Making Mealtimes Better
Dementia Care Conference
Alzheimer Society Manitoba
March 2016

Jean Helps, RD
Regional Manager, Clinical Nutrition Long Term Care
WRHA Nutrition and Food Services

Laurie Blanchard, B.A., M.L.S.
Sister St Odilon Library, Misericordia Health Centre
University of Manitoba Health Sciences Libraries
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
Family eating lunch Queensland, 1918
Creative Commons
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

- 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)

Carebase, Dining services
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 imagine, 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
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
Themes

Person-Centred Care

Evaluation

Knowledge Translation
(Self-Reported Behaviour Change Printed Educational Materials)

Education in Healthcare

Mealtime Experience
Knowledge Translation

Knowledge Users
Health Care workers

Knowledge Producers
Researchers/academics

Purpose: Close the gap between what we know and what we do
Knowledge Translation Action Cycle

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....

![Bar chart showing the responses to the survey question.](chart)
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
- Shauna Doerksen, Nicole Gawthrop, Natalie Rempel & Justine Shirtliff
- Amanda Hamel
- Kelly Smith, Nita Sharda, Lois Bosc, Gracinda Bueno, Tiffany Nicolsen
- 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?