

How Hydration and Good Nutrition Can Help Home Care and Long-term Care Patients

**Satellite Conference and Live Webcast
Wednesday, April 22, 2015
2:00 – 4:00 pm central Time**

**Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division**

Faculty

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Malnutrition

- **Faulty nutrition due to inadequate or unbalanced intake of nutrients or their impaired assimilation or utilization**
- **The unhealthy condition that results from not eating enough food or not eating enough healthy food:**
 - **Poor nutrition**

Malnutrition

- **Inadequate nutrition caused by the lack of a balanced diet or by disorders of the digestive system in which the nutrients from food cannot be absorbed properly**

Characteristics Recommended for Identification of Adult Malnutrition

- **Insufficient energy intake**
- **Weight loss**
- **Loss of muscle mass**
- **Loss of subcutaneous fat**

Characteristics Recommended for Identification of Adult Malnutrition

- **Localized or generalized fluid accumulation that sometimes mask weight loss**
- **Diminished functional status**

Assessment of Characteristics

- History and clinical diagnosis
- Clinical signs
- Anthropometric data
- Lab data
- Food / nutrient intake
- Functional assessment

Symptoms of Malnutrition

- Unexplained weight loss
- Feeling tired
- Taking a long time to recover from infections
- Delayed wound healing
- Skin breakdown
- Irritability

Symptoms of Malnutrition

- Poor concentration
- Hard to keep adequate body temperature
- Persistent diarrhea
- Depression

Causes of Malnutrition

- Medical conditions
 - A health condition that disrupts the body's ability to digest food or absorb nutrients
 - A condition that makes swallowing painful or difficult

Causes of Malnutrition

- Condition that causes lack of appetite
 - Cancer
 - Liver disease
 - Persistent pain
 - Persistent nausea

Causes of Malnutrition

- A health condition that requires frequent hospital admissions
- Taking many different types of medications at the same time
- Mental health condition
- Persistent diarrhea
- Persistent vomiting
- An eating disorder

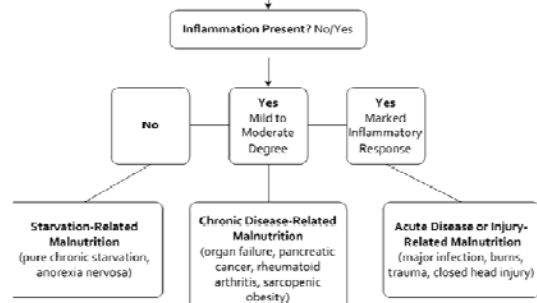
Causes of Malnutrition

- **Physical Factors**
 - Poor oral health
 - Loss of appetite as a result of losing sense of smell and taste
 - Physical disability or other impairment that affects the ability to cook or shop for food

Causes of Malnutrition

- **Social Factors**
 - Living alone and being socially isolated
 - Limited knowledge about nutrition or cooking
 - Reduced mobility
 - Alcohol or drug dependency
 - Low income or poverty
 - Transportation

Nutritional Risk Identified Comprised intake or loss of body mass



Treating Malnutrition

- Treatment depends on the underlying cause and how severely malnourished an individual is
- **Diet changes**
 - Gradual increase of calories, protein, carbohydrates, fluids, minerals and vitamins
 - Oral nutrition supplement

Treating Malnutrition

- If individual has problems swallowing food or liquid
 - Cause of dysphagia
 - Assessment by a Speech and Language Therapist

Treating Malnutrition

- Usage of artificial method of feeding
 - Nasogastric tube
 - Percutaneous endoscopic gastrostomy (PEG)
 - Parenteral nutrition

Who Is At Risk of Malnutrition?

- **Individuals**
 - Who have an acute or chronic condition
 - Elderly
 - Who have a mental health condition (depression)
 - Who have difficulty swallowing

Who Is At Risk of Malnutrition?

- Live in assisted living facilities
- Who are home bound
- Who have difficulty buying groceries

Hydration

- Drinking fluids is essential to stay alive, but how much do we really need?
- What do we need to count in our quest to stay hydrated?

Hydration

- Water is just as essential for your body because it is in every cell, tissue, and organ in your body
- That is why getting enough water every day is important for your health

Tips to Prevent Dehydration

- If the sick person is not eating well, encourage them to drink liquids
 - Avoid alcohol or drinks with caffeine in them such as colas, tea and coffee
- Older adults and people with kidney problems should check with their doctor about safe amounts of liquid to drink when sick

Tips to Prevent Dehydration

- Offer clear fluids such as water, broth, or sports drinks
- Use a squeeze bottle or a straw for people too weak to drink from a cup, or offer ice chips or frozen ice pops to suck on
- Continue to nurse or bottle feed your baby - Babies get all the fluid they need from breastfeeding or formula

What Does Water Do in the Human Body

- Water helps your body in the following:
 - Keeps its temperature normal
 - Lubricates and cushions the joints
 - Protects the spinal cord and other sensitive issues

What Does Water Do in the Human Body

- Helps get rid of waste through urination, perspiration and bowel movements

Additional Water Intake

- Is necessary to:
 - Replace normal urine and insensible fluid losses
 - To replace fluid lost through:
 - Bowel ostomies
 - Fistulas
 - Drainage bags

Additional Water Intake

- Diarrhea
- Emesis
- Excessive oral secretions

Additional Water Intake

- Fluid needs tend to increase with body weight
- Tend to decrease with age
- Need to be adjusted based on diagnosis

Ways to Increase Fluid Consumption in Home Care Individuals

- Have a water bottle for easy access
- Add ice cubes to drinks
- Choose water instead of sugar - sweetened beverages
- To improve the taste, add a wedge of lime or lemon

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