



UNIVERSITY
OF MANITOBA

Health Sciences Libraries

Making Mealtimes Better

Dementia Care Conference
Alzheimer Society Manitoba
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Winnipeg Regional Health Authority
Caring for Health

Office régional de la santé de Winnipeg
À l'écoute de notre santé

What we're talking about today...

- Person-centered care and mealtimes
- Importance of mealtimes
- Practice change and mealtimes
- Education in a Box: Making Mealtimes Better
- Evaluation of Making Mealtimes Better Box

“We should look for someone to eat and drink with before looking for something to eat and drink...”
Epicurus





ReVitahealth, Seniors Social Club

Family eating lunch Queensland, 1918
Creative Commons



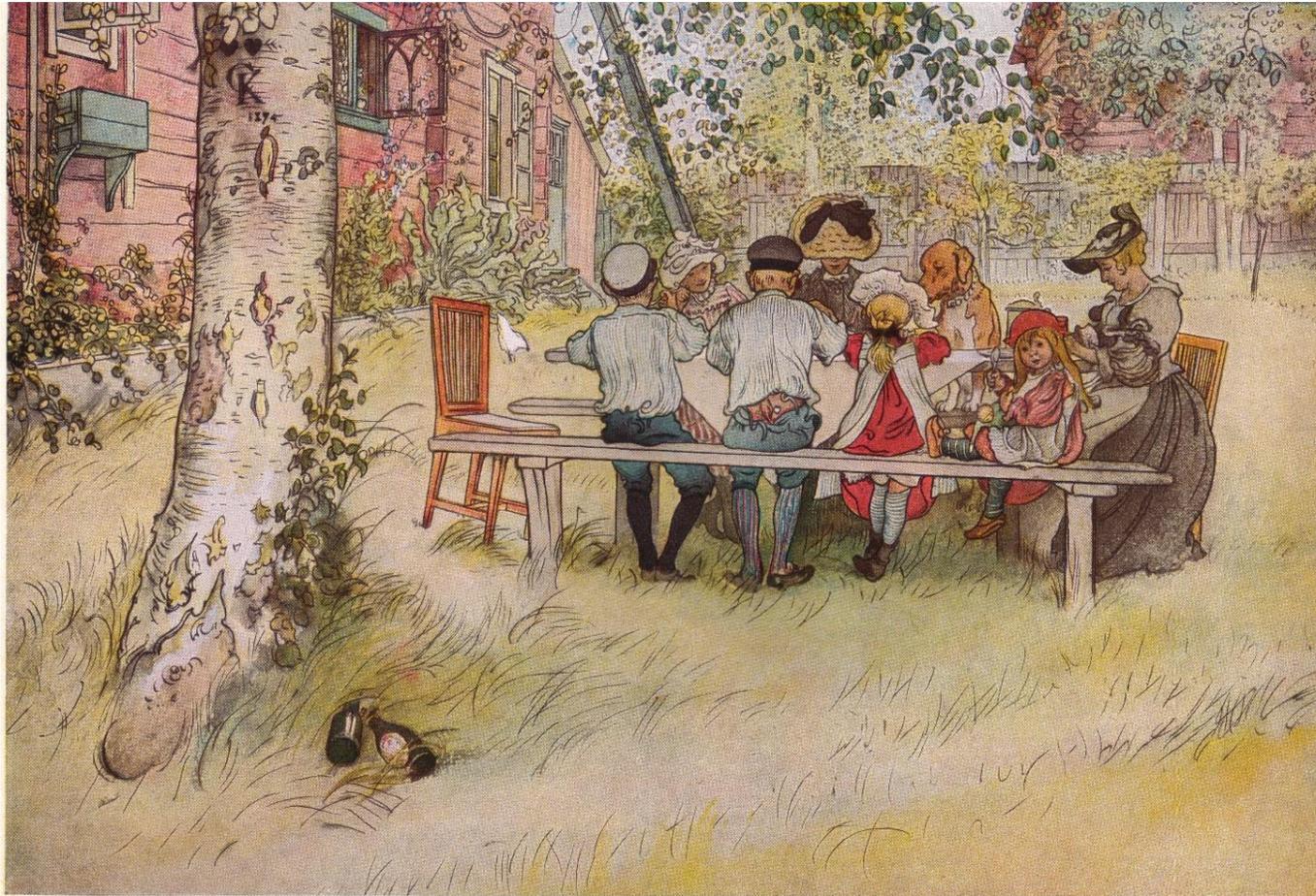


Paradise Valley Folklife Project collection, 1978-1982 (AFC 1991/021),
American Folklife Center, Library of Congress

Christmas Comes But Once A Year' (Victorian depiction of early 19th-century Christmas celebration, with servant carrying pudding to dining table). Charles Green. (1840-1898)



Carl Larssen, 1846
Creative Commons



Culture and Food



Hispanic women preparing food : Free Stock Photo

