranced oil)
 - Out of reach
 - Too full
 - Spoons too big
 - Sitting too far to the side / behind

Mealtime Assistance



Primary Care Dietitians and Blackpool South PCN Jackie
Heighton. R.D. April / May 2024

Oral Nutritional Supplements

Similarities

- Milk, juice or pudding style
- Many manufacturers have products with same kcal and protein levels

Differences

- Powders
- Ready to drink
- Many different products with different kcal and protein levels (by same and different manufacturers).
- Same kcal and protein levels can have different amounts of micronutrients (potassium / phosphate / sodium)

Oral Nutritional Supplements

Special Dietary Needs - Dementia

- Temperature Sensitivities
- Sweet Preferences
- Inability to use cutlery
- Forgetting what food is (Specific foods / food in general)
- Noise
- Wandering – finger foods

Special Dietary Needs - Dementia

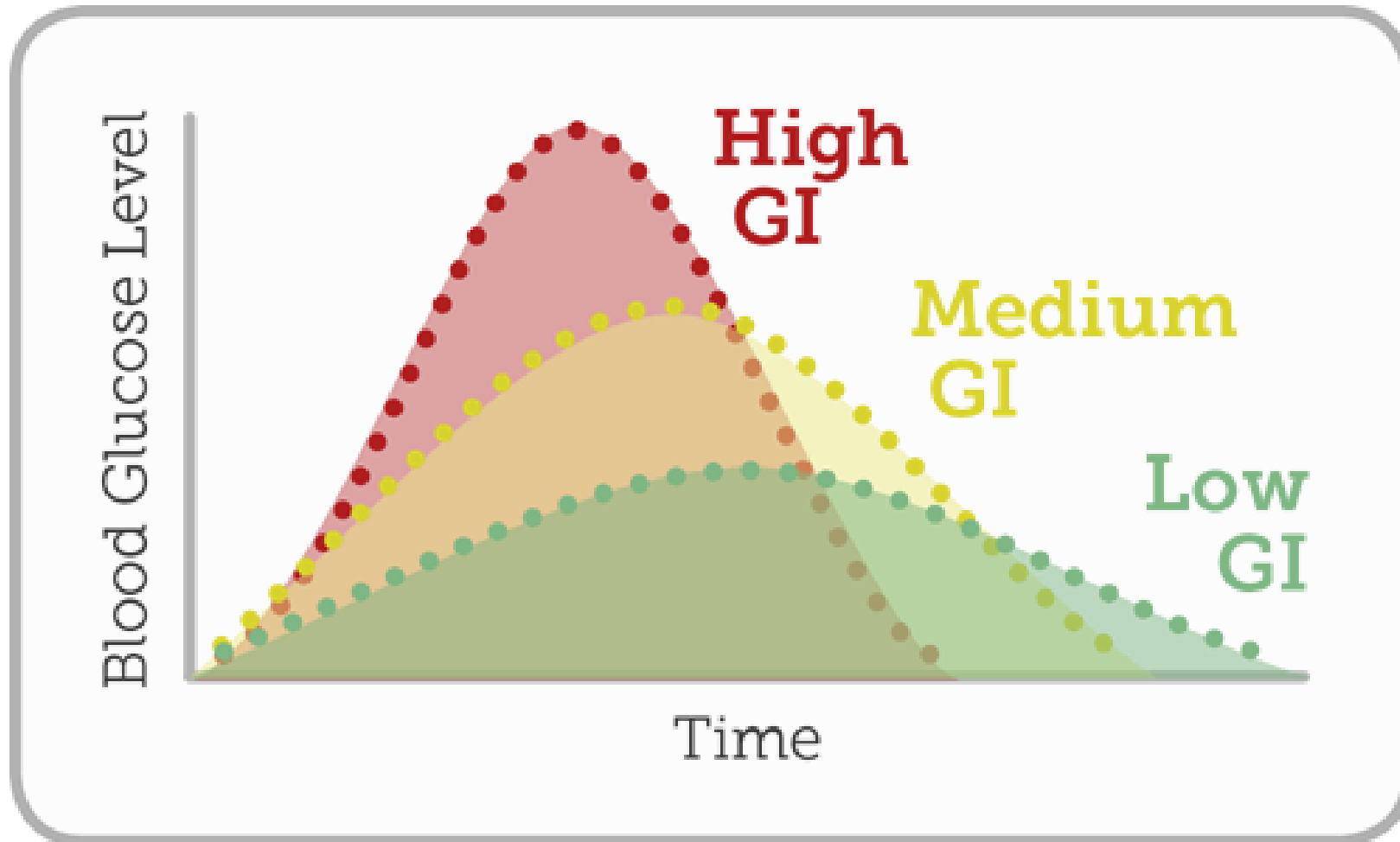
- Nutrition from food may not be the top priority
- **SOLUTIONS** (See Managing Nutrition in Dementia Leaflet (RDASH) in Section 3 – Improving Food Intake, in your Nutrition Folder)
 - Get the environment right – manage noise / distractions / good role models
 - Finger foods
 - Smaller / more frequent meals
 - Timing – offer when resident at their best
 - Drink first and throughout
 - Record Changes and give what they like
 - Use sweeter foods/ sauces to help the food go down
 - Give puddings first
 - Allow using fingers (even for non-finger foods)
 - Make it easy – use mugs for soup, adapted cutlery



