

Center for Quality Aging

Eat, Drink & Be Merry:
Enhancing Meals & Snacks – Course 6

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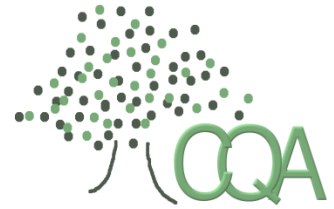


Objectives



- To provide a brief overview of key points from previous sessions
- To provide an opportunity for additional questions and/or discussion

ADA - Nutrition Care Plan

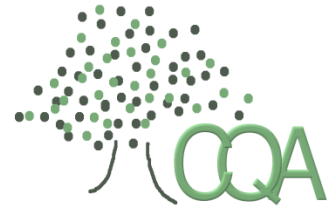


4 Key Steps:

- 1) Assessment (Session #1: *Meal Observations*)
- 2) Identification of the Problem (e.g., low intake)
- 3) Nutrition Intervention (Sessions 2&3: *Evaluations*)
- 4) Monitoring & Evaluation (Session 5: *CQI*)

Once you have identified those with poor intake and responsive to mealtime assistance or snacks, then **make sure they get it - CQI**

Most Important Step - CQI



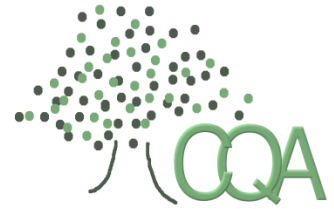
If you do nothing else...

Conduct observations *during meals* at least *once/week* using a standardized tool (CQI for Meals Observational form)

Why?

Observations hold the key to everything else and give you a wealth of information otherwise not available

Most Important Step - CQI



Any assumptions you have about how current work processes are being implemented can be dispelled or confirmed through observations –

Examples extend beyond actual feeding assistance to –

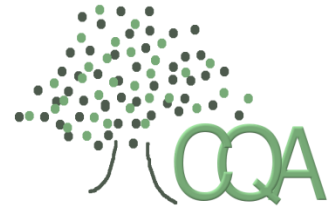
Cell phone use during work hours

Tray delivery/pick up times

Snacks being delivered to the unit(s)

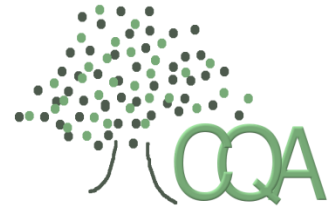
Staffing issues (shortage, breaks)

Other Important Points



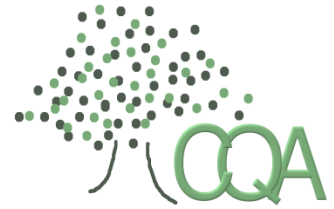
- Meal and Snack Evaluations can be done in any order or just one of these approaches can be attempted
- Focus on days/meals/snack periods **most feasible** for staff to implement in daily care practice
- Examine staffing resources and strategies to improve number of staff available to help
- Focus on logistics of making small improvements happen

Other Important Points



- GOAL: Be PRO-ACTIVE about identifying low intake PRIOR to weight loss occurring
- Hold brief (10-15 minute) weekly feedback sessions with direct care staff related to weekly QI observations
- Essential to include Dietary in the improvement process (e.g., availability of alternatives, variety of snack options, review of diet orders, supplements)

Learning Resources



- Project web-site:
<http://www.cas.muohio.edu/bridgeproject/meals.htm>
- Vanderbilt Center for Quality Aging web-site
www.VanderbiltCQA.org and published studies
- Contact Us!
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Course Evaluation and CEs

All participants should complete a post-training quiz and a course evaluation

- Post-training quiz online or download and fax to (513) 529-1476.
- Will mail course evaluations to project liaison. Can also download and send or fax to Annie Rahman.

Project liaisons should complete the Supervisor's Report.

- Will email the report form directly to project liaisons.

Submit Resident Data Forms to earn CEs for field assignments.



Questions & Answers

To un-mute phones: #6

Thank you, thank you, thank you for your participation.
Feel free to contact us at any time. Please keep in touch.