Mealtimes



Carebase, Dining services

- give us important opportunities to interact
- are meeting points in daily routine
- place people physically together, sharing enjoyment of food
- an opportunity for caring and thoughtfulness (Berg, 2006)
- provide comfort foods – those familiar foods that evoke a caring, pleasant feeling even before they are tasted (Frampton, Gilpin and Charmel, 2008)



Canadian
Malnutrition
Task Force™

le Groupe de
travail canadien
sur la malnutrition^{MC}

- 45% of patients upon admission to hospital in Canada
- ~50% of patients lost more than 5% body weight in hospital
- ~20% of well nourished patients became malnourished prior to discharge

PROTECTED MEALTIMES ^{12 to 1pm}



Non-urgent tests & procedures
Medical imaging, endoscopy etc

Rehabilitation Assessment and therapies

Routine Cleaning and Maintenance of patients and dining rooms

Medication Rounds



An interruption
CAN BE...



Checking temperature

Checking Blood Pressure



Patient Interviews



Messy Bedside Table

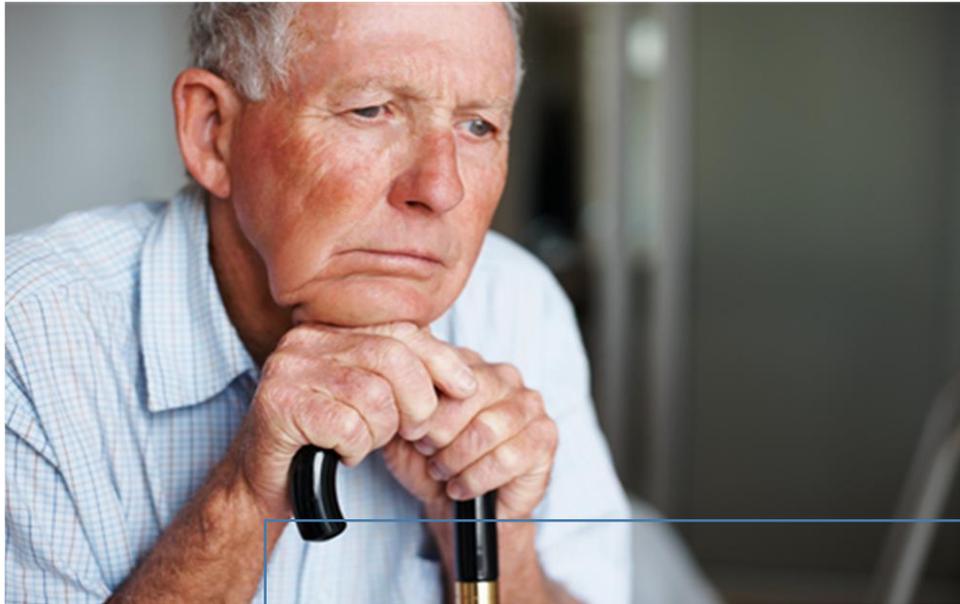
Visitors at bedside unless visitor assists patients with meals

Do we protect mealtimes in PCH?



