Chapter 19

Nutrition and Fluids
Nutrition

- **Nutrition**—processes involved in the ingestion, digestion, absorption & use of foods & fluids by the body.
- The person’s diet affects physical & mental well-being and good nutrition is needed for growth, healing, and body functions.
- A poor diet and poor eating habits:
  - Increase the risk for infection, acute and chronic diseases
  - Cause chronic illnesses to become worse
  - Cause healing problems
  - Affect physical and mental function, increasing the risk for accidents and injuries
- Eating and drinking provide pleasure.
Factors Affecting Eating

- Personal choice
- Body reactions
- Illness
- Chewing and swallowing
- Disability
- Age

  - With aging, changes occur in the gastro-intestinal (GI) system.
OBRA and CMS
Dietary Requirements

- Each person’s nutritional and dietary needs are met.
- The person’s diet is well-balanced.
- Food is appetizing.
- Hot food is served hot and cold food is served cold.
- Food is served promptly.
- Food is prepared to meet each person’s needs.
- Each person receives at least three meals a day.
Special Diets

- Doctors may order special diets:
  - For nutritional deficiency or a disease
  - For weight control
  - To eliminate or decrease certain substances in the diet

- Regular diet, general diet, and house diet mean no dietary limits or restrictions.

- Other foods (of similar nutritional value) are offered to residents who refuse the food served.
The sodium-controlled diet

- Too much sodium = retention of more water.
- Sodium control decreases the amount of sodium in the body.
- The doctor orders the amount of sodium allowed.
- Sodium-controlled diets involve:
  - Omitting high-sodium foods
  - Not adding salt to food at the table
  - Limiting the amount of salt used in cooking
  - Diet planning
Diabetic Nutrition

- Diabetes is usually treated with insulin or other drugs, diet, and exercise.
  - The dietitian and person develop a meal plan that involves:
    - The person’s food preferences
    - Calories needed
    - Eating meals and snacks at regular times
  - You need to:
    - Serve the person’s meals and snacks on time.
    - Always check the tray to see what was eaten.
    - Tell the nurse what the person did and did not eat.
Dysphagia

The dysphagia diet
- Food thickness is changed to meet the person’s needs.
- Fluids may be honey or nectar thickened
- Food may be pureed
- The doctor, speech-language pathologist, occupational therapist, dietitian, and nurse choose the right food thickness.
- When feeding a person with dysphagia, you must:
  - Know the signs and symptoms of dysphagia.
  - Feed the person according to the care plan and swallow guide.
  - Follow aspiration precautions.
  - Report changes in how the person eats.
  - Report the following at once:
    - Choking, coughing, or difficulty breathing during or after meals
    - Abnormal breathing or respiratory sounds
Fluid Requirements and Orders

- Normal fluid requirements
  - An adult needs 1500 mL of water daily to survive.
  - About 2000 to 2500 mL of fluid per day is needed for normal fluid balance.
  - The older person is at risk for dehydration (not enough fluid) and edema (too much fluid).

- Some persons have special fluid orders.
  - Encourage fluids
  - Restrict fluids
  - Nothing by mouth (NPO)
  - Thickened liquids
Intake and Output

- Intake and output (I&O) records:
  - Used to evaluate fluid balance and kidney function and to help plan medical treatment.
  - Intake includes:
    - All PO fluids
    - Foods that melt at room temperature
    - IV fluids and tube feedings.
  - Output includes:
    - Urine
    - Vomitus
    - Diarrhea
    - Wound drainage.
  - Amounts are totaled at the end of the shift.
Meeting Food and Fluid Needs

- The following can affect appetite and ability to eat:
  - Weakness, illness, and confusion
  - Unpleasant odors, sights, and sounds
  - An uncomfortable position
  - The need for oral hygiene
  - The need to eliminate
  - Pain
Preparing Residents for Meals

Preparing for meals

- Assist with elimination needs.
- Provide oral hygiene.
- Make sure needed dentures are in place.
- Make sure needed eyeglasses and hearing aids are in place.
- Make sure incontinent persons are clean and dry.
- Position the person in a comfortable position.
- Assist the person with hand washing.
Serving Meals

● Serving meal trays
  ➢ Food must be at the desired temperature when the person receives it.
  ➢ Serve meal trays after preparing residents for meals & in order assigned by the health team.
  ➢ If food is not served within 15 minutes, recheck food temperatures.
  ➢ If food is not at the correct temperature, get a fresh tray.

● When feeding the person:
  ➢ Serve food and fluids in the order the person prefers.
  ➢ Offer fluids during the meal.
  ➢ Use teaspoons to feed the person.
Feeding the Person

- Persons who need to be fed may:
  - Be angry, humiliated, and embarrassed
  - Be depressed or resentful
  - Refuse to eat
- Let the person do as much as possible.
- Always tell the visually impaired person what is on the tray.
  - For persons who feed themselves:
    - Describe foods and fluids and their place on the tray.
    - Use the numbers on a clock for the location of food.
- Allow time and privacy for prayer if the person wishes.
Safe Straws
Clothing covers
Grippable utensils
Feeding the Person (Cont’d)

● Meals provide social contact with others.
  ➢ Engage the person in pleasant conversation.
  ➢ Sit facing the person.
  ➢ The center provides needed adaptive equipment and utensils.

● Persons with dementia may:
  ➢ Become distracted during meals
  ➢ Not be able to sit long enough for a meal
  ➢ Forget how to use eating utensils
  ➢ Resist your efforts to assist them with eating
  ➢ Throw or spit food
Foodborne Illnesses

- A foodborne illness (food poisoning) is caused by pathogens in food and fluids.
- Report signs and symptoms of foodborne illnesses to the nurse at once.
  - Signs and symptoms depend on the pathogen.
- Food is not sterile.
  - Pathogens are present when food is purchased.
  - Foods can become contaminated from other foods or food handlers with poor hygiene.
  - *Clean, Separate, Cook, Chill*
Quality of Life

- Nutrition and fluid balance are important for quality of life.
- The right to personal choice is important in meeting food and fluid needs.
  - Residents have the right to express their preferences.
- Persons with dementia may require special measures to meet their nutritional needs.
- Sometimes families and friends bring food from home.
- OBRA requires that food be served correctly.