# Chapter 23

**Nutrition Needs** 

## Lesson 23.1

- Define the key terms and key abbreviations in this chapter.
- Explain the purpose and use of the MyPlate symbol.
- Describe the functions and sources of nutrients.
- Describe the factors that affect eating and nutrition.
- Describe OBRA requirements for serving food.
- Describe the special diets and between-meal snacks.

## Lesson 23.1 (Cont.)

- Identify the signs, symptoms, and precautions for aspiration and regurgitation.
- Explain how to assist with measuring food intake.
- Explain how to assist with nutrition needs.
- Explain how to assist with enteral nutrition.
- Perform the procedures described in this chapter.
- Explain how to promote PRIDE in the person, the family, and yourself.

## **Basics of Nutrition**

- Food and water:
  - Are physical needs
  - > Are necessary for life
- A poor diet and poor eating habits:
  - Increase the risk for diseases and infection
  - > Cause healing problems
  - Affect physical and mental function
    - This increases the risk for accidents and injuries.

## **Basic Nutrition**

- Nutrition is the processes involved in the ingestion, digestion, absorption, and use of foods and fluids by the body.
  - Good nutrition is needed for growth, healing, and body functions.
- A nutrient is a substance that is ingested, digested, absorbed, and used by the body.
  - Nutrients are grouped into fats, proteins, carbohydrates, vitamins, minerals, and water.

# **MyPlate**

- The MyPlate food guidance system encourages smart and healthy food choices and daily activity.
  - > The kind and amounts of food to eat daily
  - Gradual improvement
  - Physical activity
  - Variety
  - Moderation
  - > The right amount from each food group band
    - Grains, vegetables, fruits, milk, meat and beans, and oils

## **Nutrients**

- Protein is the most important nutrient.
  - > It is needed for tissue growth and repair.
- Carbohydrates provide energy and fiber for bowel elimination.
- Fats provide energy.
  - They add flavor to food and help the body use certain vitamins.
- Vitamins are needed for certain body functions.
- Minerals are needed for bone and tooth formation, nerve and muscle function, fluid balance, and other body processes.
- Water is needed for all body processes.

# Factors Affecting Eating and Nutrition

- Many factors affect nutrition and eating habits.
  - > Age
  - > Culture
  - > Religion
  - > Appetite
  - > Personal choice
  - Body reactions
  - > Illness
  - Disability

# **OBRA Dietary Requirements**

- The Omnibus Budget Reconciliation Act of 1987 (OBRA) has requirements for food served in nursing centers:
  - > Each person's nutritional and dietary needs are met.
  - > The person's diet is well-balanced.
    - It is nourishing and tastes good.
  - Food is appetizing.
  - > Hot food is served hot and cold food is served cold.
  - > Food is served promptly.

# Serving Food

- Food is prepared to meet each person's needs.
- Other foods are offered if the person refused the food served.
  - Substituted food must have a similar nutritional value to the first foods served.
- Each person receives at least 3 meals a day.
- A bedtime snack is offered.
- The center provides needed assistive devices and utensils.

# **Special Diets**

- Doctors may order special diets for:
  - > A nutritional deficiency
  - > A disease
  - Weight control
  - > To remove or decrease certain substances in the diet
- Regular diet, general diet, and house diet mean there are no dietary limits or restrictions.

## The Sodium-Controlled Diet

- Certain diseases and drugs cause the body to retain extra sodium. Sodium causes the body to retain water.
- With too much sodium:
  - > Tissues swell with water.
  - > There is excess fluid in the blood vessels.
  - > The heart has to work harder.
- Sodium control decreases the amount of sodium in the body.
- Sodium-controlled diets involve:
  - Omitting high-sodium foods
  - Not adding salt when eating
  - Limiting the amount of salt used in cooking

# Diabetes Meal Planning

- Diabetes is a chronic illness in which the body cannot produce or use insulin properly.
- Diabetes is usually treated with insulin or other drugs, diet, and exercise.
- The meal plan involves:
  - Food preferences
  - Calories needed
    - The same amounts of carbohydrates, protein, and fat are eaten each day.
  - > Eating meals and snacks at regular times

# The Dysphagia Diet

- Dysphagia means difficulty swallowing.
  - A slow swallow means the person has difficulty getting enough food and fluids for good nutrition and fluid balance.
  - An unsafe swallow means that food enters the airway (aspiration).
    - Aspiration is breathing fluid, food, vomitus, or an object into the lungs.
- Food thickness is changed to meet the person's needs.