Gallery Nursing Home Dining Room

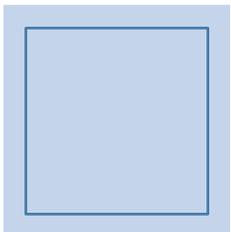
Person-Centred Care and Mealtimes



Respect



Choice



Respecting the Individual



Heartspoken, Elizabeth Cotrell

Mealtime Challenges

- Refusal to eat
- Rejecting food
- Forgetting to eat
- Inability to use utensils
- Not recognizing food
- Not recognizing when an item isn't food (and eating it)
- Difficulty chewing and swallowing
- Wandering, difficulty sitting down at meals
- Distraction at mealtimes

Promoting Choice



Healthy diet, healthy food, healthy sport

Independence



Flickr photo sharing

Assistance



Dr. David Sheard

- [Click here for video](#)

Words from CEO and Founder of Dementia Care Matters:

- Leading global dementia care culture change organization
- Provide learning development, training resources and practice based research

Three Squares a Day



Caregiver Stress, Senior Mealtime Challenges,

What are your mealtimes like?

- Does the dining room experience look and feel “normal” or institutional?
- Do mealtimes provide an opportunity for resident’s to be successful?
- Are mealtimes pleasantly social?
- How are staff approaching residents at mealtimes?

*Is this a place where I would like
to eat my meals for the rest of my life?*



Your Feedback

Education-in-a-Box

Audience

- PCH Educators and direct care workers
- Rural and urban
- Lack of: time; access to computers; access to library
- Low literacy; language issues

Goals

- Package materials for ease of use
- Convenient access to resources
- Promote library

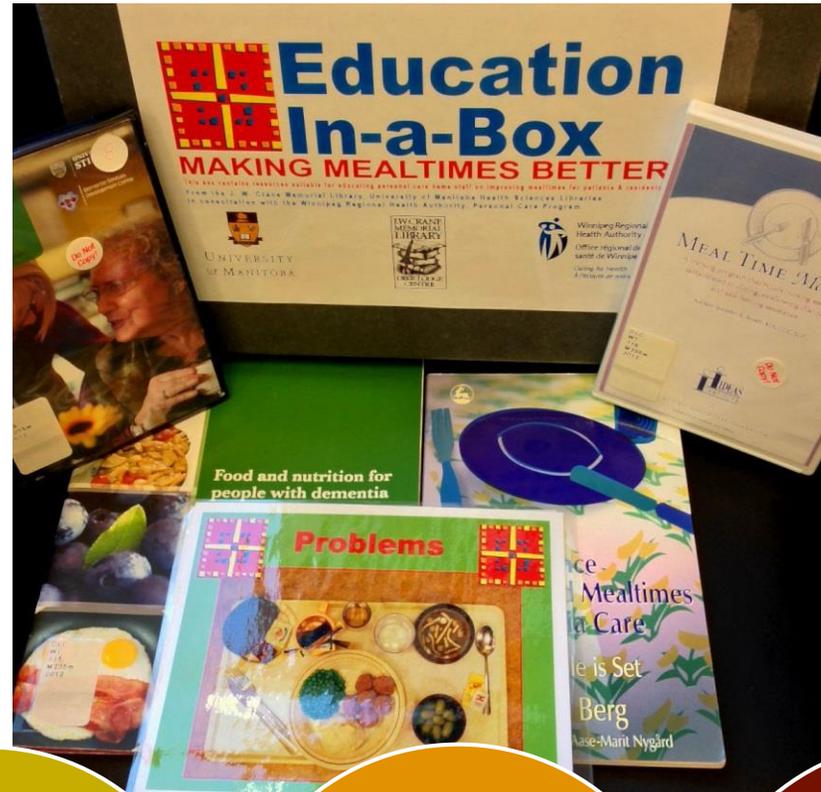
Resources

- WRHA Personal Care Home Program Staff
- J. W. Crane Memorial Library Staff and resources

