

# Nutrition and Hydration

## Week 7

**Objective** To focus your staff on the importance of adequate nutritional and fluid intake. To reinforce the importance of immediately reporting sudden changes in intake for investigation.

**First** Ask staff how many days it has been since their unit acquired a pressure injury?

- a. If zero, ask how many days in the past week have they been without an acquired pressure injury.
- b. Congratulate each successful day!
- c. Update your Pressure Free Zone tracking wipe-off board.

### Review

- a. Undernourished and dehydrated skin is fragile and dry, causing increased risk for breakdown. Healthy skin is dependent on the intake of a well-balanced diet that includes meat, vegetables, fruits, dairy products and a minimum of 1500 ml of fluids per day (Follow fluid intake orders for each resident. Some may have fluid restrictions.).
  - i. Oral supplements are effective in maximizing nutrition and adding fluids.
  - ii. "Treasure Hunt" ~ Need: old glasses, petroleum jelly, garden/cotton gloves, colorful plate, colored Goldfish® or M&M's®.
- b. The Pressure Points poster and review each

tip.

- c. Explain how the activity of "offering a toast" is especially effective with fluid intake in cognitively impaired residents. Proper etiquette dictates that it would be bad manners to refuse and residents will usually take at least one sip.

### Ask

- a. What kind of changes should you report and investigate?
  - i. Have staff identify a few residents at high-risk and have them explain why.
- b. What can you do differently in your daily routine to increase fluids and nutrition in your residents?

**Emphasize** The importance of encouraging food and fluid intake and monitoring for sudden changes in appetite. Consumption of oral supplements by residents reduces the risk of pressure injury development.

**Lesson** Decreased intake of food and fluids leads to malnutrition and dehydration, placing the resident at a high risk for pressure injury development.

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## Week 7: Educational Demonstration

### Treasure Hunt

**Objective** The participant will experience the difficulties a resident encounters while eating. The safety glasses and gloves replicate vision impairment and arthritis. A time limit placed on “meal time” emphasizes these difficulties.

- The participant applies safety glasses coated with petroleum jelly.
- The participant applies cotton gloves or garden gloves.
- Use a plate with colors similar to colored Goldfish® crackers. Put about 25 colored Goldfish® within the respective colors on the plate.
- Advise the participant that he/she has 30 seconds for meal time. To complete his/her meal, the participant must use this time to pick up each Goldfish® individually and place it on another plate. Time the start and finish of the activity.
- Note if the participant was able to complete their meal and what difficulties they had.

**Lesson** Physical limitations can be a factor in poor nutritional intake. Assist residents to eat as necessary. Understand how residents may feel about their limitations.

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## Week 7: Pressure Zone

Residents at risk for malnutrition and dehydration may have:

- **Sudden illness:** flu, colds, pneumonia, fever, diarrhea, constipation, etc.
- **Long-term illness:** stroke, diabetes, heart failure, etc.
- **Dementia:** cognitive loss, confusion
- **Change in behavior:** combativeness, refusal of care or food, agitated
- **Sadness:** loss of self-worth
- **Open areas:** pressure, skin tears, abrasions
- **Pain**
- **Restraints:** physical and chemical
- **Medication changes**

What you can do:

- **Monitor** intake of food and fluids
- **Encourage** residents to drink every time you provide care; offer a “toast” to encourage fluid intake
- **Assist** with feeding through verbal cueing; spoon feeding, providing fit finger foods, etc.
- **Report behavior changes** immediately
- **Offer snacks and supplements** if inadequate meal intake noted...  
**YOU** know what your residents like!



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