

Is Weight Loss Unavoidable in Post-Acute Care Patients During a Pandemic?

Is Weight Loss Unavoidable in Post-Acute Care Patients During a Pandemic?

Presenter:

Liz Friedrich, MPH, RDN, CSG, LDN, FAND, NWCC



Becky Dörner & Associates

1

Terms of Use and Disclaimer

This information and the information on our website is being provided as a public service. Information is current as of the date it was presented/posted. All efforts have been made to ensure the information is accurate at the time of presenting/posting, but Becky Dörner & Associates, Inc. (BDA) and the presenters/other sources of this information make no representations, warranties or guarantees as to its completeness or accuracy of information provided due to constant changes from reliable sources such as the Federal government, Centers for Disease Control and Prevention (CDC) and Centers for Medicare & Medicaid Services (CMS). BDA and the other sources of this information reserve the right to change, delete, or otherwise modify the information without any prior notice.

Persons receiving this information must make their own determination as to the suitability for their use prior to implementing. State regulations may vary. BDA shall not be liable for any indirect, special, incidental, punitive or consequential damages, including but not limited to loss of data, business interruption, or loss of profits arising directly or indirectly from or in connection with use of or reliance of the information provided on the website. See Terms of Use for complete disclosure and warranty statements.

<https://www.beckydorner.com/terms-of-use/>

This presentation may not be reproduced without permission of BDA.

2

2

Objective

The objective of this webinar is to assist participants in formulating a plan to help prevent and treat unintended weight loss in post-acute care facilities during a pandemic



3

Liz Friedrich, MPH, RDN, CSG, LDN, FAND, NWCC

- President of Friedrich Nutrition Consulting
- Author/co-author of many journal articles
- Accomplished speaker on topics related to older adults, including wound care and end of life issues
- Clinician in long-term care facilities
- Expert witness in long term care litigation
- Board Certified Specialist in Gerontological Nutrition and Nutrition Wound Care Certified, and Fellow of the Academy of Nutrition and Dietetics

Disclosures: Liz is on the Advisory Council for Hormel Health Labs however she certifies that no conflict of interest exists for this program

4

4

Basic Guidelines for All Health Care Professionals

- If you feel sick, stay at home
- If your children are sick, keep them at home
- If someone in your household has tested positive, keep the entire household at home
- If you are an older person, stay at home and away from other people
- If you are a person with a serious underlying health condition, stay home and away from other people



The President's Coronavirus Guidelines for American. <https://www.whitehouse.gov/articles/these-30-days-how-you-can-help/>. Accessed April 14, 2020


5

Tips for RDNs Working in PAC



6

Is Weight Loss Unavoidable in Post-Acute Care Patients During a Pandemic?




Perform Your Essential Duties On-site if Possible

- Work with facility administration to meet their expectations about your presence
 - Do you have COVID-19 positive or at-risk persons in your household?
 - Are you at high-risk for complication of COVID-19?
 - Does the facility require you to work remotely?
 - Do you prefer to work remotely? Is administration comfortable with your preference?
- Follow entrance medical testing and PPE recommendations of each facility
- If you provide your own PPE and work in more than one facility, use separate PPE for each facility

7

Residents and Staff


- Visit residents (following facility protocols), but social distance
- Be supportive of staff
 - If working remotely, facility staff may need to gather information for you
 - If working in facilities, follow facility protocols



8

Recognize the Stress that Facilities are Under


- Postpone discussions of non-critical issues
- Defer to administration/corporate policies
 - Some facilities are deferring weights of COVID-19 positive patients and/or new admissions from local hospitals that have cases
 - Some facilities are using disposable products for meals
 - Some facilities are seeking waivers to the paid feeding assistant requirement



9

Changes During a Pandemic that Could Affect Food/Fluid Intake


- Social isolation (No communal dining, no group activities)
- No family visits allowed/residents can't leave facility
- Familiar/favorite staff may be absent from facility
- PPE worn by staff may be upsetting to some residents, especially those with confusion
- Residents may be uneasy, depressed, lonely, or anxious
- Symptoms of COVID-19 could affect food and fluid intake



10

Changes During Pandemic That Could Affect RDN's Clinical Role In Nutrition Assessment

- Social distancing affects ability to perform nutrition assessments
 - Closed units might prohibit you from seeing some residents
- Observing meal intake is more difficult
- Staff may be stressed/busy and less available for your questions about residents
 - Support staff may need RDN to complete nutrition screening/food preferences and other tasks related to clinical nutrition care
- Working remotely compromises your ability to assess residents adequately



11

Weight Loss in Post-Acute Care Settings

Significant weight Loss	Insidious Weight Loss
<ul style="list-style-type: none">• 5% of body weight in one month• 7.5% of body weight in three months• 10% of body weight in 6 months	<ul style="list-style-type: none">• CMS defines insidious weight loss as a gradual, unintended, progressive weight loss over time

State Operations Manual Appendix PP - Guidance to Surveyors for Long Term Care Facilities (Rev. 173, 11-22-17). https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/som107ap_pp_guidelines_tcf.pdf

12

Is Weight Loss Unavoidable in Post-Acute Care Patients During a Pandemic?