Contents

- Videos
- Current articles
- Books
- Websites and web resources

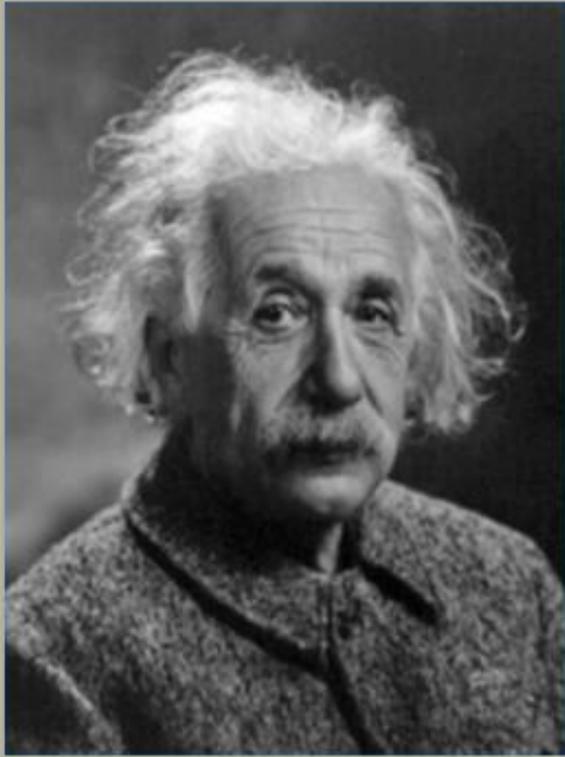
Making Mealtimes Better Box



Educate health care staff about creating optimal mealtimes

Overcome barriers that staff and residents may face in making the most of mealtime for everyone

