

***The Effects of Liberalized, Nutrient-Dense Menu Choices Offered via a Community Meal Service on Nutritional Status and Satisfaction of Special Care Home Residents at Parkridge Centre, Saskatoon Health Region***

The Effects of Liberalized, Nutrient-Dense Menu Choices Offered via a Community Meal Service on Nutritional Status and Satisfaction of Special Care Home Residents at Parkridge Centre was a project implemented by an interdisciplinary team that shared the common vision of improving the quality of life for residents.

It is well known that poor nutritional status impacts the overall health and thus the quality of life of people. Poor nutritional status has been linked to cognitive decline, falls, and fractures.

Through previous work, we have demonstrated that 49% of the residents in our special care homes were malnourished and diets provided were deficient in several key nutrients, particularly for those receiving texture-modified diets.

This innovative project was aimed at improving the nutritional status and quality of life by providing access to appropriate, appetizing, and nutrient-dense foods for special care residents. We also instituted a liberalized diet approach targeting specific therapeutic diets that negatively affected resident food intake. Mealtime Assistance Training (MAT) was provided to all staff in order to focus on making the necessary changes in the dining rooms to provide a more resident-centered atmosphere at mealtimes.

The methods used to ascertain quality improvement included a pre and post foodservice resident satisfaction survey and body mass index data to assess nutritional risk.

Quality improvement highlights included:

- ❑ Staff friendliness improved from 22% to 90%
- ❑ Hot foods served hot improved from 0% to 40%
- ❑ Variety of foods offered improved from 8% to 66%
- ❑ Food presentation/appearance improved from 4% to 38%
- ❑ Portion sizes being adequate improved from 0% to 76%
- ❑ Food tasting good improved from 9% to 71%
- ❑ Residents at nutritional risk (BMI < 18.5) improved from 13% to 3%

As a direct result of this teamwork, residents at Parkridge Centre were significantly more satisfied in all aspects of foodservice. The residents involved also demonstrated a significant improvement in nutritional risk stratification. Addressing nutritional status, quality of the food provided and the environment in which food is served are central to enhancing quality of life for residents. This work will now be used as a template for improving food services in all special care homes in the Saskatoon Health Region.

Maura Davies CEO

Saskatoon Health Region \_\_\_\_\_ *Maura Davies* \_\_\_\_\_