



June 2012

Nutrition Newsletter

Information and news for Care Homes
in The Essex And Tendring Area

As dementia progresses a person may experience difficulties around eating and drinking that can impact on the type and amount of food they eat.

The difficulties experienced can vary from one individual to another but can result in weight loss and deteriorating health.

A person with dementia may develop a poor appetite or lose interest in food.

This can cause weight loss and a dip in their overall well-being. A poor appetite may develop for numerous reasons, for example, a change in food preferences, difficulties chewing and swallowing, co-ordination problems affecting eating and drinking or depression.

The Alzheimer's Society

Guidelines for helping a person to eat

- The same carer should stay with the patient or resident throughout the meal.
- Make sure the person has his or her glasses, dentures and or hearing aid.
- Make sure the person is sitting in an upright position.
- The carer should sit at eyelevel or slightly below, or immediately in front or slightly to the side of the person who needs help.
- Give small mouthfuls but enough for the person to feel that food is in his or her mouth.
- Give adequate time to allow the person to swallow that they are eating before continuing.
- Assist but never force.
- Maintain eye contact with the person who needs help, do not talk to someone else while assisting a person with food.
- Use verbal prompts: talk about the food that you are offering (especially if it is pureed). And use a gentle but firm tone.
- Discourage a person from talking with food in their mouth, because of the risk of choking.

Adapted from
Layne and Holzapfel et al
The Caroline Walker Trust,
Eating well for older people



The Community Dietetics Team.

chu-ftr.foodfirst@nhs.net Tel: 01206 744552 Fax: 01206 744492



Recipe of The Month

Bread and Butter Pudding
Kindly Donated by
The Great British Pudding Club

The Pudding Club version uses white bread and some simple flavourings, and is a constant winner at pudding club evenings.

Ingredients

- 10-12 slices White Bread (without crusts)
- 120-180g of softened butter.
- Juice and the finely grated rind of 1 Orange.
- 120g sultanas soaked in Brandy
- 3 Eggs
- 600ml Milk
- 90g Caster Sugar
- Powdered Cinnamon or Ground Nutmeg



Serves 6
520kcal per portion
Add an extra 100kcal with a serving of custard

Preheat the oven to 200c/ Gas 6.
Grease a 1.1 litre ovenproof baking dish.
Butter the Bread.
Line the bottom and sides of the dish with some of the bread and sprinkle with the orange juice and rind.
Add half the sultanas
Add another layer of bread, the remaining sultanas and finally the remaining bread.
Beat the eggs well and add the milk and sugar, pour this mixture over the bread.
Sprinkle with cinnamon or nutmeg.
Bake for 30 minutes or until set.

Do not let any sultanas sit on top of the pudding as they will become hard and taste burnt.

The pudding is improved if allowed to soak for half an hour.

Did you know????



**30mls of Calogen
= 135kcal**

**Is the
equivalent
to**



**2 x 15ml (dessert spoon)
of Double Cream
= 133kcal**

If you are concerned about a resident that is losing weight. Why not try adding double cream to their foods and milky drinks.

Add it to: Hot Chocolate, Horlicks, Nourishing soups, puddings, desserts, serve with fruit, porridge and cereals,



Highlighting areas of good practise **Brenalwood Residential Home** **Walton on the Naze**

Below staff from Brenalwood talk about Nutrition within their home.

“Within the last two years we have reduced the amount of supplements used by the home by two thirds. Our residents continue to gain weight and remain stable.

At Brenalwood we care for people living with dementia in various stages and nutrition is a very important if not the most important part of their care. There could be lots of reasons why people lose weight such as Dementia, Dysphasia and reduced muscle strength which can lead to loss of mobility, motivation and even depression.

The inability to chew or move food round their mouth and lack of saliva can make eating more difficult leading to a reduction of energy and protein as well as various other associated problems. We care for people living with dementia these residents are vulnerable at risk of malnutrition, pressure sores, delayed wound healing, infection, heart failure and respiratory infection”.

After a meeting with The Community Dietetic Team we have provided suitable Training to all of our staff and acted on the information that has been provided in the Food First Pack.

These are some of the things we have implemented with in Brenalwood.

- We add milk powder to whole milk when making drinks - Residents especially love hot chocolate and night time drinks made like this as they become extra creamy*
- We add milk powder to custard and sauces.*
- We add cheese and cream to soups and savoury dishes as well as mash potato.*
- We also ensure that there are snacks available at any time of the day or night, such as milky drinks, biscuits, cheese, crackers and cakes.*
- We offer Finger Foods to our residents - who due to their dementia are very active and do not sit and eat at a table.*

For quite a few of our residents we have to completely puree their meal but we always ensure that it looks appetising and we never mix it together.

Our residents are not babies and during their lives they have come to appreciate different flavours.

Food for people living with Dementia meals needs to be available 24hrs a day. Some people with Dementia do not want to eat at the same time as other residents and a lot of people with Dementia have nocturnal eating habits.

We know our residents at Brenalwood and accommodate them in whatever way they choose, we Have healthy residents and the need for supplements and medical intervention has been greatly reduced.

WELL DONE ALL AT BRENNALWOOD!

Care Home Manager – Pat Langstaff
Deputy Manager – Wendy McNeill
Catering Department – Theresa Stratford

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