

# Liberalized Diets & The Dining Experience

[TexasQualityMatters.org](http://TexasQualityMatters.org)

# The Challenge

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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

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

# Diabetic Diets

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**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

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- ❖ 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

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- ❖ People who are elderly do not tolerate low sodium diets well
  
- ❖ Contribute to:
  - Loss of appetite
  - Hyponatremia
  - Increased confusion

# Renal Diets

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- ❖ 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



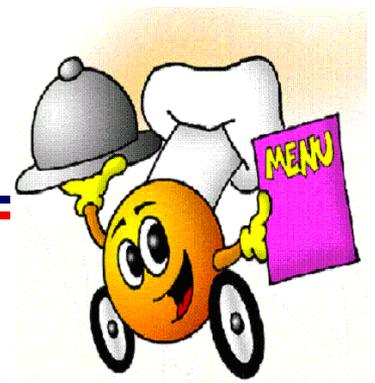
# The Culture Change Movement

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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

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## ❖ 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

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- ❖ 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

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- ❖ 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...

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- ❖ 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

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- ❖ 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

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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

[DADSculturechange@dads.state.tx.us](mailto:DADSculturechange@dads.state.tx.us)

# Quality Monitoring Program

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## 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.