Bon Appétit!

Enhancing the enjoyment of texture modified food

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The Dining Experience

- Eating is the most social of all activities of daily living
- Eating is a fundamental pleasure in life
- The ability to eat independently is the first activity of daily living that an individual masters and it is the last to be lost in dementia
The Dining Experience

- Imagine never again experiencing crunchy, crackling, chewy or crispy foods
- Imagine being denied these sensations because you might choke or aspirate anything but the blandest puree
Pureed Diets

- The mere mention of a pureed diet evokes the image of frail edentulous weak or debilitated patients.
- The usual appearance of a pureed diet serves to perpetuate ideas of sickness and disability.
- Pureed foods described as uniform in appearance, unappetizing appeal, difficulty deciphering one food item from another.
Dysphagia

- Dysphagia = Difficulty with swallowing
- Common medical conditions associated with swallowing disorders include: dementia, acquired brain injury, progressive neuromuscular disorders (Parkinson's), stroke
- Texture modified diets are an integral part of dysphagia therapy
Outline of Presentation

- Dysphagia management at SMHC
- Texture modified diets
- Perceptions of pureed textures
- Bon Appétit Group
- Food/dining enhancement strategies
- Tips and practical application
Dysphagia Management

- SMHC’s Dysphagia Team
  - Developed to maintain evidenced-based standards of care for safe feeding and swallowing
    - Policies and procedures
    - Standardized screening, assessment and management
    - Staff training
    - Provides resources for staff and family
      - Newsletter, pamphlets
    - Continuous quality improvement
Texture Modified Diets

- Texture modification is extremely common (15-41% of patients in LTC settings)
- High incidence of malnutrition in institutionalized elderly

Texture Modified Diets & Nutrition

- Consequences associated with malnutrition can be life-threatening resulting in:
  - Reduced muscle strength and mass
  - Impaired immune function
  - Dehydration
  - Constipation
  - Chronic infections
  - Decline in cognitive and physical function
Malnutrition in hospitalized elderly can be explained through:

- Diet changes
- ↓ privacy (e.g. rituals, choices, meal time)
- ↓ consumption of nutrient rich foods (oral/swallowing)
- Medical diagnoses (e.g. dementia, stroke)
- Mental health issues
- Medications
- Impaired physical function
- Sensory changes associated with aging
Patient Perceptions

- Decreased pleasure at mealtimes due to:
  - Difficulty identifying and recognizing food items
  - Lack of flavor in food
  - Loss of control over food choices
  - Changes in social experience (e.g., isolation)
  - Lack of variety of food
  - Poor appearance of food

Patient Perceptions

- SMHC patients:
  - Food lacks visual appeal
  - Unhappy with dietary restrictions
  - “It’s boring”
  - “It looks awful”
Staff Perceptions

- Recognize patient dissatisfaction
- Overall feeling of lack of control:
  - Little input and experience into preparation of pureed food
  - Patient’s mood and appetite
  - Limited time
  - Availability of social supports
- Visually appealing food could ↑ pleasure

Staff Perceptions

- SMHC staff feedback echoes research:
  - Visually unappealing; bland
  - Lack of variety
  - Concern from family members
  - Takes away the pleasure of eating
  - “Mush, baby food, blobs of food”
  - “I’m too frightened to try it”
Bon Appétit Group

- Creation of meals that bring pleasure and not typically served at the Centre
- Pay close attention to food, colors, garnishes, presentation
- Offer a pleasing dining environment
- Biweekly for 5 sessions
- All levels of independence
- Grouping for social interaction
Enhancing the Dining Environment

- Space
- Privacy
- Traffic Flow
- Lighting
- Sounds
- Temperature
- Décor
- Staff behaviors
Helping techniques

- Being able to do for oneself is important
- When a person experiences difficulty eating independently, frequent impulse among caregivers is to take over. Before helping:
  - Eliminate the need for the job
  - Change the circumstances
  - Simplify the task

Graded helping:
- Showing or modeling
- Cueing
- Guiding
- Combination

Doing “with”, never “for”
- Soliciting the person’s help and permission

TODAY’S FEATURE:
Spinach Lasagna
Tender lasagna noodles layered between ricotta and parmesan, spinach, green pepper, onion, garlic and herbs
Finished with cream sauce and melted with mozzarella cheese

