

Not just Vanilla

Creative Solutions for Nutritional interventions for at risk residents; it's more than just Supplements

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Learning Objectives

- Recognize food interventions for at risk persons
- List high protein and high calorie foods
- Review plan of action for at risk persons

Definitions

- **Supplement:** Commercially prepared product that is ordered by a physician
- **Two Calorie Med Pass:** Commercially prepared product designed to provide 2 calories per cc and be distributed with med pass
- **Nourishment:** Fortified Foods or house shakes that are prepared in house
- **Snacks:** Regular food items that are available on the units or can be specified to be served at designated times (such as HS for a diabetic) and generally not required to be ordered by the physician

What's the difference?

Commercial Supplement



Homemade Milkshake

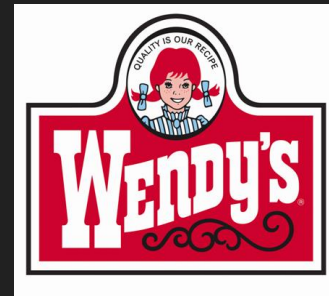


What's the difference?

Commercial Supplement



Best Milkshake



What's the difference?

Commercial Supplement

220 Calories

9g Protein

\$0.90/serving

Homemade Milkshake *

278 Calories

6g Protein

\$0.27/serving

*Don't forget we can "boost" that homemade nutritional content with flavored whole fat ice creams, syrups and flavorings, add Non fat dry milk

What's the difference?

Commercial Supplement

Resident Satisfaction



Homemade Milkshake

Resident Satisfaction



Person at Risk

- Poor nutritional intake or Declining intake
- Weight loss
- Pressure ulcers
- Referred to the Registered Dietitian
 - The Registered Dietitian will determine if resident requires nutritional intervention to increase PO intake and select appropriate type of interventions

Food First

- Individualize nutritional interventions
- Evaluate all food preference for food-first interventions (food favorites)
- Promote meal interventions such as encouraged intake or assistance (socialization, prompts, cues, pleasant dining environment)
- Offer snacks between meals with high calorie/high protein ingredients (don't just leave them; boost your success by pairing with an activity...everyone loves "fun with food")

Plan of Action – Intake ~50% of Meals

- Re-evaluate food preferences to maximize intake of favorite foods
- What type of favorite food choices are available or bigger portion of food favorites and smaller of foods less liked
- Residents requiring additional protein and/or calories: offer high calorie food items and/or Fortified Foods if resident can consume ~50% of meal or greater ; have to be eating at least at a “fair-good” level for these to work; verify they will eat /volume of the higher calorie /higher pro foods.
- Don't forget the simple additives: gravy, jam, butter, dry milk, cheese on top, whipped topping etc...these are low volume and high calorie

Plan of Action – Intake <50% of Meals

- Residents that consume less than 50% of meals routinely may not benefit from fortified foods due to the lower intake
- Two Calorie Med Pass product is the likely next step for residents who consume very little, ~25 – 50% at most meals or clinical condition increases nutritional needs such that consuming adequate amount of foods is difficult (ex: multiple Pressure Ulcers, Cancer or end stage COPD with SOB)
- Other commercial supplements are recommended as a final step and indicated when a resident will not accept the Two Calorie Med Pass product (Ensure Plus, Boost High Protein etc.)

Intervention

- The Registered Dietitian will document need for interventions and initiate orders in conjunction/assisted by DSM/Designee and/or nursing for interventions that require physician's approval before usage
- RD/DMS and/or Care team updates care plan after approval of the intervention as needed
- Interventions to be served/offered by nursing personal and requiring a doctor order are also written on the Medication Administration Record (MAR)

High Calorie/Protein Foods and Snacks

- Cake
- Cheese/Cottage Cheese
- Chocolate/Flavored Milk
- Cookies
- Dry Cereal
- Ice cream, ice cream bars
- Pie
- Pudding
- Snack crackers
- Yogurt



Adding Calories

- **Margarine or butter:** Add to casseroles, hot cereals, vegetables, potatoes, noodles, soups, and puréed foods. Spread on bread, sandwiches, and muffins.
- **Mayonnaise:** Spread on bread and sandwiches and use as a garnish for appropriate puréed foods. Use in egg, chicken, tuna, and meat salads or their alternate ground or puréed foods.