Identifying Patients at Risk for Weight Loss

- | | |
|---|---|
| <input type="checkbox"/> Residents with depression and/or recent loss of loved ones | <input type="checkbox"/> Diagnosis of dysphagia/consistency modified foods and/or beverages |
| <input type="checkbox"/> Residents requiring feeding assistance or total feeding | <input type="checkbox"/> Stage 3 and 4 pressure injuries |
| <input type="checkbox"/> Poor food/fluid intake | <input type="checkbox"/> Chronic medical conditions (cancer, COPD, etc.) |
| <input type="checkbox"/> Loneliness/social isolation | <input type="checkbox"/> Acute medical conditions, including COVID-19 |
| <input type="checkbox"/> Oral disease/poor dentition | <input type="checkbox"/> Palliative care/comfort care/hospice |
| <input type="checkbox"/> Diagnosis of advanced dementia | |

Neidert KC. Nutrition Care of the Older Adult. 3rd ed. Chicago IL: Academy of Nutrition and Dietetics; 2016:107-115.

13

Identifying Patients at Risk for Weight Loss



Individuals that are socially isolated

14

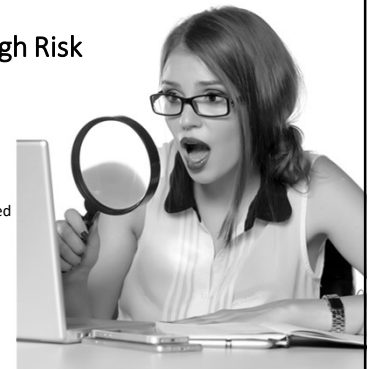
Potential “Systems” Interventions



15

Monitoring, QAPI, High Risk

- Continue routine weights, weight monitoring, and weight committee meetings in facilities, if possible
 - Skype/zoom in to meetings
- Develop a QAPI program for the potential for facility-wide unintended weight loss related to COVID-19
- Care plan high-risk patients for potential for weight loss/malnutrition/pressure injuries



16

Potential Concerns

- Communicate with administrator, DON, and corporate/regional dietitian about potential options such as
- A pre-emptive strike?
 - Fortified foods for all residents/all Covid-19 positive residents?
 - Supplements for all residents/all Covid-10 positive residents?
 - In-room activity visits that involve food?



17

Meeting Mealtime Needs

- Collaborate with administration/corporate on how to meet needs of residents that require feeding assistance or feeding
- Enlist CNAs/Nurses/Housekeepers at mealtime
 - Provide a daily list of residents to each unit that require feeding assistance and/or feeding (coordinate with nursing)
 - Encourage residents to dine in a chair instead of their bed
 - Communicate with staff about resident's food and fluid intake
 - Encourage communication to director of food and nutrition services/RDN when resident concerns arise



18

Is Weight Loss Unavoidable in Post-Acute Care Patients During a Pandemic?

Nutrition Interventions to Prevent Unintended Weight Loss (UWL)

- Provide assistance with eating/feeding as appropriate
- Update and honor individual food and beverage preferences
- Liberalize/individualize diet
- Offer nutritional snacks between meals or six small meals per day



Dorner B. Diet and Nutrition Care Manual: A Comprehensive Nutrition Care Guide. Dunedin FL: Becky Dorner & Associates; 2019.

19

Nutrition Interventions to Prevent UWL

- Offer enhanced/fortified foods (high calorie/high protein)
- Use brightly colored napkins on the tray to signify that the individual needs extra attention
- Order high calorie/high protein oral nutritional supplements
- Consider appetite stimulants, if appropriate
- Refer to OT/SLP/MD as appropriate



Dorner B. Diet and Nutrition Care Manual: A Comprehensive Nutrition Care Guide. Dunedin FL: Becky Dorner & Associates; 2019.

