

Recording Food and Fluid Intakes



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Recording Food and Fluid Intakes

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Instructions

Slides for the Inservice:

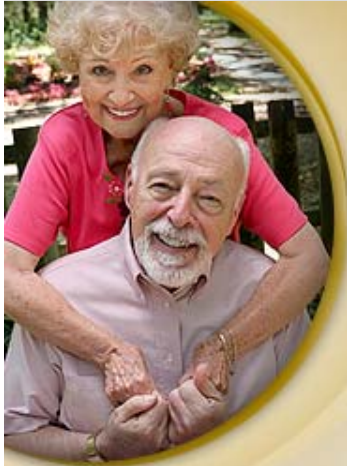
- The slides can be shown on computer or projected on a screen using a data projector.
- You can show the slides directly from the Acrobat file by simply clicking on the icon that looks like a computer screen. Or you can go to the tool bar and click on “View” and “Full Screen” to show the slides on your screen.
- Then click the down arrow button or the page down button on your keyboard.

Presenter’s Notes for the Inservice:

- Review the presenter’s notes prior to presenting the slides.
- The presenter’s notes offer additional information not included on the slides, suggestions for how to present some of the information, and activities you may want to incorporate.

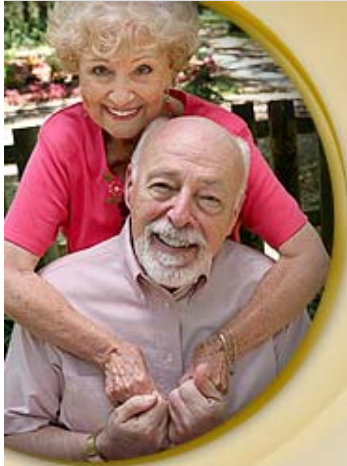
Handouts for the Inservice:

- Simply copy the handouts and the pre- post-tests for participants.
- Do not provide the answer key for the pre-post tests.
- You can choose to give the test before and after the training, or just after the training to determine the effectiveness of your inservice and whether or not additional training is needed.



Objectives

1. Verbalize the importance of correctly reporting individuals' food and fluid intake
2. Demonstrate how to estimate percentage of food and fluid consumed
3. Demonstrate ability to record information accurately and consistently
4. Identify appropriate meal substitutions for inadequate meal consumption



Importance of Accurate Food and Fluid Intake Records

- Can help to identify individual nutrition problems
- Older adults can quickly develop nutritional problems
- They may have increased nutrient needs due to skin problems, bone fractures, unintended weight loss and other chronic conditions




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It is essential to document accurate food and fluid intake records because it:


- Helps us to identify potential nutrition problems that individuals in our facility may have.
- Older adults can quickly develop nutritional problems.
- They may have increased nutrient needs due to skin problems, bone fractures, unintended weight loss and other chronic conditions.

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Malnutrition and Dehydration

- When an individual doesn't eat well over a period of time, they may develop malnutrition and/or dehydration
- Malnutrition is a lack of adequate calories and/or protein in the diet
- Dehydration is lack of adequate fluid




Malnutrition and Dehydration

Can contribute to many health problems:

- Unintended weight loss
- Weakness and fatigue
- Pressure injuries and poor wound healing
- Increased risk of infection
- Hospitalizations with longer hospital stays

Prevention and treatment of malnutrition and dehydration starts with knowing each individual's specific food and fluid intake



Problems May Occur if an Individual

- Eats poorly at mealtime (less than 50-75%)
- Leaves certain foods or fluids at each meal
- Frequently complains that he/she is not hungry
- Often complains about the taste of foods
- Spills much of the food/fluid served
- Plays with food or hides food
- Declines staff assistance at meal time
- Declines staff attempts at assisting or feeding