Answer Guidance

# Chapter 30: Assisting people with their nutritional needs

## 1. Activity answer guidance

### Activity 30.1

Malnutrition is defined as the state in which a deficiency, excess, or imbalance of energy, protein, and other nutrients causes measurable adverse effects on tissue, body form, function, or clinical outcome.

Make a list of which patients you think will be at risk from malnutrition.

#### Answer guidance:

 *Elderly*

 *Children/babies*

 *Obese patients*

 *Underlying disease or trauma*

 *Pregnant women*

### Activity 30.2

List all the health issues that can be caused by obesity.

What help is available in your local community and acute hospital settings to help people eat more sensibly and be aware of the risks?

What information is available on the internet?

#### Answer guidance:

List all the health issues that can be caused by obesity.

 *Coronary Heart disease*

 *High blood pressure*

 *High cholesterol*

 *Arteriosclerosis*

 *Stroke*

 *Type 2 Diabetes*

 *Mobility issues hip and knee problems*

 *Breast and bowel cancer*

 *Asthma*

 *Psychological effects such as depression*

What help is available in your local community and acute hospital settings to help people eat more sensibly and be aware of the risks?

 *GP and nurse-led clinics*

 *Private weight management organisations: Slimming World, Weight Watchers*

 *Local Authority initiatives*

 *Referrals to dieticians*

 *Government policies*

What information is available on the internet?

 *WHO*

 *Government policies*

 *NHS guidance like NHS inform*

 *Medical journals*

 *Charity information like British Heart Organisation*

### Activity 30.3

You have been asked to look at the food plate and consider what you ate yesterday in relation to it. Is your diet balanced?

 How would you use the food plate to explain to someone what their diet could include?

#### Answer guidance:

*The food plate is a good visual resource that can be used with adults or children and explains a healthy diet in a pictorial format. It makes it clear that we should have a good balance of fruit and vegetables, and starchy foods, then less meat, fish, and dairy products,*

### Activity 30.4

Reflect on your experience of caring for patients. Are you able to identify any groups of patients with whom you would wish to undertake an assessment of nutritional status, but are likely to also have communication difficulties?

#### Answer guidance:

 *Dementia*

 *Learning difficulties*

 *Hearing or sight loss*

 *Young Children*

 *Patients with aphasia*

### Activity 30.7

Read the *Better Health fact sheet (2011): Food Culture and Religion*, to investigate the diets followed by members of common religions and cultures within your local area. What are the particular religious or cultural dietary requirements for these groups?

Examples:

 ***Islam***

o *Meats should be slaughtered under Halal guidance*

o *Pork is not allowed.*

o *No alcohol,*

o *No vanilla extract for strict observers*

o *Fasting in Ramadan*

 ***Judaism***

o *No Pork or shellfish*

o *Meat slaughtered in a particular way - KOSHER*

o *Hinduism*

o *Mat follows a lactovegetarian diet – no meat, poultry, or fish, no eggs, but milk products are allowed and encouraged*.

o *NO Beef is prohibited*,

o *Brahmins may have restrictions on who prepares their food and how it is stored*.

o *Have fasting days and periods in the calendar, with restrictions such as eating only plant foods.*

 ***Buddhism***

o *No set food restrictions in Buddhism*.

o *Some may follow a Lacto-vegetarian diet*

o *Buddhist monks have additional restrictions such as fasting and not eating solid foods afternoon*.

 ***Christianity***

o *Catholicism*

o *Devout Catholics fast on holy days and periods*.

o *Eastern orthodox*

o *May fast and also avoid certain foods at certain times*.

 ***Seventh-Day Adventist***

o *Lacto-ovo-vegetarian—NO meat, poultry, and fish but eat eggs and milk products.*

o *No alcohol*

 ***Mormonism***

o *No alcohol and caffeine (in coffee, tea, chocolate, etc.).*

 ***Jainism***

o *No meat, poultry, fish, or eggs, and sometimes milk; they may avoid eating root vegetables*

o *Fasting for women*

 ***Rastafarianism***

o *Rastafarians eat food that is cooked lightly*.

o *No meats or canned goods some restrictions on seafood*

 ***Vegetarian options***

 ***Gluten-free***

 ***Small portions***

### Activity 30.8

Reflect on how you might explain the need for enteral feeding to a patient and their family or carers.