20

Potential Interventions to Prevent UWL - Consulting RDNs

- Consider providing a list of standard nutrition interventions for
 - Those at risk for implementation by nursing staff/director of food and nutrition services
 - COVID-19 positive patients for implementation by nursing staff/director of nutrition services



21

Issues to Ponder

- Do individualized nutrition interventions still apply or should we make facility-wide recommendations?
- Do we need to discuss preferences for supplemental nutrition with residents/families or is it most important to intervene immediately?
- Answers to those questions will be different for each facility and each RDN



22

Recommendations for Good Patient Care

- Recommend appropriate nutrition interventions
- Provide thorough documentation
 - Indicate COVID-19 precautions are in place when discussing etiology of weight loss or deviations from the standard of care
- Communicate with family by phone
 - When you call, identify yourself, and indicate right away that it is a routine call
 - Acknowledge the difficult situation family members find themselves in



23


Recommendations for Good Patient Care

- Acknowledge COVID-19 as a potential cause of weight loss in
 - Conversations with resident/family
 - Documentation in medical records/care plans
 - Routine reporting to facility
 - Weight committee/nutrition at risk committee meetings
- Monitor weights even more carefully over the months following the pandemic
 - Both significant and insidious
- Work within your scope of practice



24

Is Weight Loss Unavoidable in Post-Acute Care Patients During a Pandemic?



Is Weight Loss Unavoidable?

- Perhaps, in some patients
- With timely and appropriate interventions, we can decrease the chances of unintended weight loss
- Long-term consequences of COVID-19 are to be determined

25


Thank you!

To Liz Friedrich for Supporting this Webinar

- Contact lizfriedrich@yahoo.com

For more information

- Visit www.beckydorner.com/COVID19
- Sign up for our free electronic newsletter to stay up to date on current news
- References and resources provided with handout
- Contact: info@beckydorner.com or <https://www.beckydorner.com/about/contact/>



26

References and Resources from *Is Weight Loss Unavoidable in Post-Acute Care Patients During a Pandemic?* Webinar with Liz Friedrich, MPH, RDN, CSG, LDN, FAND, NWCC 4/22/20



1. The President's Coronavirus Guidelines for American. <https://www.whitehouse.gov/articles/these-30-days-how-you-can-help/>. Accessed April 14, 2020.
2. State Operations Manual Appendix PP - Guidance to Surveyors for Long Term Care Facilities (Rev. 173, 11-22-17). https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/som107ap_pp_guidelines_ltcf.pdf.
3. Neidert KC. *Nutrition Care of the Older Adult*. 3rd ed. Chicago IL: Academy of Nutrition and Dietetics; 2016:107-115.
4. Dorner B. *Diet and Nutrition Care Manual: A Comprehensive Nutrition Care Guide*. Dunedin FL: Becky Dorner & Associates; 2019.

Resources

- Centers for Medicare & Medicaid Services (CMS) Nutrition Critical Element Pathway
<https://www.beckydorner.com/wp-content/uploads/2018/05/CMS20075Nutrition-3681.pdf>
- Enhancing Nutritional Value with Fortified Foods: A Resource for Professionals
<https://www.beckydorner.com/wp-content/uploads/2018/04/2018EnhancingNutritionalValue-3859.pdf>
- Position of the Academy of Nutrition and Dietetics: Individualized Nutrition Approaches for Older Adults: Long-Term Care, Post-Acute Care, and Other Settings
<https://www.eatrightpro.org/-/media/eatrightpro-files/practice/position-and-practice-papers/position-papers/individualizednutritionapproachesforolderadults.pdf>
- Academy of Nutrition and Dietetics Evidence Analysis Library: Unintended Weight Loss in Older Adults
<https://www.andeal.org/topic.cfm?menu=5294>
- Academy of Nutrition and Dietetics Evidence Analysis Library: Malnutrition in Older Adults
<https://www.andeal.org/topic.cfm?menu=6064>
- Free Resource for Significant Weight Changes - Handy cheat sheet for calculating significant weight changes
<https://www.beckydorner.com/wp-content/uploads/2018/04/ResourceSignificantWeightChange-3033.pdf>

- Sample Daily Meal Plan for a well-balanced diet: Individualized/Liberalized Diet for Older Adults
<https://www.beckydorner.com/wp-content/uploads/2018/05/IndividualizedDietsforOlderAdults-3161.pdf>
- Sample Always Available Menu Options
<https://www.beckydorner.com/wp-content/uploads/2018/05/AlwaysAvailableMenu3-3068.pdf>

