



National Nutrition Month

March Staff Training, 2019

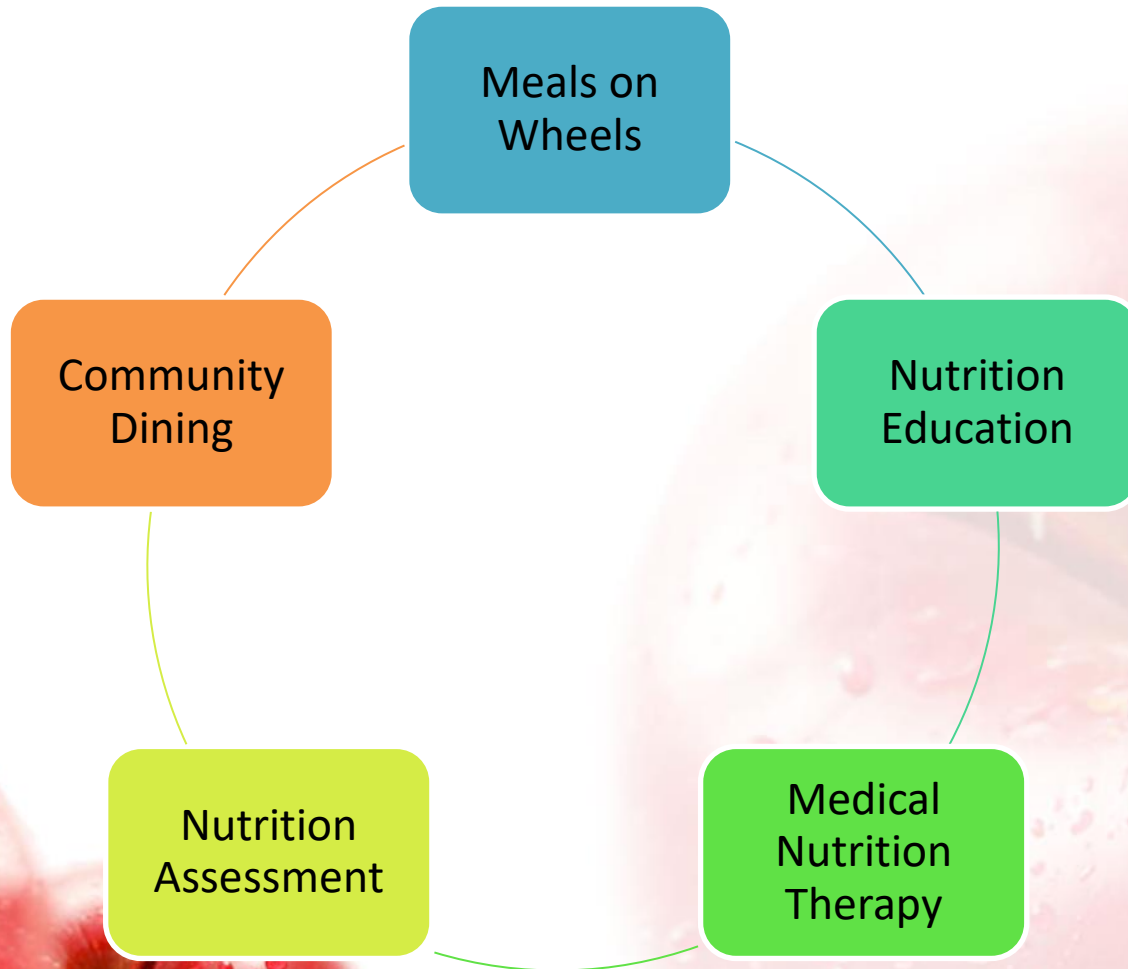
Allison Park, Lauren Staples, Traci Robidoux

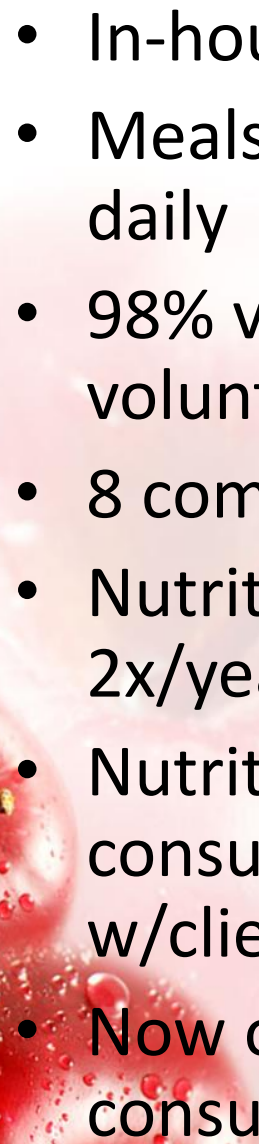
Nutrition Department

- Director- Denise Menzdorf
- Supervisor- Allison Park
- Nutritionist- Traci Robidoux RD, LDN
- Nutrition Specialist- Lauren Staples
- Program Coordinator- Karen Barber
- 11 off-site staff