Understand the mealtime needs and preference of residents

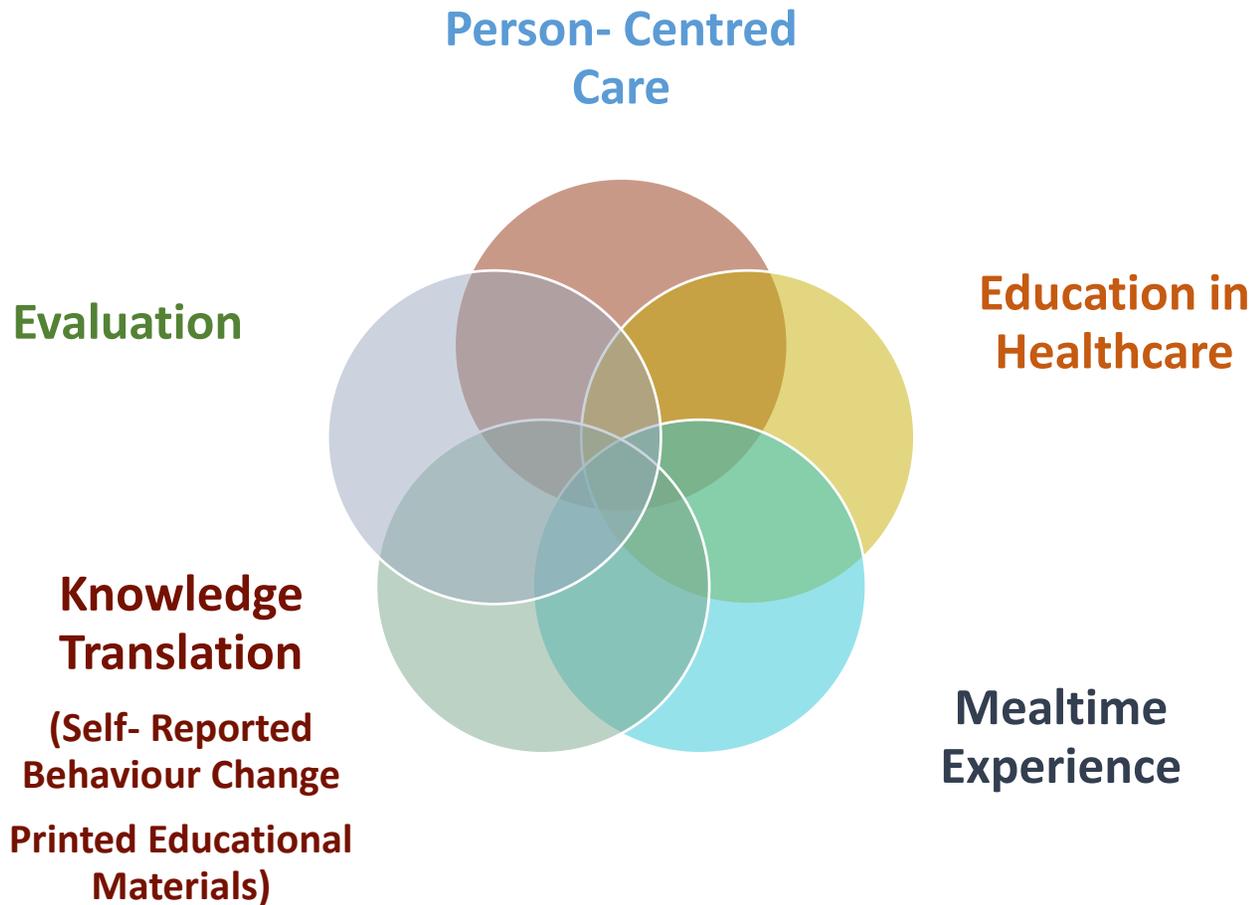


*If we knew what it was we
were doing, it would not be
called research, would it?*

