

# Putting in place a nutrition focus team in your Nursing Home

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# Dementia

55.000 (estimated) people in Ireland are now living with dementia

- “Due to mental and cognitive impairments, physical disabilities and psychological factors people living with dementia have difficulties associated with eating and drinking”
- Dysphagia may develop in 13-57% of people with dementia
- Meal time behavioral challenges, wandering, pacing, refusal behaviour, apathy or indifference
- Age related comorbidities can exacerbate reduction in intake and undernutrition.

# Nutrition focus team

Problem

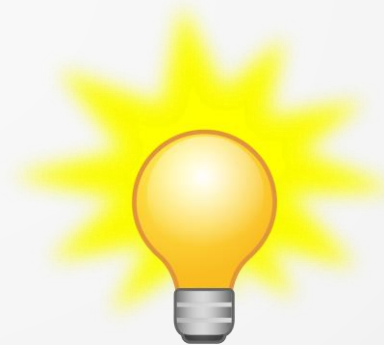


Solution

- To oversee on the effectiveness of nutrition facilities;
- to promote the social aspect of the dining experience;
- to reduce the risk of malnutrition;
- To facilitate communication between different compartments .

# What to do...

- Periodic interdisciplinary meetings (nurses, HCAs, cathering staff...)
- Identify a problem
- Find a solution



# Problem

## Communication

- In between colleagues
- Interdisciplinarily
- Indirect communication
- Info readily available



# Solution

## Booklets



# Coded information

<b>001</b>	<b>MIG</b>	<b>G1</b>	<b>B</b>	<b>DIAB</b>	<b>03/19</b>
<b>002</b>	<b>SS</b>	<b>N</b>	<b>A</b>	<b>FORT, NO CHICKEN</b>	<b>03/19</b>

- Color codes
- Instruction for tickening
- Special diets (fortified, diabetic...)
- likes/dislikes

# Pros and Cons

## Pros

## Cons

Info readily available	Frequent updating and printing
Easy to track	Extreme specificity of the data
No time spent in looking for info during meal times	



# Social aspect

Improving the dining experience through the environment

- Create a familiar restaurant-like environment
- Try to mix up different level of dependence when possible;
- Facilitate table groups between residents
- Facilitate a direct communication between chef/catering manager and residents

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# Future challenges

- Ethical diet regims
- Religious belief needs
  
- In the 2018 5% of people in Ireland are vegan or vegetarian
- 2050 ???

# Conclusion

“We can have all the available means of communication in the world, but nothing, absolutely nothing, takes the place of the human look”

Paulo Coelho

Keep your resident in the centre of the whole nursing process!