Adding Calories

- **Sour cream:** Use on mashed potatoes and noodles and as a dip.
- **Half-and-half or cream:** Add to milk shakes, hot chocolate, and other beverages; pour over cereals; and use in cream soups and puddings.
- **Other calorie-dense foods:** Casseroles with added calorie boosters, cheese, corn syrup, cream cheese, evaporated milk, gravy, honey, ice cream floats and sundaes, jelly, maple syrup, oils, pudding, salad dressings, soups (made with whole milk or half-and-half), syrup, and whipped cream.

Adding Protein

- **Skim milk powder:** Mix 1 cup of skim milk powder into 1 quart of whole milk and use in recipes for creamed soups, hot cocoa, cooked cereals, cooked custard or pudding, casseroles, and mashed potatoes. Skim milk powder can also be added to scrambled eggs, soups, casseroles, meatloaf or meatballs, cookies and muffins, and puréed foods.
- **Milk or half-and-half:** Use instead of water for soups, cereals, and instant cocoa. Add to milk shakes, hot chocolate, and other beverages; pour over cereals; and use in cream soups and puddings.

Adding Protein

- **Cheese sauce:** Add to casseroles and soups and pour over vegetables.
- **Eggs (cooked only):** Plain, in egg dishes, and added to mixed dishes.
- **Other high-protein foods:** Cottage cheese, yogurt, meat, fish, poultry, commercially prepared high-calorie/high-protein supplements such as beverages, fortified or enhanced foods, juices, milk shakes, and puddings

Fortified Food Recipes

- Cheesy Eggs
- Fortified Hot Chocolate
- Fortified Milk Shake
- Fortified Soup
- Juice Shake/Milk Shake
- Power Potatoes (from instant potatoes)
- Power Potatoes (homemade)
- Super Cereal
- Super Pudding



Monitoring Interventions

- ALL interventions should be monitored for appropriate use
- Evaluate intake of supplements – “*Are commercial supplements consumed >50%?*”
- Only offer supplements between meals – promote meal intake at meal times
- Acceptance and tolerance of the Fortified Foods, Two Calorie Med Pass and other supplements/snacks is monitored
- Review periodically; monitor and assess continue benefit to the resident

Misc. Tips

- Don't forget to compare how much they eat now (est calorie, pro and fluid intake) to what the calculated needs are in the nutritional assessment....do they need more? Or do they just need more help and assistance with what is on their plate.
- Don't forget to D/C interventions that don't work or resident does not accept....residents can get overwhelmed...add up the kcal of what is being offered? Is it reasonable?
- Don't forget to monitor (narrative note or log) of consumption on current interventions. Often we add more without looking back and what works and what did not....
- Most research shows residents eat best when they get what they want to eat, when they want to eat and when they eat with whom they wish.....is this happening?
- Is there a restrictive diet that needs to be looked at? If you see Sugar free supplements, red flag or CCHO diet with Sugar free supplement...maybe liberalizing the diet is a better first step.
- Research shows supplements are consumed best and boost overall intake best when given between meals not with meals. It's all about timing; not too close to a meal; it is perhaps harder to get distribution done between meals so consider easy alternatives off of med cart, at activities and use logical enhancements at meals.

Summary

- Know your resident and their preferences and communicate these to RD and the team assisting the resident at meals....Make it known!
- Don't lean on vanilla supplements 3 x a day every day...residents often tire of them and they are wasted and poorly consumed after a few weeks. Variety is key.
- Keep monitoring what works, D/C what doesn't work, be creative and try new things.
- Use other venues such as activities to boost appetite with fun
- Monitor wt's and use it to guide your progress but don't forget about good ol' fashioned observation at meals, it will tell you much!
- The old saying is true...Variety is the spice of life! And that includes nutritional interventions!