The Nutrition Department



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- In-house vendor for Meals on Wheels
 - Meals delivered to approx. 550 consumers daily
 - 98% volunteer delivery- 385 active volunteers, over 2,500 hours/month
 - 8 community dining sites
 - Nutrition Education- 14 communities, 2x/year
 - Nutrition Assessment offered to all high risk consumers (in home, one-on-one counseling w/client and/or caregiver)
 - Now offering MNT for Medicare part B consumers w/diabetes and kidney disease

Traci Robidoux RD, LDN- Nutritionist

- Nutrition Standards
- Menu Planning
- Medical Nutrition Therapy
- How to make a referral



Nutrition Standards

- Menus are based on current federal and state guidelines including the Dietary Guidelines for Americans and the Dietary Reference Intakes (DRI)
- We strive to reach 700-800 calories per meal
- The average sodium content of our meals is generally around 800mg or less. This is for the entire meal, including bread, milk and the dessert.



Nutrition Standards

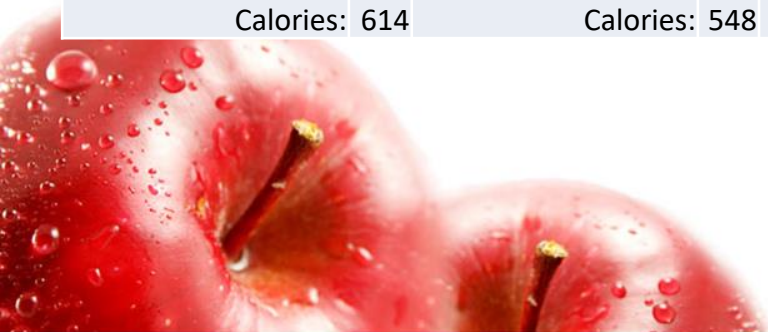
- We are allowed 2 high sodium meals per month (high sodium-> total meal over 1200mg)
- Vitamins A & C- must have a Vit C source daily and must have a Vit A source 3x/week
- Fiber- a bread that is a good source of fiber must be served 3x/week
- Fruit must be served as the dessert 3x/week- can be fresh, canned or dried

Other considerations for menu planning:

- In the summer months, cold plates are served 2x/mo
- In the fall/winter months, soup is served 2x/wk
- We offer a monthly “special”
- Homemade baked good 1x/week
- Commodities
- Plate presentation
- New menu items 1x/mo

SAMPLE MENU (1 week)

4		Na+	5		Na+	6	HIGH SODIUM	Na+	7		Na+	8		Na+
	Roast Pork	73	Chicken w/Hawaiian Sauce	345		*Ham and Cheese Bake	804		Chicken Divan	181		Meatloaf w/Gravy	257	
	Apple Cider Gravy	19	Brown Rice	5		Sweet Potato	26		Rice Pilaf	59		Winter Squash	0	
	Au Gratin Potatoes	39	Sliced Carrots	43		Stewed Tomatoes	150		Peas	2		Spinach	109	
	Mixed Vegetables	28	Multigrain Bread	164		Whole Wheat Bread	188		Whole Wheat Bread	188		Honey Wheat Bread	202	
	Rye Bread	150	Strawberry Jello	73		Fresh Orange	0		Oatmeal Cookie	124		Fresh Pear	2	
	Applesauce	2	Diet: SF Jello	55					Diet: Gingerboy	60				
	Total Sodium(mg):	437	Total Sodium(mg):	754		Total Sodium(mg):	1293		Total Sodium(mg):	955		Total Sodium (mg):	695	
	Calories:	614	Calories:	548		Calories:	733		Calories:	701		Calories:	707	



What is Medical Nutrition Therapy (MNT)? (for consumers w/diabetes and/or non-dialysis kidney disease- on Medicare Part B)

- MNT is a therapeutic approach to treating medical conditions and their associated symptoms. MNT includes nutritional diagnostic, therapeutic and counseling services for the purpose of disease management.
- MNT can take place at a senior's home, at their Community Senior Center or even at the library. It is usually one-on-one but can often include a family member, homecare provider or friend.

