

Strategies to improve nutritional care for
people with dementia

The Compass Dignified Dining Toolkit

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- Under nutrition in people with dementia is a specific problem, due to several challenges in maintaining a good diet.
- This has important implications for nutrition; interventions need to be specific to this group of individuals
- Interventions, including training and education programmes changes to the mealtime environment

In 2014 Compass Group sponsored the report “Nutrition and Dementia; a review of available research” in conjunction with Alzheimer’s Disease International.

The analysis in the report allowed Compass to develop a bespoke toolkit which focuses on three main areas:

- Food
- Service
- Environment



Nutrition and dementia
A review of available research: Introduction

The Toolkit

Background

In 2014, Compass Group and Alzheimer's Disease International (ADI) published their Dementia and Nutrition Report. The report provided a critical review of all available evidence regarding the importance of nutrition to the onset and clinical progression of dementia. It also gathered examples of best practice to improve the provision of nutritional care in people living with dementia, focusing on the residential/nursing home sector.

Specialist Training

In partnership with The Alzheimer's Society, we have commissioned the design of a bespoke Compass course module for our frontline teams, designed to help them provide the best possible care for people with dementia.

Our training is centred on 4 main areas: general awareness and understanding, nutrition and dietary needs, behavioural eating difficulties and safeguarding. More information on this can be found in Section 4 of the Toolkit.

What Is Dignified Dining?

The Compass team have now developed Dignified Dining - a toolkit to enhance person centred care, focusing on the three main areas highlighted in the report: food, service and environment. The toolkit begins by outlining 10 nutritional care guidelines for people with dementia, and goes on to provide practical guidance for our healthcare colleagues to help us ensure we deliver the best possible food experience to people with dementia.

The Toolkit

The toolkit gathers together practical advice and guidance in one easily accessible place. Each section examines common food related issues and provides practical ideas to help colleagues deliver the best possible nutritional care for people with dementia. This encompasses advice on food, service and the eating environment.

The toolkit sections are:

FOOD

The food section of the toolkit focuses on seven areas:

- Diet and nutrition
- Nutritional targets for people with dementia
- Sample menus
- Finger food
- Food fortification
- Texture of food and liquids modification
- Menu development principles

In this section, our teams can access menu ideas, energy/calorie requirements, a list of appropriate tableware, templates to record the food service journey, food intake record charts and a food based behavioural assessment tool to support the people in their care.

ENVIRONMENT

The environment section of the toolkit focuses on three areas:

- Mealtime equipment
- Signage
- Dining Areas

Here our teams can access advice on creating an appropriate mealtime ambience in order to encourage a positive meal experience for people with dementia.

This section contains advice on tableware - considering colour, texture and safety to ensure dignity and comfort when eating. It also offers advice on creating clear and recognisable signage - to help individuals with dementia build their confidence and maintain their independence without fear of getting lost. There is also guidance on how to create a pleasant, calming eating environment by changing lighting, colour contrast and seating arrangements, for example, colleagues can make a real difference to residents' dining experience.

