



## NUTRITION NEEDS AND CHALLENGES FOR NURSING HOME RESIDENTS

### Learning Objectives:

Using knowledge about abnormal age-related cognitive changes in older adults, the students will be able to:

1. Identify and address unique challenges related to nutrition of older adults in nursing homes: dysphagia, oral health, assistance with eating.
2. Use standardized, evidence-based assessments for nutrition.
3. Implement evidence-based nursing interventions that address nutritional needs and factors that impact nutrition for nursing home residents.

### Student Preparation:

1. *Try This*, Issue #9: Assessing Nutrition in Older Adults\*
2. *Try This*, Issue #18: *Kayser-Jones Brief Oral Health Status Examination\**
3. *Try This*, Issue #20. *Preventing Aspiration in Older Adults with Dysphagia.\**
4. *Try This*, Issue #D11.1. *Eating and Feeding Issues in Older Adults with Dementia, Part I (Assessment).*
5. *Try This*, Issue #D11.2. *Eating and Feeding Issues in Older Adults with Dementia, Part II (Interventions).*

Above resources are available at <http://consultgerirn.org/resources>. Many of the resources also have accompanying articles and videos.

### Student Activities:

1. Assess the food and fluid intake of residents with dementia. Are there any interventions based on what you learned from the readings that could be used with some of the residents to improve their nutritional status?
2. Complete a nutritional assessment for a resident using the Mini-nutritional Assessment tool. Develop a plan for the resident based on the assessment.



UNIVERSITY OF MINNESOTA

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For additional *Quick and Easy* tips, visit:

<http://www.nursing.umn.edu/Hartford/ClinicalTeachinginNursingHomes/ClinicalTeachingResources/index.htm>