What can I do for our clients?

- Create eating plans for existing medical conditions
- Provide a nutrient check up
- Recommend the best way to achieve and maintain a healthy weight
- Help address chewing/swallowing/digestion problems
- Offer supplement advice
- Provide guidance navigating food allergies, sensitivities and intolerance
- Review how to read a nutrition facts label so that clients can identify healthier food choices

Dietitian referrals...How do I refer my client?

- Use the ***Activities & Referrals*** section of your client's consumer page
- Click on ***Add New***
- In the subject section put ***Dietitian Referral***
- In the action section choose ***Nutrition Initial Assessment***
- ***Agency & Provider MUST say BayPath Elder Services***
- In the ***Comments*** section please include the **nutrition concerns** you have regarding your client.
- Consumer Journal note

Lauren Staples, Nutrition Specialist

- Nutrition Assessment
- Food Allergies and Food Intolerances



The Intake Process

- Nutrition Screening Initiative (NSI)
 - Designed by the American Academy of Family Physicians and the National Council on the Aging
 - Questionnaire with numerical scoring (also in CDS)
 - Purpose: To identify elders at high nutrition risk
 - This tool can be used to measure an individual's change in nutritional risk over time (initial assessments and annual reassessments for MOW)

DETERMINE Warning Signs

- D - Disease
- E - Eating Poorly
- T - Tooth Loss/Mouth Pain
- E - Economic Hardship
- R - Reduced Social Contact
- M - Multiple Medicines
- I - Involuntary Weight Loss/Gain
- N - Needs Assistance in Self Care
- E - Elder Years Over 80

NSI Risk Assessment

- Clients with a score of six (6) or higher are considered to be at high nutritional risk
- The NSI questionnaire should be completed annually for all consumers receiving **congregate meals, home delivered meals, or nutrition counseling**
- The results are entered in the SAMS system for every consumer receiving one or more of these services



Malnutrition Screening Tool (MST)

- Implemented by the State Commission on Malnutrition Prevention Among Older Adults (Senate Bill 2499)
- Tool composed of three questions to identify malnutrition risk. 1. Have you lost weight? 2. How much weight? 3. Are you eating poorly due to a decreased appetite?
- A score over a 2 indicates a risk for malnutrition
- Purpose: collect data to assess risk and measure incidence of malnutrition among older adults

MST Example

B. ASSESSMENT INFORMATION

B.3. MALNUTRITION SCREENING TOOL (MST)

✓ a. Have you recently lost weight?

☐ (Not Answered) ☐ No ☒ Yes ☐ Unsure

✓ b. If Yes, how much weight have you lost?

☐ (Not Answered) ☒ 2-13 lb ☐ 14-23 lb ☐ 24-33 lb ☐ 34 lb or more ☐ Unsure

✓ c. Have you been eating poorly because of a decreased appetite?

☐ (Not Answered) ☐ No ☒ Yes

◆ MST - Raw Score

2

◆ MST - Risk Factor

True



Important Nutrition Questions to Ask

- Illness or conditions that change the way you eat?
 - For instance: diabetes, hypertension etc.
- Food allergies or intolerances?
- Special diet prescribed by doctor?
- Trouble chewing or swallowing?
- Unwanted weight loss or gain in the past 6 months (more than 10 lbs)?
- Do you have enough food in the home?
 - Food pantry? SNAP benefits?

Food Allergies and Other Common Food Threats



Food Allergy Training- March 2016

- What is a food allergy?
- What are the most common food allergies?
- Symptoms/Anaphylaxis
- Common Food Threats:
Top 8 Allergens, Oral Allergy Syndrome, Latex-Fruit Syndrome, Eosinophilic Esophagitis, Celiac Disease, Food Intolerances, Food Aversions