Celery, Apple & Pineapple Salad
Pureed celery, sweet pineapple and fresh apple create this fantastic side dish. This tasty salad is a breeze to prepare and a nice accompaniment to any meal

NEXT WEEK SPECIAL
Casserole & Veggies
Your choice of:
Macaroni & Cheese or Shepherd’s Pie
&
Italian Green Beans or Honey Minted Peas
Enhancing Pureed Foods

- Several elements increase the appeal and presentation of pureed foods:
  - Food thickeners
  - Gelatins
  - Food molds
  - Pastry bags/tips
  - Other resources
Food Thickeners

- Instant food thickeners (e.g. ThickenUp, Ultra Thick) are flavorless powders that can be added to almost any food or fluid.
- Create a dense and cohesive 3-D effect to both hot and cold items.
- Most thickeners can thicken a product to desired consistency within 60 seconds.
- **Note:** amount of thickener required will vary; add slowly to minimize lumps; consider end goal as “mashed potato-like consistency.”

Unflavored and Flavored Gelatin

- Used with cold food items to help “set” a desired shape and appearance
- Mainly used for sandwiches, fruits, and desserts
Food Molds

- Food-shaped templates used to form pureed food into a natural product for a more attractive appearance
- Molds filled with thickened pureed mixture and frozen for approx. 2 hrs
- Food is then removed from mold and stored individually until further use
- Most molds are shaped into portion sizes of 3-4 oz. (1/2 cup)
- Research indicates food molds may help increase the acceptance of pureed foods
Food Molds

Available through Hubert
www.hubert.com
Pastry Bags & Tips

- Pastry bag and tips can create attractive effects with pureed foods

- **Examples:**
  - Flat tip to make pureed roast beef slices, bacon, or turkey slices
  - Round tip to make spaghetti or other pasta shapes

- **Be creative!!**
Mini Pizzas
(7 Servings)

**Ingredients:**
- Pizza dough, cooked
- Skim milk, hot (2 C)
- Food thickener (3/4 C)
- Pizza sauce (3 C)
- Cheese, shredded (2 C)
- Parsley, chopped (3/4 t)
- Toppings, pureed

**Directions:**
- Break pizza dough into blender. Gradually add milk and blend.
- Add thickener and blend. Allow to thicken for 30 seconds.
- Mold thickened pizza into 5” rounds.
- Add sauce, cheese, parsley and toppings.
- Bake at 300 F for 10 minutes.

Pancakes
(7 Servings)

Ingredients:
- Unflavored gelatin (1/4 C)
- Warm water (2 C)
- Prepared pancakes
- Margarine (1/4 C)
- Syrup (1/4 C)
- Additional garnishes

Directions:
- Blend gelatin with water and saturate each pancake in solution.
  - Place pancakes on serving platter.
  - Drizzle with melted margarine and top with syrup.
- Garnish with powdered sugar, cinnamon, whipped topping, etc.

Bon Appétit

- **Patient/staff perspectives:**
  - Improves quality of life; patients really enjoy attending
  - Great food presented in an appetizing and attractive way ("It looks & tastes like the real thing.")
  - Offers variety; new foods
  - Needs to be expanded (to other patients and to the pureed diet currently offered)
Must Haves…and Other Resources

- Food processor
- Pastry bag with assorted tips
- Variety of herbs and spices
- Unflavored gelatin
- Instant food thickener (e.g., ThickenUp)
- Cook books
- Food molds, food coloring

Extras: colorful napkins; parfait cups; battery-operated candles; dinner music
Challenges

- “That is really great if you have the time and the staff…”
- “We would do that if we had the money…”
- “We don’t prepare pureed foods on site…”
- “We don’t have access to a kitchen…”
- “Residents/patients with advanced dementia don’t realize what they’re eating…”
“Now this is real food!”
~Bon Appétit participant

Comments/Questions?
Book Resources

*Pureed Foods with Substance and Style* (1994) By J. William Richman

*Bon Appetit! The Joy of Dining in Long-Term Care* (2001) By Jitka Zgola & Gilbert Bordillon