SERVICE

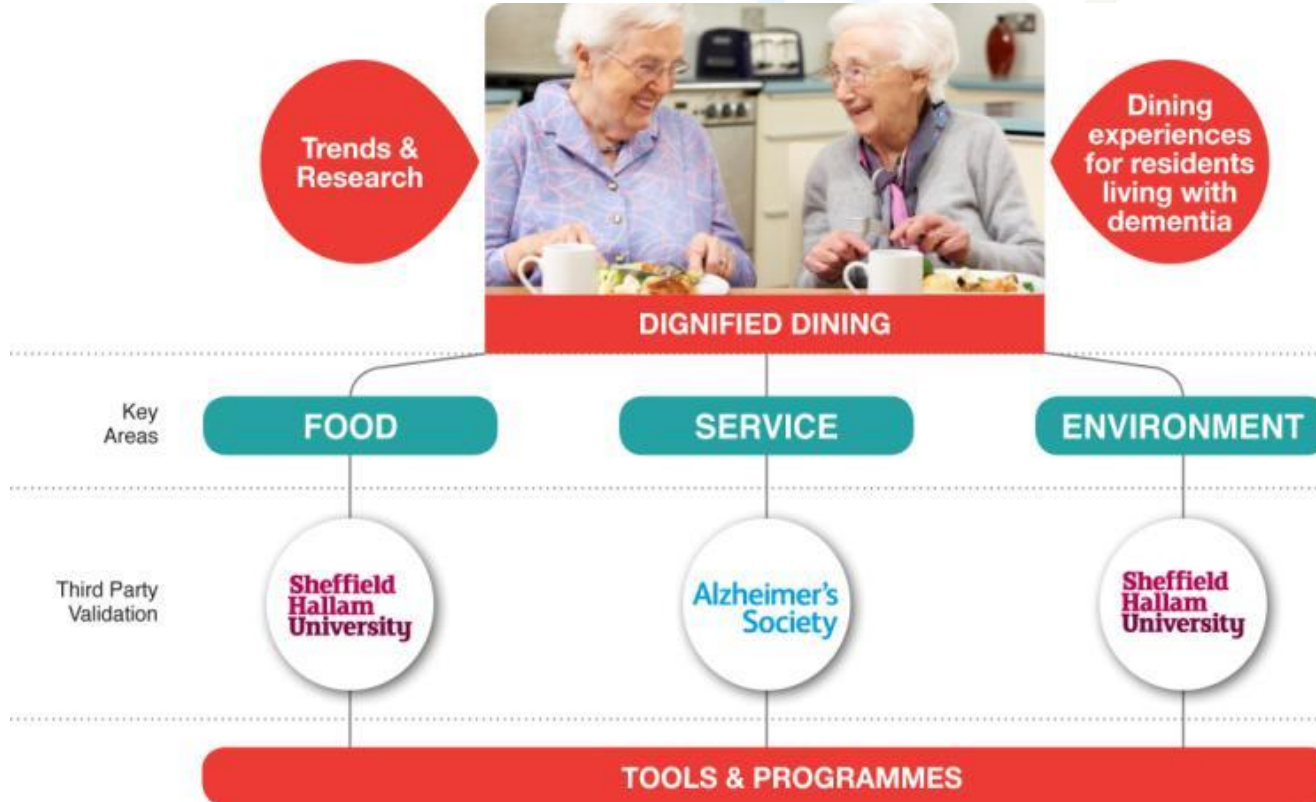
The service section of the toolkit focuses on five areas:

- Communication to enhance the experience of the resident
- Protected mealtimes
- Service times
- Presentation and service
- A service journey

In this section, our teams can find advice on how to seat diners to ensure a safe and comfortable eating experience, appropriate equipment such as adapted cutlery, single items of cutlery, coloured crockery, plate guards and non slip mats; and how to record the 'service journey' so that the meal service can be analysed and improved.

"I found it plan the individual more so conversations, experience through tends to is encourage other residents Elizabeth Eachstep

"I've spent most of my career catering for Senior Living residents and the training course gave me a real overview of the different types of dementia under the Dementia umbrella and how each type has varying behaviour patterns. This helped me understand why a certain resident maybe quite aggressive as he was suffering from vascular dementia while another would become more and more withdrawn as Alzheimer's set in. The communication piece of the training was also very beneficial and I have adopted these tips while I talk with the residents and have found that I get much more back from them. Melanie, Care at Eachstep Residential Home