#### Answer guidance:

You have been asked to reflect on how you might explain the need for enteral feeding to a patient and their family or carers. It is helpful to have leaflets and other resources to help explain but you would need to have a chat with the patient and their family to explain how we normally eat and drink and why this is not sufficient for them, for example, due to a swallowing difficulty or following surgery for a fixed term. You would then introduce the selected method and explain how this works to administer nutrition. You could even have some pieces of equipment to show them what it looks like. Ensure you leave plenty of time for questions.

## Case study answer guidance

### Case study 30.1: Lauren

Lauren is 18 months old and has been admitted to the hospital for investigations. Her mum is looking after 3 other children at home and is a single parent. Lauren is very distressed at mealtimes.

 How can you encourage Lauren to eat and drink?

 Who else could you involve?

#### Answer guidance:

*You could ask Lauren’s mum what she likes and try to provide food and drink she especially enjoys. You could provide milky build-up drinks. You could sit with Lauren and offer assistance and support.*

*You could involve the dietician to prescribe supplements and offer advice.*

### Case study 30.2: Elsie

Elsie Macdonald is an 83-year-old lady who lives alone. There are shops nearby, but Elsie doesn’t like to go out because her leg ulcers are very painful and she finds it difficult to put on her shoes. You accompany your practice supervisor on a visit to Elsie and find that she appears to have lost weight and is complaining of a lack of energy. You assess her BMI and find that it is 16.

 What questions would you ask Elsie to assess her nutritional needs?

 How could you assist Elsie to maintain an adequate intake of food and fluid?

 What further support could be offered to Elsie?

 How would the care and support you offer differ if Elsie lived in a rural area?

#### Answer guidance:

*You could ask about her dietary intake on a typical day and how she copes in terms of buying and preparing food, you could ask about how she manages her pain.*

*You could ask Elsie to keep a food diary. You could provide nutritional supplements such as build-up drinks and ask Elsie if she requires help to fetch her shopping from a family member, or through referral to social care.*

*A dietician, and social care to assess if she needs additional support to buy and prepare food, and meals on wheels information in the local area.*

*It would not be so easy to pop to the local shops so social care may be involved to see if Elsie needs additional support.*

### Case study 30.3: Roisin

Roisin is three years old and has been admitted to the hospital for an appendectomy. She will usually only eat food when her mother is present. Unfortunately, her mum, who is pregnant with her second baby, has had to be admitted to hospital for bed rest. Roisin’s dad works on an oil platform and will be away from home for three weeks.

How can you encourage Roisin to eat and drink?

Who else could you involve?

#### Answer guidance:

How can you encourage Roisin to eat and drink?

 *Allow Roisin to choose their own cup/crockery colour or character*

 *Use of sticker chart*

 *Use of reward from the “fairy box”*

 *Praise for even small amounts*

 *Goals setting and return to see if accomplished*

 *Use ice lollies instead of fluids if not drinking*

 *Socialise meal times so sitting with other children who are eating*

Who else could you involve?

 *Contact other relatives/carers if possible*

 *Involve play specialist*

### Case study 30.4: Lachlann

Lachlann has just been admitted to your ward. The lunch trolley was removed from the ward an hour ago. Lachlann tells you that he has missed lunch and you are aware that he is diabetic, taking oral hypoglycaemic medication.

 Thinking about your most recent placement area, how would you have got an appropriate lunch for Lachlann?

 If Lachlann’s relatives had brought lunch in for him would you be allowed to re-heat it in a microwave?

 How should food for patients be stored?

#### Answer guidance:

 Thinking about your most recent placement area, how would you have got an appropriate lunch for Lachlann?

*Many hospitals offer out-of-hours food services which can be ordered by completing a form or ringing catering services. Many wards also have basic foods and drinks such as toast or sandwiches in the fridge for such an occasion.*

 If Lachlann’s relatives had brought lunch in for him would you be allowed to re-heat it in a microwave?

*No, sadly not as the food may not be heated correctly and the patient may get burnt or eat undercooked food.*

 How should food for patients be stored?

*It should be sealed and clearly labelled with the patient details and date. Many trusts will provide guidance on their websites about the criteria for which food is accepted and which is prohibited.*