# The Dysphagia Diet (Cont.)

- When feeding a person with dysphagia, you must:
  - Know the signs and symptoms of dysphagia.
  - > Feed the person according to the care plan.
  - > Follow aspiration precautions.
  - > Report changes in how the person eats.
  - Observe for signs and symptoms of aspirations.
    - Report choking, coughing, difficulty breathing during or after meals, and abnormal breathing or respiratory sounds at once.

## Food Intake

- Measured in two ways:
  - > Percentage of food eaten.
  - > Calorie counts.

# Meeting Nutrition Needs

- The following can affect appetite and ability to eat:
  - > Weakness, illness, and confusion
  - > Unpleasant odors, sights, and sounds
  - > An uncomfortable position
  - The need for oral hygiene
  - The need to eliminate
  - > Pain

# Preparing for Meals

- Preparing patients and residents for meals promotes comfort.
- These dining programs are common in nursing centers:
  - Social dining
  - Family dining
  - > Assistive dining
  - Low-stimulation dining
  - Restaurant-style menus
  - > Open-dining

# Serving Meals

- You serve meal trays after preparing patients and residents for meals.
- If food is not served within 15 minutes:
  - Re-check food temperatures.
    - Follow agency policy.
  - > If not at the correct temperature, get a fresh tray.
    - Some agencies allow re-heating in microwave ovens.

# Feeding the Person

- Serve food and fluids in the order the person prefers.
- Offer fluids during the meal.
- Use teaspoons.
- Tell visually impaired persons what is on the tray.
  - > Use the numbers on a clock for the location of foods.
- When feeding visually impaired persons, describe what you are offering.
- Allow time and privacy for prayer.
- Engage the person in pleasant conversation.
  - Allow time for chewing and swallowing.
- Sit facing the person.

## Between-Meal Snacks

- Many special diets involve between-meal snacks.
  - > They are served upon arrival in the nursing unit.
  - > Provide needed utensils, a straw, and a napkin.
  - Follow the same considerations and procedures for serving meal trays and feeding persons.

# Assisting With Special Needs

- When persons cannot eat or drink because of illness, surgery, or injury, the doctor may order:
  - Nutritional support
  - > IV (intravenous) therapy
- Enteral nutrition is giving nutrients into the gastro-intestinal tract through a feeding tube.
  - Gavage is the process of giving a tube feeding.
  - A naso-gastric (NG) tube is inserted through the nose into the stomach.
  - > A gastrostomy tube (stomach tube) is inserted into the stomach.
    - It involves a surgically created opening.

# Feeding Tubes

- Persons with feeding tubes usually are NPO.
  - > Dry mouth, dry lips, and sore throat cause discomfort.
- These comfort measures are common:
  - Oral hygiene, lubricant for lips, and mouth rinses every 2 hours while the person is awake.
  - > Cleaning the nose and nostrils every 4 to 8 hours.
- NG tubes can irritate and cause pressure on the nose.
  - They can change nostril shape or cause pressure injuries.

# Reporting Observations

- Report the following at once:
  - Nausea
  - Discomfort during the feeding
  - Vomiting
  - Distended abdomen
  - Coughing
  - Complaints of indigestion or heartburn
  - Redness, swelling, drainage, odor, or pain at the ostomy site
  - > Fever
  - Signs and symptoms of respiratory distress
  - > Increased pulse rate
  - > Complaints of flatulence
  - Diarrhea

# Preventing Aspiration

- Aspiration is a major risk from tube feedings.
  - > It can cause pneumonia and death.
- Aspiration can occur:
  - During tube insertion
  - > From tube movement out of place
  - From regurgitation (the backward flow of stomach contents into the mouth)
- To assist the nurse in preventing regurgitation and aspiration:
  - Position the person in Fowler's or semi-Fowler's position before the feeding.
  - Maintain Fowler's or semi-Fowler's position according to the nurse's directions and the care plan.
  - Avoid the left side-lying position.