Special Dietary Needs - Diabetes

- The glycaemic index (GI) tells us whether a carbohydrate-containing food raises blood glucose levels quickly, moderately or slowly.
- Different carbohydrates are digested and absorbed at different rates, and GI is a ranking of how quickly each carbohydrate-based food and drink makes blood glucose levels rise after eating them.
- The GI index runs from 0 to 100 and usually uses pure glucose, which has a GI of around 100, as the reference.
- Slowly absorbed carbohydrates have a low GI rating (55 or below), and include most fruits and vegetables, unsweetened milk, nuts, pulses, some wholegrain cereals and bread
- Research has shown that choosing low-GI foods can particularly help manage long-term blood glucose (HbA1c) levels in people with type 2 diabetes.
- Not all low-GI foods are healthy choices – most chocolates, for example, have a low-GI because of their fat content, which slows down the absorption of carbohydrate.
- Combining foods with different GIs alters the overall GI of a meal. You can maximise the benefit of GI by switching to a low GI option with each meal or snack.
- Fat and Protein lowers the GI
- Cooking methods can affect the GI
- Processing and Ripeness of Fruits and Vegetables affect the GI
- The amount of **carbs** you eat has a bigger effect on blood glucose levels than GI alone.

Special Dietary Needs - Diabetes



Special Dietary Needs – Diabetes & Malnutrition

Food Fortification

- if weight loss is occurring then it is important that an individual's energy and nutrient needs are met.
- It is not always appropriate to restrict sweet foods if these are the person's preference.
- Some individuals may have taste changes due to other medical conditions and prefer sweeter foods.
- Serving dairy cream, ice cream, evaporated milk or custard with a dessert can help in two ways, it will increase the energy and protein of the snack and will reduce the speed the sugar is broken down which can help prevent high blood glucose levels

(This will depend upon frailty and age)

- ONS Best Types and Administration
- Aim for supplements containing Fibre where possible



- Spread out supplements in small doses across the day.
E.g., 400ml supplements give as 5 x 80ml doses in a medicine cup, after meal/ snacks and at supper.



Special Dietary Needs – Weight Management

- ONLY for younger residents where medically indicated
- Portion Sizes



Special Dietary Needs – Weight Management

- ***Energy Density***

Tips to reduce energy density and increase the nutrient of your food choices:

1. Start lunch or dinner meals with a fresh vegetable salad to help start to feel Use the least amount of salad dressing as possible.
2. Eat a piece of fruit before a meal and you'll consume fewer calories overall during the meal.
3. Choose a broth-based vegetable soup as part of your meal because the extra liquid in the broth, combined with the fiber in the vegetable increases satiety with very few calories.
4. When you want something sweet, reach for fresh fruit like a handful of grapes or small oranges. Fruit contains both water and fiber and is low-energy-density, high- nutrient-density food that contain a variety of healthful nutrients including fiber, vitamins, minerals and antioxidants that promote health with 60- 80 calories per serving.
5. Choose less processed foods like brown rice instead of white rice, whole grain bread instead of white bread, whole-grain breakfast cereal instead of processed cereal.
6. Instead of purchasing yogurt that contains more sugar and calories, choose plain yogurt and add your own fruit.

Assessment of Learning and Confidence

- Using Scale on floor –
 - How confident are you to assist your residents to eat?
 - How confident do you feel about recognising nutrient dense foods rather than energy dense foods.
- Using Post It Notes added to Poster Q's –
 - What 2 things will you do differently in your workplace as a result of this training?