

Nutrition Work Sheet

Name: _____ Date: _____

Name of Trainer: _____

Name of Company: Clinical Update (NZ) Ltd

Segment 1

Malnutrition is the condition that develops when the **_body** does not get sufficient **vitamins, minerals** and other **nutrients** to maintain healthy **organs** and organs function.

Under-nutrition is the consequences of not **consuming** sufficient **essential nutrients** or **using** or **_excreting** them more **rapidly** than the body can replace them

What is more of risk to the elderly? 1. overweight 2 **underweight** (Circle one)

It is estimated that **10-60**% of people in long term care units are under nourished.

87% of older people have a medical condition that can improved by good nutrition.

List 3 reasons for nutritional problems in the elderly occur?

- **Most eat smaller meals**
- **Eat less snacks**
- **Eat more slowly**
- **Energy intakes decline with age (reduction of 30% from 30-80 years)**
- **Many lose weight as they age – fat and lean muscle**

What is hard for older people gain once they have lost it **lean muscle mass**

List 6 conditions that loss of lean muscle mass due to poor nutrition leads to in the elderly

- **Anaemia**
- **Cognitive function and confusion,**
- **Poor Functioning Immune system - infections,**
- **Reduced muscle function**
- **Hip fractures**
- **Hypotension**
- **Slow wound healing & recovery from surgery**
- **Bone mass -Osteoporosis**
- **Type 2 diabetes**
- **Heart disease,**
- **Stroke**
- **Some cancers**

List the 3 gastro intestinal changes that occur in the elderly

- **Decreased stomach acid that reduces the absorption of B6, B12, Folate, Iron & Calcium**
- **Gastritis**
- **Gastro-intestinal cancers**

List 5 contributing factors for under nutrition in older people

- Increased use of energy while resting (Hypermetabolic state) occurs in some medical conditions e.g.
- Acute Respiratory Infection
- Acute Urinary Infection
- Parkinson's Disease
- Some Dementias
- Hyperthyroidism (overactive Thyroid Gland)
- Cirrhosis of the liver
- Chronic Obstructive Pulmonary Disease

Segment 2

List 4 barriers or difficulties to eating

- Physical
- Social
- Cultural
- Environmental

What are 3 physical barriers that affect people eating.

- Mouth - Difficulty chewing, ill fitting dentures, dental caries or sore mouth
- Swallowing difficulties
- Sensitive stomach or reduced appetite
- Dietary restrictions
- Contractures of hands or arthritis
- Dementia – don't know what to do

What are 3 social barriers that affect people eating

- Too noisy
- Too many people around
- Sitting beside people they don't like or can't talk too
- Bewildered with people rushing around
- Unable to ask for or indicate wishes
- Sitting with the wrong people
- Would they be better by themselves

What are 3 Cultural barriers that affect people eating

- Given utensils they don't know how to use or have forgotten how to use i.e. Knife and fork instead of chop sticks
- Served food that is foreign to them
- The way they eat not acceptable
- Given food they can't eat i.e culturally forbidden meat
- Simply don't like the food

What are 3 environmental barriers that affect people eating

- Noisy
- Distracted
- Can't they see the food
- Sitting too far away from table
- Being fed by staff when capable of feeding self
- Furniture inappropriate

Segment 3

List 5 causes of reduced food intake

- Illness,
- Pain
- Nausea
- Depression or anxiety
- Social isolation or living alone
- Bereavement or other significant life event
- Food aversion
- Strong smells in dining area
- Resistance to change
- Lack of understanding of linking diet to health
- Belief regarding dietary restrictions
- Alcoholism
- Reduced sense of taste or smell
- Smoking
- Lack of assistance with eating

List 4 ways medications can affect a person and their appetite.

- Dry mouth
- Anorexia – not wanting to eat
- Decreased or altered taste
- Gastrointestinal upsets i.e. nausea, vomiting, diarrhoea, constipation, dyspepsia
- Constantly feel hungry

What are 3 things that cause excess nutrient loss (Any of these)

- Vomiting
- Diarrhoea
- Fistulae (permanent abnormal passageway between two organs)
- Stomas (Iliostomy, colostomy)
- Nasogastric tubes, PEG & other drains

Segment 4

What are 5 things that can be done for a person to optimize a persons nutrition - Any 5 of these)

- Check Weight
- Nutrition Assessment – Form can be found at http://www.mna-elderly.com/forms/mini/mna_mini_english.pdf
- Review Medications
- Offer favourite foods
- Small energy rich meals
- More frequent meals & snacks
- Change mealtime surroundings
- Avoid strong unpleasant smells
- Avoid naps at meal times
- Keep active
- Take medications in the middle of a meal

List 3 things you can do to resolve problems? – Any 3 of these

- Improve mobility problems with Physiotherapy, Occupational Therapist or assist with feeding
- Swallowing problems discuss with speech language therapist, alter consistency of food & understand dysphagia (Swallowing difficulties)
- Find and treat cause of pain and give analgesics (pain relief)
- Review medication use, counseling and /or family support for depression
- Observe the person
- Record and Report what is happening
- DON'T IGNORE

List 4 things you can do to help a person who has weight loss or lost interest in eating- Any 4 of these

- Small meals often – 3 meals & 3 snacks
- Give complan or yoghurt between meals
- Increase calorie intake by adding oils, butter, margarine, cream, cheese, honey, sugar to meals
- Make desert a regular option
- Weigh weekly
- Mini-Nutritional Assessment
- Sit with them to encourage eating
- Relaxed eating environment
- Cook meals on the premises

Segment 5

What does protein do in the body?

Protein builds muscles

List 4 protein foods

- Meat
- Fish
- Eggs
- Cheese
- Milk
- Nuts, Lentils or Beans

What do Carbohydrates do in the body?

- provides fuel the body needs for physical activity and for proper organ function

List 4 carbohydrate foods

- Whole grain bread & cereals
- Pasta
- Rice
- Potatoes, pumpkin or kumara
- Vegetables

List 3 reasons fat is important in the diet?

- Necessary for normal growth, healthy skin, vitamin-absorption and regulation of bodily functions
- Provides us with warmth. It acts like an insulator trapping heat in our bodies.
- Supplies us with most of our energy.
- Provides a source of fat soluble vitamins A-D-E-K. (Fat soluble means absorbed, together with fat from the intestine, into the circulation) 4.
- Fat surrounds and protects certain vital organs like the kidneys & glands
- Is essential for the structure of the body

List 3 good fats necessary for the body

- Olive Oil, Avocado's, Nuts, Seeds, Salmon, Herrings, Mackerel, Flax seeds

What is fibre and why is it important in the body

- Fibre is a type of Carbohydrate the body can't digest
- Keeps the digestive system healthy and functioning properly
- Aids & speeds up the excretion of waste and toxins from the body

List 3 foods that contain fibre

- Wholegrain
- Fruit
- Vegetable

How much of your plate should be Salad or vegetables? $\frac{1}{2}$

How much of your plate should be Protein? $\frac{1}{4}$

How much of your plate should be Carbohydrate? $\frac{1}{4}$

What is one thing that you can do to reduce your portion size and still make you feel as though your plate is full of food? **Use a smaller plate**