Important Questions to Ask About Food Allergies

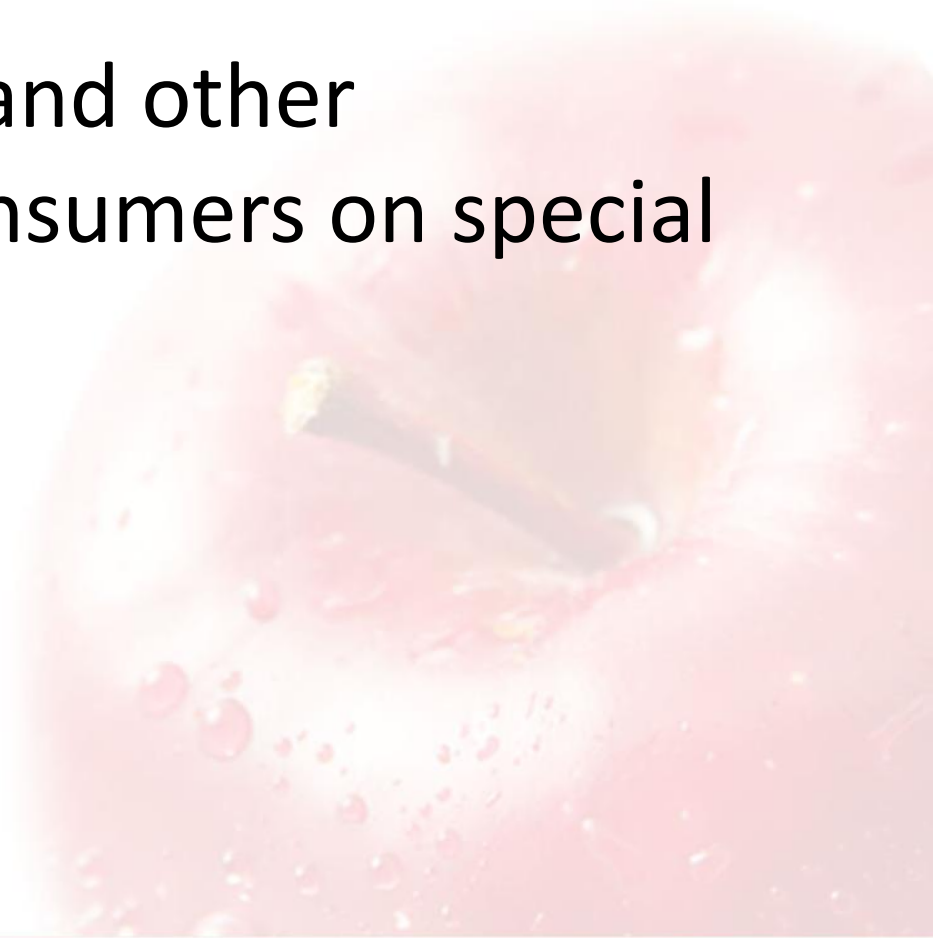
- What happens when you eat the food?
- Do you consider this allergy to be life threatening?
- Is it diagnosed by your doctor?
- How much of the food do you have to eat to cause a reaction?
- Have you ever had to go to the hospital for a reaction?
- Do you have an epi-pen?

Unsure About a Dietary Restriction?

- Don't- make any promises
- Do- collect as much info as possible
 - hospital discharge paperwork
 - do they have an involved EC that understands the restriction?
- Ask who prescribed the diet
 - Collect Specialist's info, obtain signature on Doctor's Authorization form so we have the option to contact the prescriber

Allison Park, Nutrition Specialist

- Therapeutic Meals (and other modifications for consumers on special diets)



Therapeutic Meals: what does ENP offer?

- Diabetic meals
- Low-sodium alternative meals
- Low-lactose meals
- Modified texture meals
 - Mechanical soft
 - Puree
- Renal meals
 - Renal low protein
 - Renal high protein

Therapeutic meals: diabetic

- Clients receive the regular meal in which starch portion sizes are measured – ½ cup.
- On days when the regular dessert is high in sugar/carbohydrate (cake, pudding, muffin), diabetic clients receive a lower-carbohydrate substitution.
- ALL therapeutic meals come with a diabetic-friendly dessert.
- What should be done if a diabetic client doesn't want a diabetic meal?

Therapeutic meals: low-sodium

9	High Sodium	Na+
	Ham with Pineapple	1055*
	Scalloped Potatoes	25
	California Vegetables	22
	Dinner Roll	132
	Apple Cherry Crisp	5
	D: Apple Grahams	95
Total Sodium: 1364mg		
Calories: 519		

- If the total meal contains more than 1200 mg of sodium, the day is designated a high-sodium day and an alternative meal with a lower-sodium entrée is provided for clients who have requested it. The alternative meal is hot.
- Request this for your consumers by including the request in a Nutrition Referral (new meals) or ENP post (modification to existing meals).