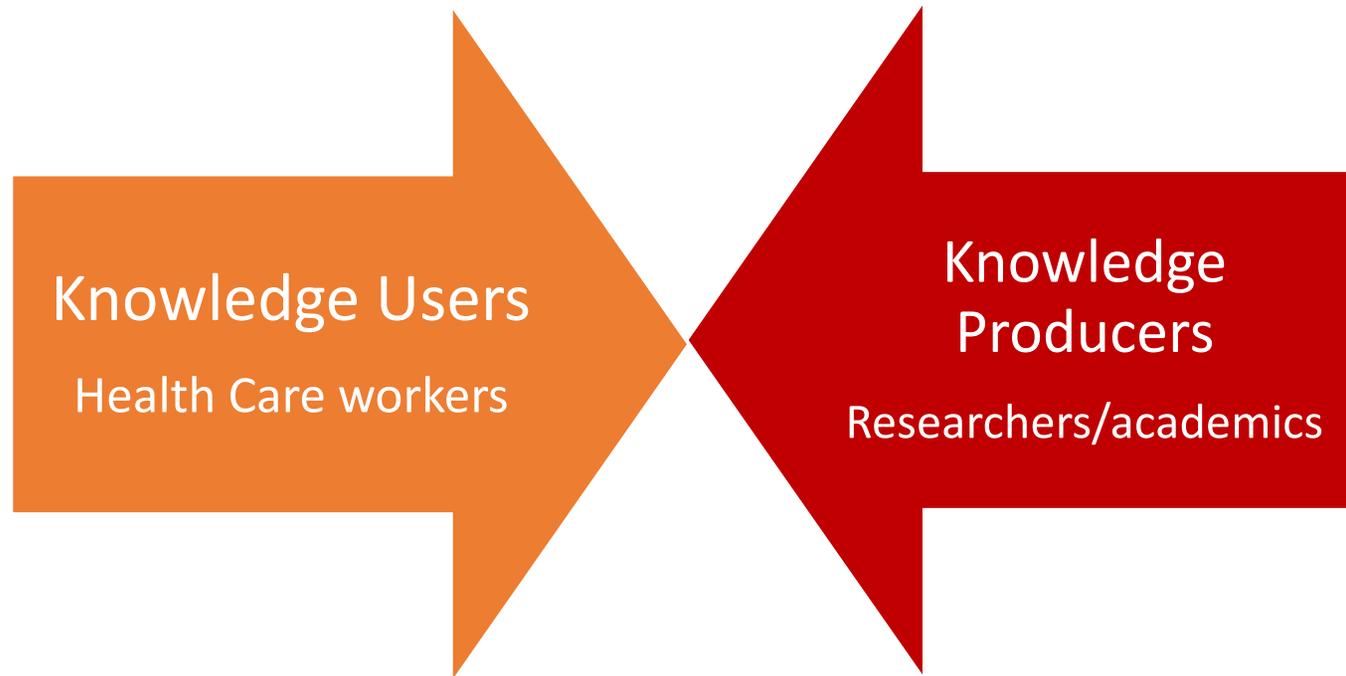
Albert Einstein

http://upload.wikimedia.org/wikipedia/commons/thumb/d/d3/Albert_Einstein_Head.jpg/256px-Albert_Einstein_Head.jpg

Themes



Knowledge Translation



Purpose: Close the gap between
what we know and what we do

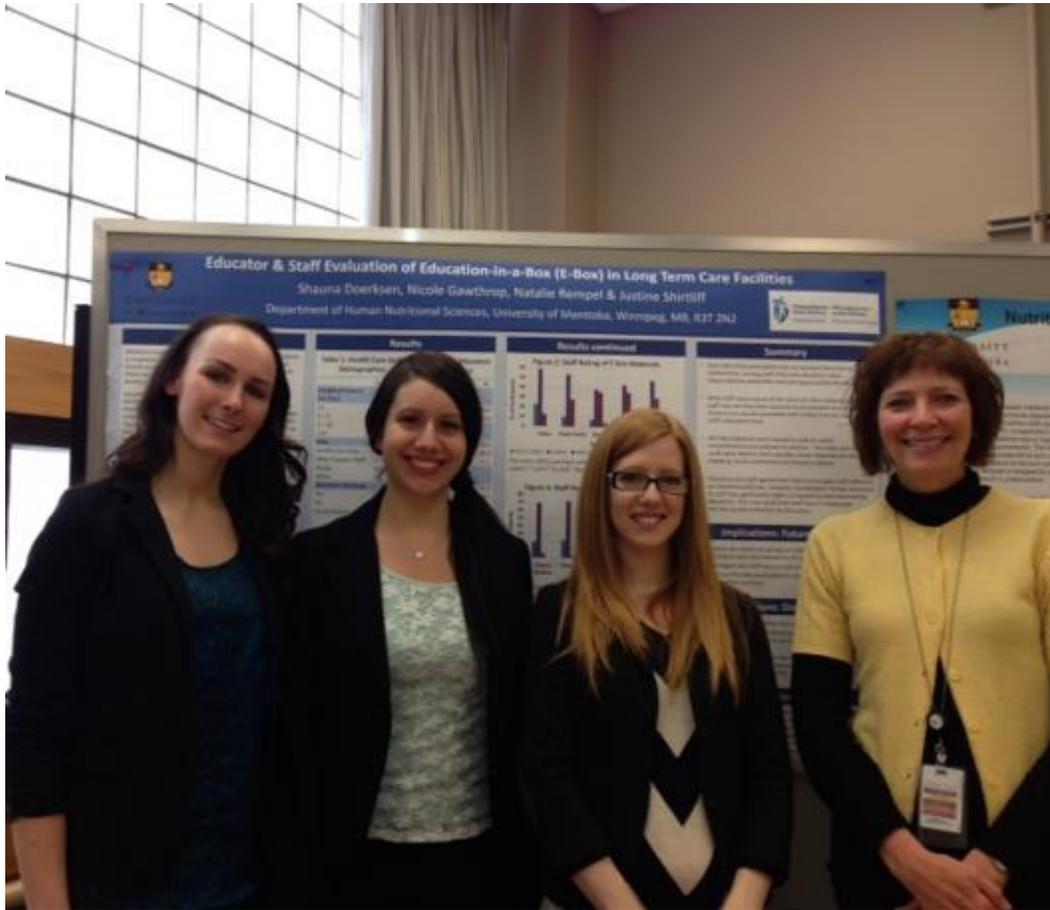
Knowledge Translation Action Cycle



Excerpt from: Liu, B., et al., Evaluation of a multisite educational intervention to improve mobilization of older patients in hospital: protocol for mobilization of vulnerable elders in Ontario (MOVE ON). *Implement Science*, 2013. 8: p. 76.

