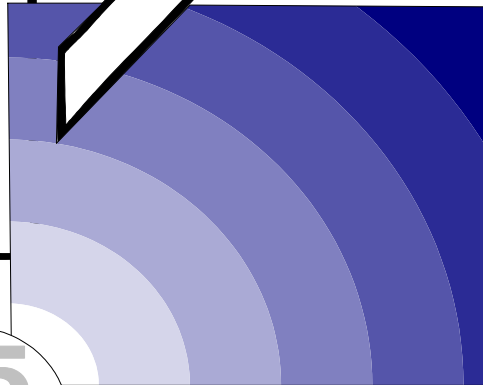
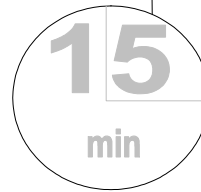


CLIP

15 minute Worksheet



Helping the patient with reduced hydration and nutrition

3: Enriching and fortifying the diet

Intermediate level

Produced by
**Coleman Education
 Centre**
St. Oswald's Hospice
 Regent Avenue, Gosforth
 Newcastle-upon-Tyne
 NE3 1EE

Tel: 0191 285 0063
 Fax: 0191 284 8004

This version written and edited by:
Dorothy Matthews
 Senior Nurse
Lynn Gibson
 Senior physiotherapist
 Northgate Hospital Learning Disability
 Palliative Care Team

Claud Regnard
 Consultant in Palliative Medicine
 St. Oswald's Hospice, Newcastle
 Hospitals NHS Trust and
 Northgate&Prudhoe NHS Trust
Margaret Kindlen, Head of Education
 St. Oswald's Hospice

Development of this worksheet was
 supported by
**the NHS Executive
 BEACON initiative**

Northgate Palliative Care Team
 NHS Beacon site

Aim of this worksheet

To understand how the diet can be enriched and supplemented

How to use this worksheet

- You can work through this worksheet by yourself, or with a tutor.
- Read the case study below, then work on the questions overleaf.
- The work page is on the right side, the information page is on the left.
- Work any way you want: you can try answering from your own knowledge (in which case fold over the information page), you can use the information page (this is not cheating- you learn as you find the information), or you can use other sources of information
- It should take you about 15 minutes. If anything is unclear, discuss it with a colleague.
- If you think any information is wrong or out of date let us know
- Take this learning into your workplace using the activity on the back page.

Case study

Ben is a 33-year-old man, who has moderate learning disability together with hydrocephalus, spastic diplegia, and visual impairment and epilepsy. He enjoys life but his plan to settle in a small group community home was halted when he is diagnosed as having a carcinoma of the kidney with lung metastases. He is normally well nourished but staff are now concerned about maintaining Ben's adequate nutritional status. His Body Mass Index (BMI) is low at 17

Fortifying the diet

Milk: to fortify milk whisk or liquidise 3-4 heaped tablespoons of dried milk powder into a whole (silver top) milk. Try to use at least 1 pint of this 'fortified milk' each day. This seems a lot to take but it can be kept chilled and sipped through the day, and can be used in drinks, e.g., hot chocolate, Horlicks, Bournvita, and Ovaltine, sauces, custard, soups, puddings, on cereals and for milk shakes with flavouring.

Cream: add cream to cereals, porridge, sauces, soups, mashed potato and puddings.

Condensed milk: add to hot and cold puddings.

Evaporated milk: add to sauces, custards, jelly, puddings and coffee.

Cheese: grated cheese can be added to sauces, potatoes, scrambled egg and vegetables or as a topping to soup and lots of savoury dishes.

Eggs: these can be used to make baked custard, beaten into hot puddings, mixed into potatoes for savoury pies or using chopped hard boiled eggs to sprinkle over vegetables or salad.

Butter and margarine: add to potatoes, melt on top of vegetables and pasta, spread thickly on bread.

Mayonnaise: use in sandwiches, with fish and on savoury biscuits.

Sugar: add to drinks, cereals and puddings.

