

Leamington Mennonite Home

POLICY AND PROCEDURE

CATEGORY: Dietary	SUBJECT: Nutritional Care	SECTION: N POLICY: 2
DATE: September 2004	Administrator: _____ 	
REVISION DATES: June 2010	Dietary Director: _____	

NUTRITIONAL CARE

PREAMBLE:

We believe in the resident's right to choose nutritious foods, which meet dietary standards and have it served in a manner that promotes independence and improves self-esteem. Each resident's abilities will be assessed and monitored on a regular basis by nursing, dietary staff, and Adjuvant and adaptations will be made as required.

POLICY:

- To provide nutritional care according to the individual needs of each resident.
- To meet the Ontario Dietetic Association Standards.
- To meet these standards, a current clinical Dietetics Manual, approved by Dietitians of Canada will be readily available in the Facility.
- To monitor, assess and develop individual plans of care with referral to the dietitian and M.D. in the event of unexplained weight loss or other dietary related problems.

PROCEDURE:

- At the time of admission, the resident is assessed by the doctor, nursing, dietary and Adjuvant to determine their ability to feed themselves, and to identify nutritional risks. Adaptive aids may be necessary to encourage independence. Nutritional Assessments and identification of interventions shall be noted on residents' plans of care.
 - Food likes/dislikes are recorded
 - The appropriate diet is identified:
 - Regular
 - Ground
 - Puree
 - Therapeutic and/or supplemental feeding
- Reassessment of care plans shall be based upon the residents' changing care needs.
- We do not encourage meals to be taken in their rooms, except in the following circumstances:

- Resident illness and/or need for isolation
- Resident requires positioning in bed to support head and neck for improved feeding ability
- Resident's refusal to go to Dining Room and cannot be persuaded
- Admission weight is recorded and monitored monthly. In specific cases this may be done more frequently.
- Poor appetites are reported and recorded on "feeding record" sheets, care plan charts and reported to the Registered Staff. Interventions are made, as necessary.
 - Some examples are:
 - Snacks between meals and/or bedtime
 - Change of table seating or dining room
 - Attempting an alternative texture of diet
 - Offering food supplements on each shift
 - The dietitian will be notified as soon as possible so that a nutritional care plan can be developed.
- In the event of weight loss over 5 lbs per month or consistent poor appetite, the following will be addressed:
 - Nutrition Mapping for 2 weeks will be initiated
 - Has there been a change in the resident's physical or emotional condition?
 - Example: increased confusion, loss of function, illness, increased weakness, etc.
 - Dental assessment will be done by the Registered Staff or Doctor
 - poor fitting dentures
 - loose teeth
 - mouth/throat pain, etc.
 - The doctor and/or dentist will be notified as well as the family of any problems found.
 - Refer to Dysphasia Policy and complete a resident assessment.
 - Bowel and bladder functions will be reviewed for any changes.
 - The doctor will examine the resident to determine the cause of weight loss.
- Changes in resident's ability to feed themselves will be addressed and appropriate action taken:
 - Aiding with feeding or full feed
 - Change of seating or dining room
 - Change of diet
 - Providing adaptive aids
 - Supplemental feedings.
- When adaptive aids are necessary, the Adjuvant will review with the resident what products are appropriate.
- There will be ongoing assessment at least weekly of the resident by dietary, nursing, and Adjuvant and other actions will take place, as necessary.
- At all times, the physician and family will be kept informed.
- The dietitian will review residents monthly and document her findings in the chart.

- Adaptive aids for feeding include:
 - Nosey cups
 - Nonskid 'Dycem' placements
 - Adjustable angle utensils
 - Plastic mugs with lids
 - Straws
 - Sip cups or 'Wonder Flo' cups
 - Spill proof cups
 - Divided plates