



June 2013

## Nutrition Newsletter

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

*Water is a basic nutrient of the human body and critical to human life. It supports the digestion of food, absorption, transportation and use of nutrients and the elimination of toxins and wastes from the body. (Kleiner, 1999) The human body requires a minimum intake of water in order to be able to sustain life before mild and then severe dehydration occurs.*

*WHO - World Health Organisation.*

### Benefits of good hydration

#### Preventing urinary infections

Maintaining adequate hydration levels, is important in the prevention of urinary tract infections.

#### Heart Disease

Adequate hydration reduces the risk of coronary heart disease by 46% for men and 59% for women.

#### Cognitive impairment

Dehydration adversely affect mental performance, symptoms include, light headedness, dizziness, headaches and tiredness, also reducing a persons ability to concentrate.

#### Pressure ulcers

Poorly hydrated individuals are twice as likely to develop pressure ulcers as dehydration reduces the padding on bony areas.

#### Constipation

Inadequate fluid intake is one of the most Common causes of chronic constipation

#### Blood pressure

Many older people suffer with low blood pressure, drinking a glass of water 5 minutes before standing can help to stabilise the blood pressure and prevent fainting.

#### Fall prevention

Dehydration has been identified as one of the risk factors in falls in older people, since dehydration can lead to altered mental state, and increase the risk of dizziness and fainting.



**Guidelines recommend 6 – 8 cups of fluid a day**

All information was provided by Water UK, Water for Health [www.water.org.uk](http://www.water.org.uk)

# What goes in must come out.....

## •Mouth

Food is chewed and swallowed. Saliva contains an enzyme that starts breaking starch down into glucose.

## •Oesophagus

Food passes down the oesophagus into the stomach.

## •Stomach

The walls of the stomach contain gastric juices that help to break down food

## •Small Intestine

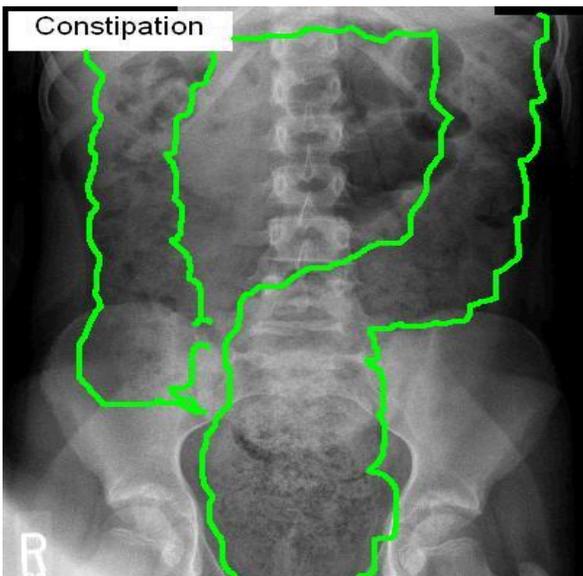
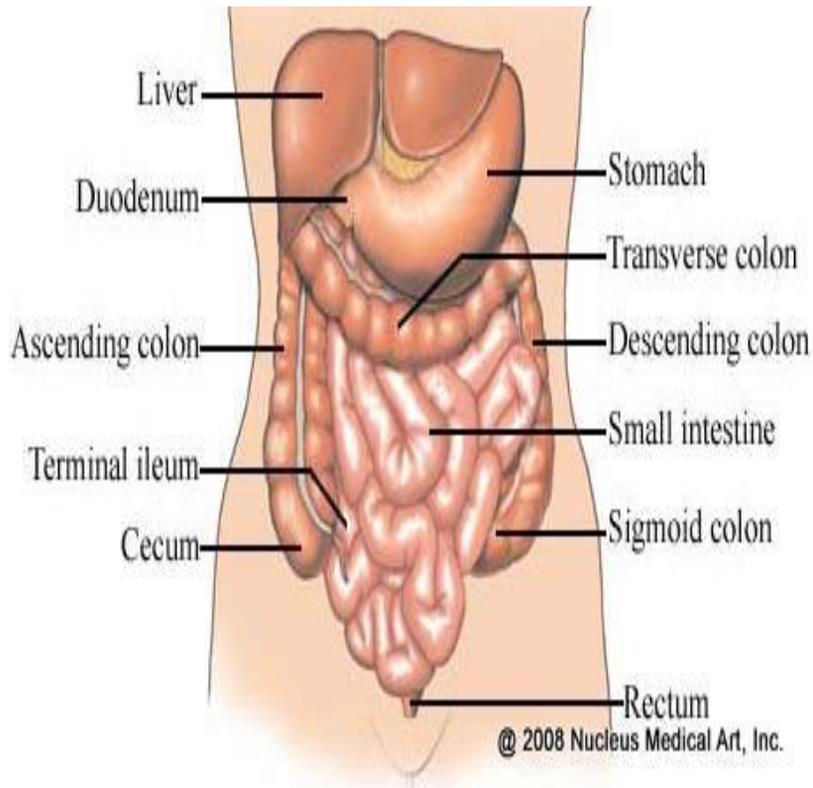
Contains enzymes that break down proteins, carbohydrates and fats, which are then absorbed into the blood stream.

## •Large Intestine

Undigested food then travels to the large intestine, water is absorbed and it is turned into faeces. It then travels into the rectum.

## •Rectum

The faeces remains in the rectum until it is passed through the anus.



**Constipation is a common problem among older people and those who are less physically active.**

**It can cause pain and discomfort, and can also increase the persons confusion. It can leave a person feeling bloated or nauseous and can lessen their desire to eat.**

**Try to prevent constipation by encouraging activity, offering fibre-rich foods and plenty of fluids**

**Guidelines recommend at least eight cups of fluid a day.**

**If constipation becomes a severe problem, consult your district nurse or GP.**

# Highlighted Area of Good Practice

Edensor Residential & Nursing Home, Clacton on Sea

**Edensor Care Centre in Orwell Road Clacton hosted a 'multi – cultural taster' afternoon on Friday 24th May 2013 as part of their Dignity Challenge focusing on Nutrition.**

Staff from the home delighted residents, colleagues, family members and 'outside professionals' with dishes from Britain, The Gambia, South Africa, India, Poland, Bulgaria and Latvia.

The Community Dietetics Team attended and Dietician Sally Lamond gave a presentation on diet and multi - cultural foods which was welcomed with open arms by all concerned.

Manager Mandy Demba quoted *'a number of staff have put their heart and soul into this event enabling residents, their relatives and other professionals to tantalise their taste buds with flavours and foods they may not have previously experienced and for this I would like to thank each and every one of them for their motivation and determination in supporting me to enable this day to take place, it's been a lovely afternoon'*.

'Cooks' - Vikki Whale (British), Nikki Cooper (British), Snowy Mandondo (South African), Muhammed Neeliyath (Indian), Lucja & Sabina Mach, Barbara Bajor (Poland), Dobrinka Gancheva (Bulgaria) & Lucja Rutko (Latvia), Mandy Demba (Gambian),



An assortment of Indian curries



Afternoon tea



Italian stuffed peppers and vine leaves

**The Community Dietetic Team would like to congratulate all the staff at Edensor Nursing and Residential Home on the Multi Cultural Taster day which was enjoyed by many.**

The Community Dietetics Team