Preserves: use on bread and add to puddings

Dietary supplements

- These may be used to improve an inadequate diet or may be used as a sole source of nutrition if taken in sufficient quantity. They can be used on their own (chilled and sipped through the day) or added to a meal. Savoury supplements can be used as a starter, and sweet supplements can be used as a sweet, while neutral taste supplements can be added to existing foods in the diet.
- Most are called 'complete feeds' since they all provide proteins, vitamins, minerals and trace elements to meet requirements. There is no evidence that one type is any better than another, but they seem to be more effective in those with a BMI less than 20 or in those who are rapidly using weight (Stratton, 1998)
- The dietician can give appropriate advice on the most suitable supplements available. Sip feeds contain whole proteins, hydrolysed fat and carbohydrate. They come in a range of flavours both sweet and savoury and are preserved as:
Powder in a packet – e.g., Complan, Build-Up (can be bought over the counter)
In a can or carton - Entera-high energy drink supplement, Enlive-high energy fruit juice supplements, Ensure supplement.
- Many of these supplements are prescription only from the GP or consultant.

Energy supplements

Carbohydrates (in the form of glucose polymers in powder or liquid form) are virtually tasteless and may be added to many foods. These supplements would be used to increase the energy content of the food e.g. Maxijul.

Making clinical decisions with Ben

The overriding need is for Ben to maintain adequate nutrition and comfort whilst ensuring a good quality of life.

- **Exclude the following as causes:** anxiety or depression, breathlessness, swallowing problems, weakness or disability preventing intake, constipation, nausea and vomiting, infection or odour, drugs (causing nausea, mucosal irritation or gastric stasis), poor food presentation.
- **Is Ben's nutritional status poor or deteriorating?** Consider fortifying and supplementing Ben's diet with the supplements above.
- **Can the anorexia be helped by corticosteroids?** Useful if a brief (1-4 week) effect is wanted. Dexamethasone 2 – 4mg once in the morning may help (see CliP worksheet *The Cachexia Syndrome*).

Write

What easily available foods could you use to add extra calories and nutrients to Ben's food? How could you use them in Ben's diet?

Easily available food	How would you use the food?
eg. cream	eg. add to cereals, porridge, sauces, soups, mashed potato and puddings.

Write

There are many commercial dietary supplements on the market. List as many as you can and how they could add to Ben's diet.

Reflect

Think about how these supplements could be included in Ben's diet

Reflect

Think about how you could help Ben's lack of appetite and poor nutritional intake

FURTHER ACTIVITY: Enriching and fortifying the diet

- Select a patient who has a BMI below 15:
 - plan a daily menu, fortifying their diet with easily available 'store-cupboard' ingredients to boost the nutritional intake.

FURTHER READING: Enriching and fortifying the diet

Journal articles

Lesourd B, Mazari L. Nutrition and immunity in the elderly. *Proceedings of the Nutrition Society*. 1999; **58**(3):685-95.

Stratton RJ, Elia M. Are oral nutritional supplements of benefit to patients in the community? Findings from a systematic review. *Current Opinion in Clinical Nutrition & Metabolic Care*. 2000; **3**(4):311-5.

Wilkes G. Nutrition: the forgotten ingredient in cancer care. *American Journal of Nursing*. 2000; **100**(4):46-51.

Williams J, Copp G. Food presentation and the terminally ill. *Nursing Standard*, 1990; **4**:29-32.

Books and reports

Joint working party of the National Council for Hospice and Palliative Care Services and the ethics committee of the Association for Palliative Medicine of Great Britain and Ireland. Artificial hydration (AH) for people who are terminally ill. *European Journal of Palliative Care* 1997; **4**: 124.

BMA. *Withholding and Withdrawing Life-prolonging Medical Treatment- Guidance for Decision-making*. London: BMJ Publishing Group, 1993.

D.O.H. *The Essence of Care: Patient focused Bench Marking for Health Care Practitioners* London D.O.H., 2001

Mealtime participation guide. Klein M.D., Morris S., Dunn M. Tuscan: Therapy Skill Builders, 1999.

Nutritional oncology Herber H, Blackburn GL, Go VLG. San Diego : Academic Press, 1999.

CLIP

**Current
Learning
In
Palliative care**
An accessible
learning programme
for health care
professionals

Fifty seven 15 minute worksheets are available on:

- An introduction to palliative care (3 worksheets)
- Helping the patient with pain (9 worksheets)
- Helping the patient with symptoms other than pain (11 worksheets)
- Moving the ill patient (2 worksheets)
- Psychological needs (8 worksheets)
- Helping patients with reduced hydration and nutrition (8 worksheets)
- Procedures in palliative care (4 worksheets)
- Understanding and helping the person with alternative communication (learning disabilities) (5 worksheets)
- The last hours and days (4 worksheets)
- Bereavement (3 worksheets)

© 2004

Helping the Patient with Advanced Disease: a Workbook
Regnard C. ed.

Oxford: Radcliffe Medical Press www.radcliffe-oxford.com