Diet and
nutrition



Nutritional
targets for
people with
dementia



Sample
menus



Finger food



Food
fortification



Texture of
food and
liquids
modification



Menu
development
principals

7. Food Focus Areas



Communication
to enhance the
experience



Protected
mealtimes



Service
times



Presentation
and service



A service
journey

5. Service Focus Areas



Mealtime
equipment



Signage



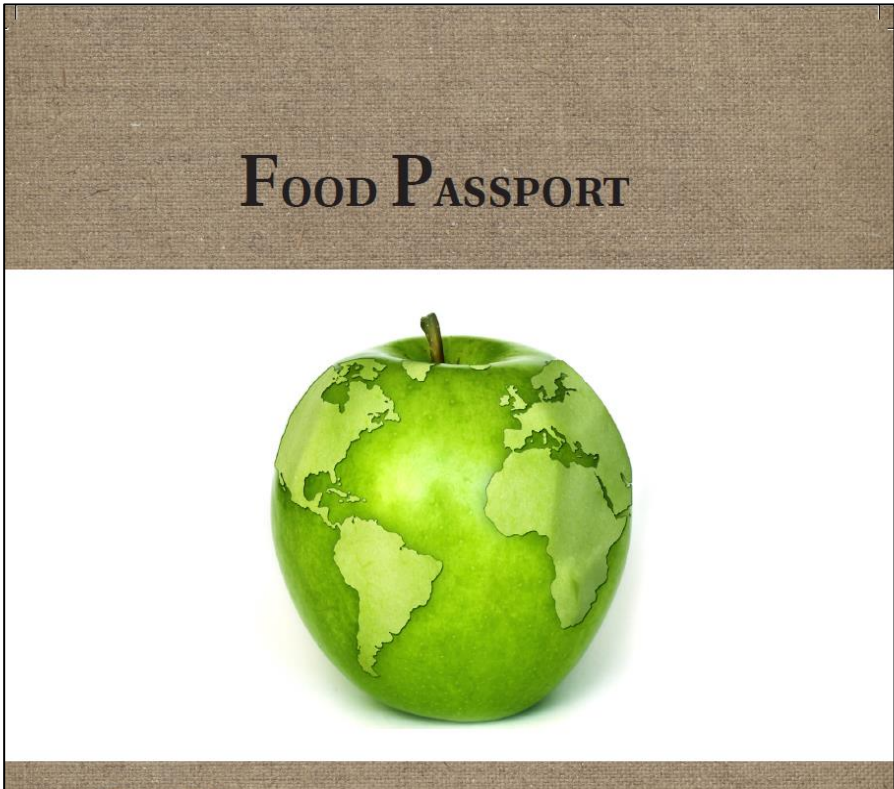
Dining Areas

3. Environment Focus Areas






1. Nutritional Capability
2. Supporting Malnutrition
3. Training
4. Environment
5. Choice and Variety

6. Menus
7. Availability
8. Respect
9. Quality & Customer Care
10. Review and Observation



- Food Passport
- Recording Food Intake
- Screening Tools for Malnutrition
- Dementia Mealtime Assessment Tool
- Training Programme

		
Ate all or most	Ate about half	Ate very little



What makes a difference during mealtimes?

- The correct 'kit'
- The environment
- Communal eating
- Sufficient time to eat
- Protected Mealtimes
- Free from interruptions
- Social support of eating
- Environment conducive to eating
- Limit distracting activities





Practical Applications and Examples of the Toolkit in Use



- Development of finger foods
- Bespoke Steamplicity blue plate
- Use of improved pictorial menus
- Food record charts
- Dementia training
- Preparation, assistance and peaceful mealtimes (PMT)
- Signage denoting dining areas



Actions	Tools	Results
Multi-disciplinary health and nutrition steering group set up	Blue plate, Food Passport	Improved communication and Protected Mealtimes in place
Dementia Friends training to all front line teams	Improved signage including dining areas	PLACE score above national average for dementia services
Mealtime observational audits conducted on a weekly basis	Pictorial menu	Food service assistants report improved job satisfaction
Evaluation	Finger food choices on menu	Individualised care for patients with dementia

- Nutritional care for people with dementia
- 10 nutritional care guidelines; menu planning, service, environment
- Training
- Pilots
- Individualised nutritional care
- Presentations in hospitals to nutritional care steering teams
- Quarterly business reviews
- Implementation and roll out across hospitals and care homes
- Assistance and support for mobilisation
- Sharing of ideas and best practice through internal communications