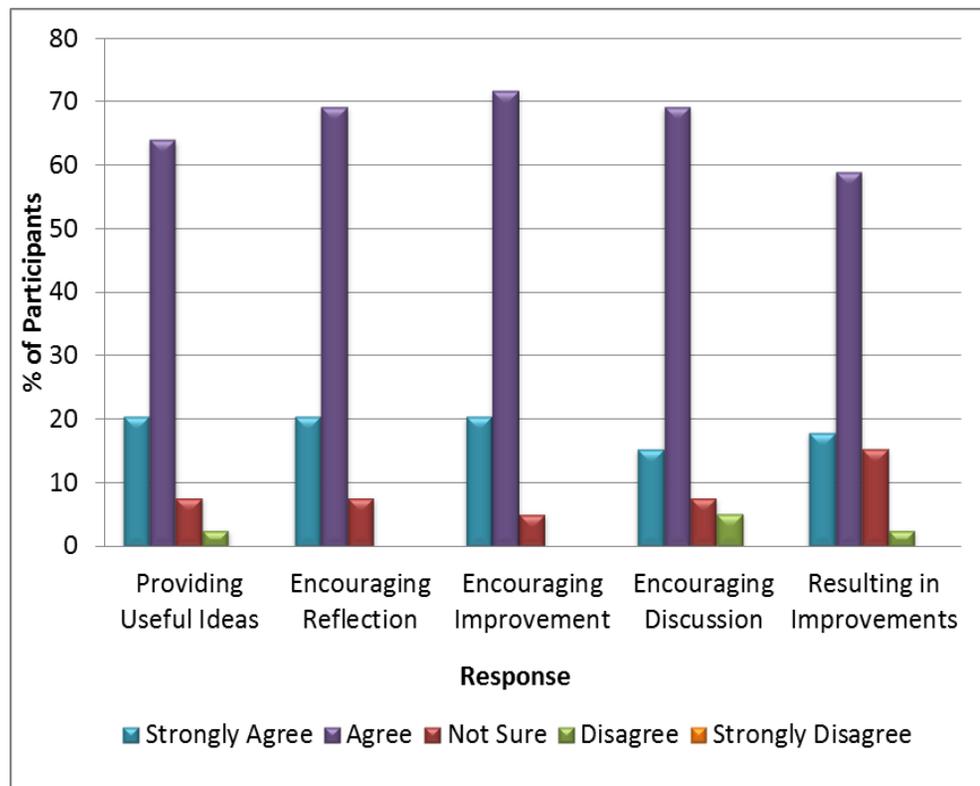
Research Questions

- Education-in a Box: Making Mealtimes Better lead to attitude change and self-reported behaviour change?
- Is Education-in-a Box an appropriate resource for direct care workers?
- Does the Box contain appropriate resources to make mealtimes better?



Results

Survey question: How much do you agree with the following statement? The Box was useful for....



Research Study Challenges and Learning

- Study Challenges
 - Time
 - Real life
 - Site selection
- Collaboration issues
 - Time
 - Knowledge about research
 - Geographic issues
 - Communication

Thanks to:

- J.W. Crane Memorial Library Staff
- Lara Iserloh
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- Erin Blake and Amy Campbell
- Dominique Chell
- Lindsay Mason
- Sue Bernjak
- Elizabeth Chagas
- PCH study participants
- You – for your interest and work in enhancing mealtimes

“Mealtime is a time when people have the greatest opportunity to do something that is familiar, comfortable and non-invasive, and it should be a chance for them to have real success.”

Anna Ortigara, RN, MS, vice president of the Campaign for Culture Change at Life Services Network

What can you do by next week to make a difference in your residents care?