Resources for Purchase

- Diet and Nutrition Care Manual: A Comprehensive Nutrition Care Guide
<https://www.beckydorner.com/product/diet-and-nutrition-care-manual/>
- Policy & Procedure Manual for Healthcare Facilities
<https://www.beckydorner.com/product/policy-procedure-manual/>
- Making Mealtime Magic with Person Centered Dining Course
<https://www.beckydorner.com/product/making-mealtime-magic-with-person-centered-dining-course/>
- Cassens D, Eck Mills L. Flavorful Fortified Foods: Recipes to Enrich Life. https://www.amazon.com/dp/B00NS69T9Q/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1



Attendees can place order online and receive 20% off using discount code CV20
(Extra 20% discount expires May 31, 2020)

Continuing education. Nutrition resources. Creative solutions

Visit www.beckydorner.com for sales, discounts & FREE resources!



Continuing Education

Professional Approvals: RDNs, CDEs, NDTRs, CDMs

Self-Study Courses

- Quick and easy access!
- Hard copy books, online tests, downloadable certificates
- Already have the book? Simply purchase the "Additional Certificate" on our website

- Visit website for descriptions, photos, tables of contents, sample pages

Our most popular publications include:

- Diet and Nutrition Care Manuals (2019 Comprehensive or Simplified)
- Policy and Procedure Manual (2019)
- Emergency/Disaster Plan for Food and Dining Services (2018)

More titles (see website for all titles – added frequently):

- Nutrition and Integrative Medicine: A Primer for Clinicians (2020)
- The Genomic Kitchen: Your Guide to Understanding and Using the Food-Gene Connection for a Lifetime of Health (2020)
- Salt Fat Acid Heat: Mastering the Elements of Good Cooking (2020)
- Nutrition & Diabetes Pathophysiology and Management (2019)
- Minimum Data Set (MDS) 3.0 RAI Manual v1.17 Course (2019)
- CMS State Operations Manual Appendix PP Course (2019)
- AADE Quick Guide to Medications (2019)
- Sports Nutrition: A Handbook for Professionals, 3rd Edition (2019)
- Nutrition for the Older Adult (2019)
- Food Code 2017 Course (2019)

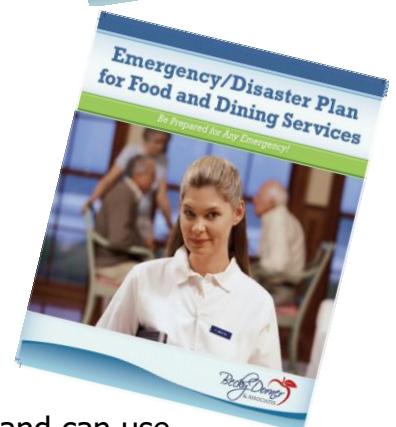
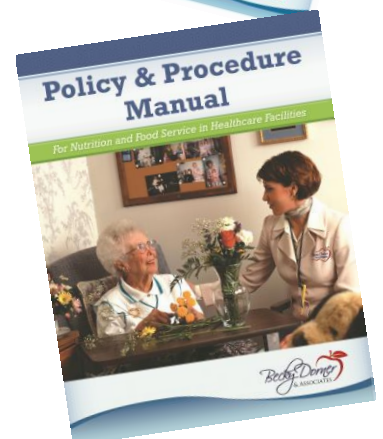
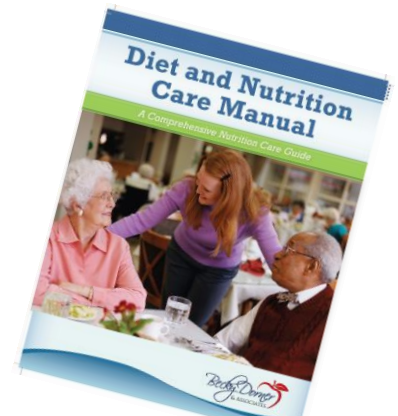
Webinars

Live & recorded presentations – more than a dozen titles to choose from!

FREE Resources!

- **Free Membership!** Members get the best **discounts** for online orders and can use our coupon codes for more savings. **Sign up today!**
- **Free E-newsletter** All the latest news and more!
- **Free Tips & Resources** Available on our website

Note: Prices subject to change. See website for current prices.



"I prefer Becky Dorner & Associates to other CPE providers because they have the most relevant, cutting-edge topics at an affordable price. Not only are the CPE programs enjoyable and useful, but the E-zine and other publications keep me up to date on what is happening in the industry."

- Kathy Warwick, RD, CDE, Owner, Professional Nutrition Consultants, LLC, Madison, Mississippi