Therapeutic meals: low-lactose

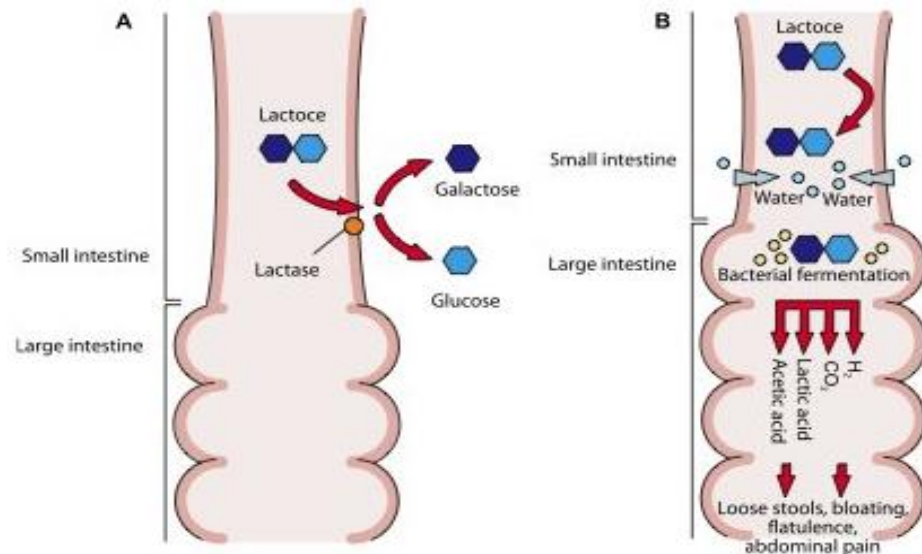


Figure 3. Picture A: Lactase degrades lactose. No symptoms of lactose intolerance. Picture B: Unabsorbed lactose in the large intestine causes lactose intolerance symptoms.

- <http://biochemphilic.files.wordpress.com/2013/03/dairy-intolerance3.jpg>

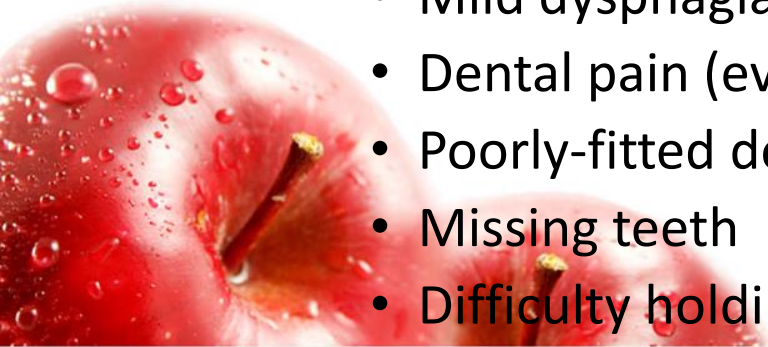
Therapeutic meals: low-lactose

- Clients receive a hot meal similar (or sometimes identical) to the hot meal of the day. Dishes containing lactose (i.e. milk or cheese) are replaced with a low-lactose substitution. Milk is Lactaid.
- Lactose intolerance occurs on a spectrum. Some clients can tolerate moderate amounts of lactose and opt to receive the regular meal with Lactaid milk.
- Clients who have recently had an illness or injury (including surgery, or cancer treatment) affecting their small intestines may develop secondary lactose intolerance, which is often temporary.



Therapeutic meals: Mechanical soft

- Clients receive a hot meal similar (or sometimes identical) to the hot meal of the day. Soft, pre-cut or fork-tender foods are used. Extra gravy is provided. Beverages are 2% milk and 4 oz of juice. Bread is served.
- This meal is helpful for clients with:
 - Mild dysphagia
 - Dental pain (even temporary)
 - Poorly-fitted dentures
 - Missing teeth
 - Difficulty holding knife and fork

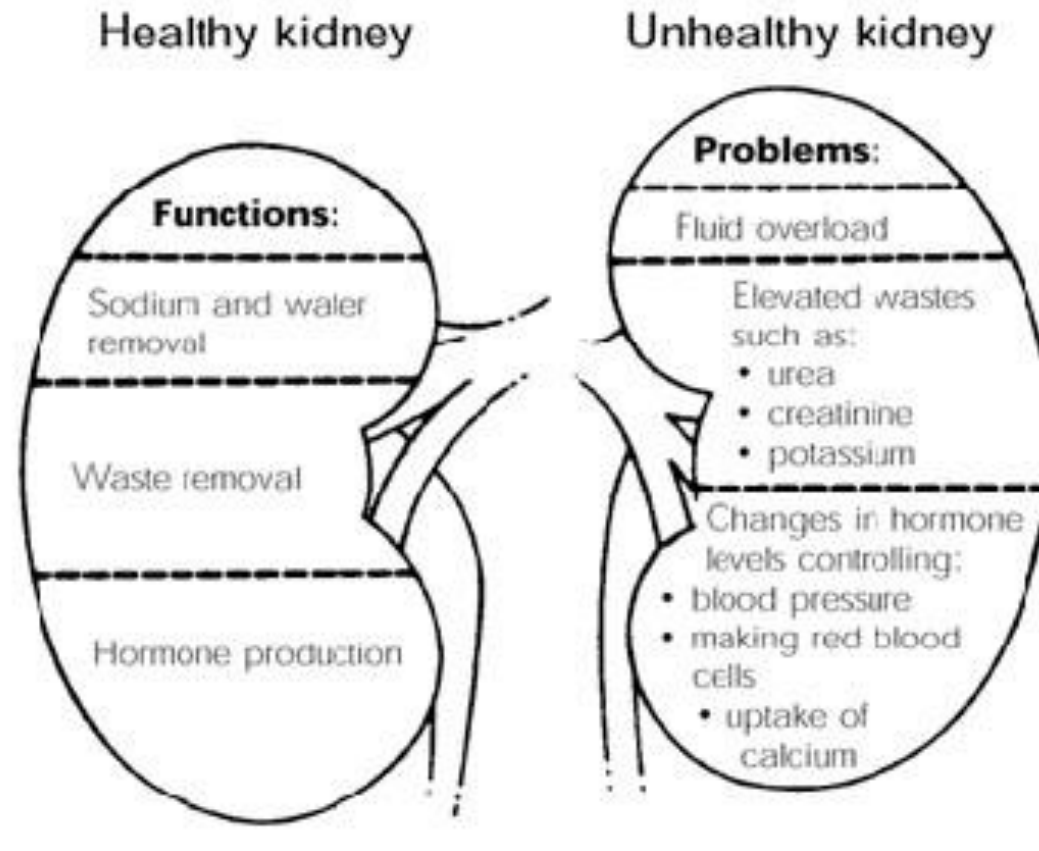


Therapeutic meals: Puree

- Clients receive a frozen meal that has a similar content to the regular meal (protein, starch, and vegetable), but is pureed. Beverages are 2% milk, 4 oz fruit juice, and 4 oz of health shake. No bread is provided.
- The pureed food is thickened to slightly thicker than honey consistency. Some clients may need to dilute or thicken the food and/or the beverages in order to swallow them safely.



Therapeutic meals: renal



Therapeutic meals: renal

Stages of Kidney Disease		
Stage	Description	Glomerular Filtration Rate (GFR)*
1	Kidney damage (e.g., protein in the urine) with normal GFR	90 or above
2	Kidney damage with mild decrease in GFR	60 to 89
3	Moderate decrease in GFR	30 to 59
4	Severe reduction in GFR	15 to 29
5	Kidney failure	Less than 15
*Your GFR number tells your doctor how much kidney function you have. As chronic kidney disease progresses, your GFR number decreases.		

Therapeutic meals: Renal Low Protein

- Clients receive a frozen meal, bread, and dessert. They do not receive milk.
- The nutritional content of these meals has been reviewed to ensure that they provide acceptable levels of sodium, potassium, calcium, phosphorus, and protein for a client in stage 4 of chronic kidney disease.
- A fax from the client's doctor (nephrologist) is required before meals can start.

Therapeutic meals: Renal high protein

- Clients receive a frozen meal, bread, and dessert. They receive 4 oz. of milk.
- The nutritional content of these meals has been reviewed to ensure that they provide acceptable levels of sodium, potassium, calcium, phosphorus, and protein for a client in stage 5 of chronic kidney disease.
- These clients are in renal failure and receiving dialysis.

Therapeutic meals: Renal high protein



I don't care what day it is.
Four hours is four hours.

- Meal delivery schedule should be arranged around client's dialysis schedule. Ask whether weekend meals are needed.
- A fax from the client's doctor (nephrologist) is required before meals can start.

Happy Birthday, Traci!

Once you lick the
frosting off a cupcake
it becomes a muffin ...
and muffins are healthy.
(you're welcome)