



Improving mealtime care for people with dementia

A training intervention for care homes

James Faraday

- ❑ Fundamental human activity - important to health and quality of life
- ❑ Good nutrition and hydration can increase longevity and reduce hospital admissions
- ❑ Significant social and emotional aspect

Improving **mealtime care** for people with dementia

A training intervention for care homes



- ❑ People living with dementia at risk of eating and drinking difficulties
- ❑ Impaired physiology – dysphagia
- ❑ Cognitive impact on eating and drinking
- ❑ Various potential complications

Improving mealtime care for **people with dementia** A training intervention for care homes



- Mealtime difficulties prevalent in this setting
- People with dementia often dependent on the care of others
- Good mealtime care be transformational

Improving mealtime care for people with dementia

A training intervention for care homes



- ❑ Focus on process, organisational systems, and structure
- ❑ Lack of training on mealtime care
- ❑ Need for research has been identified



Priority Setting Partnerships



Improving mealtime care for people with dementia

A training intervention for care homes

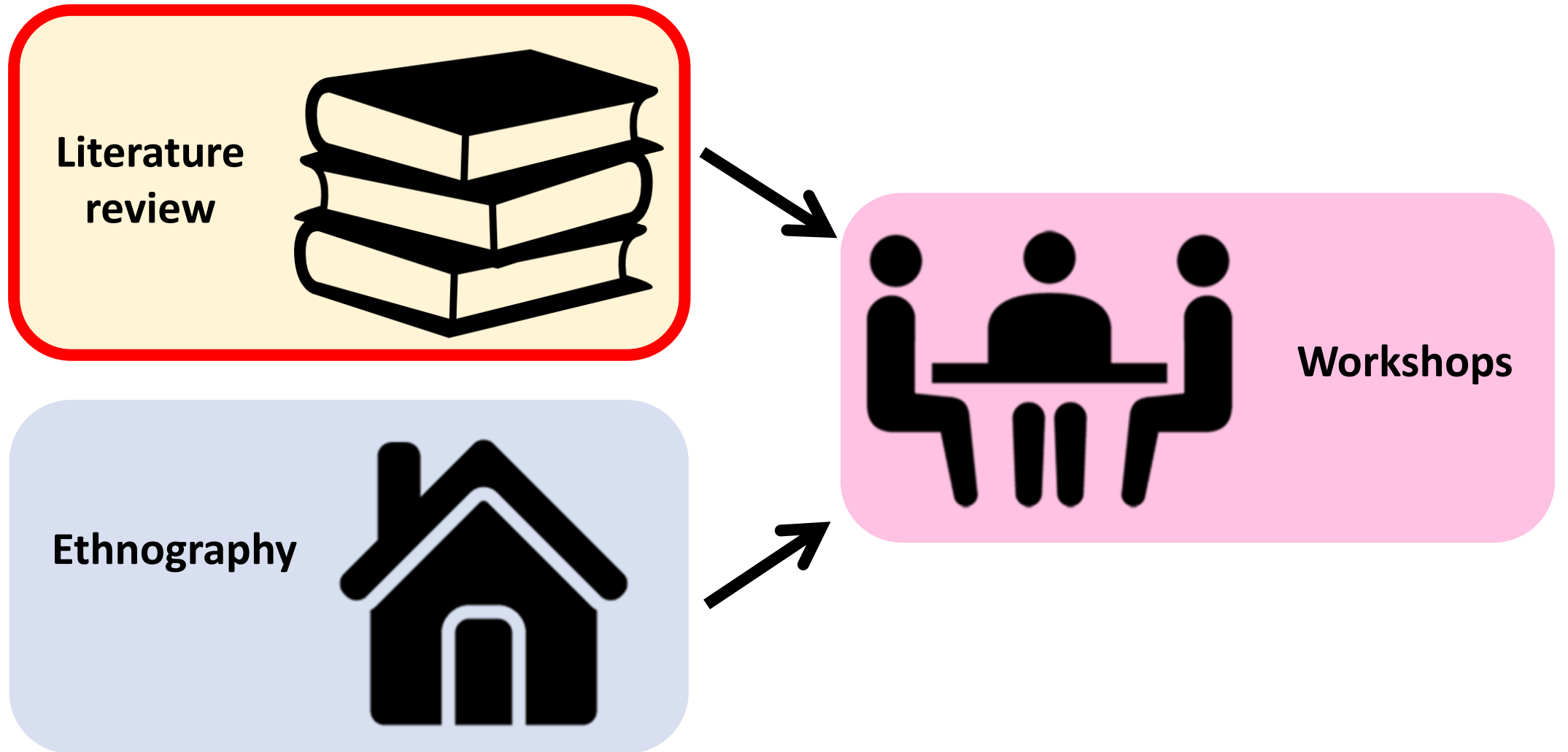




- Mealtimes are important to health and quality of life
- Some people with dementia need support
- The skills and knowledge of carers is key

Research aim To develop a staff training intervention to improve mealtime care for people with dementia in care homes

- Q What is good practice in mealtime care for people with dementia living in care homes?
- Q What are the factors influencing mealtime care for people with dementia living in care homes?
- Q What is the best way to support care home staff to care for people with dementia at mealtimes?



Literature
review



Research studies
(n=18)

Social connection

Tailored care

Empowering the
resident

Responding to
food refusal

Guidelines
(n=9)

Literature
review



Research studies (n=18)

Social connection

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Guidelines (n=9)

Independence

Oral intake

Respect

Safety

Atmosphere

Social well-being

Literature
review



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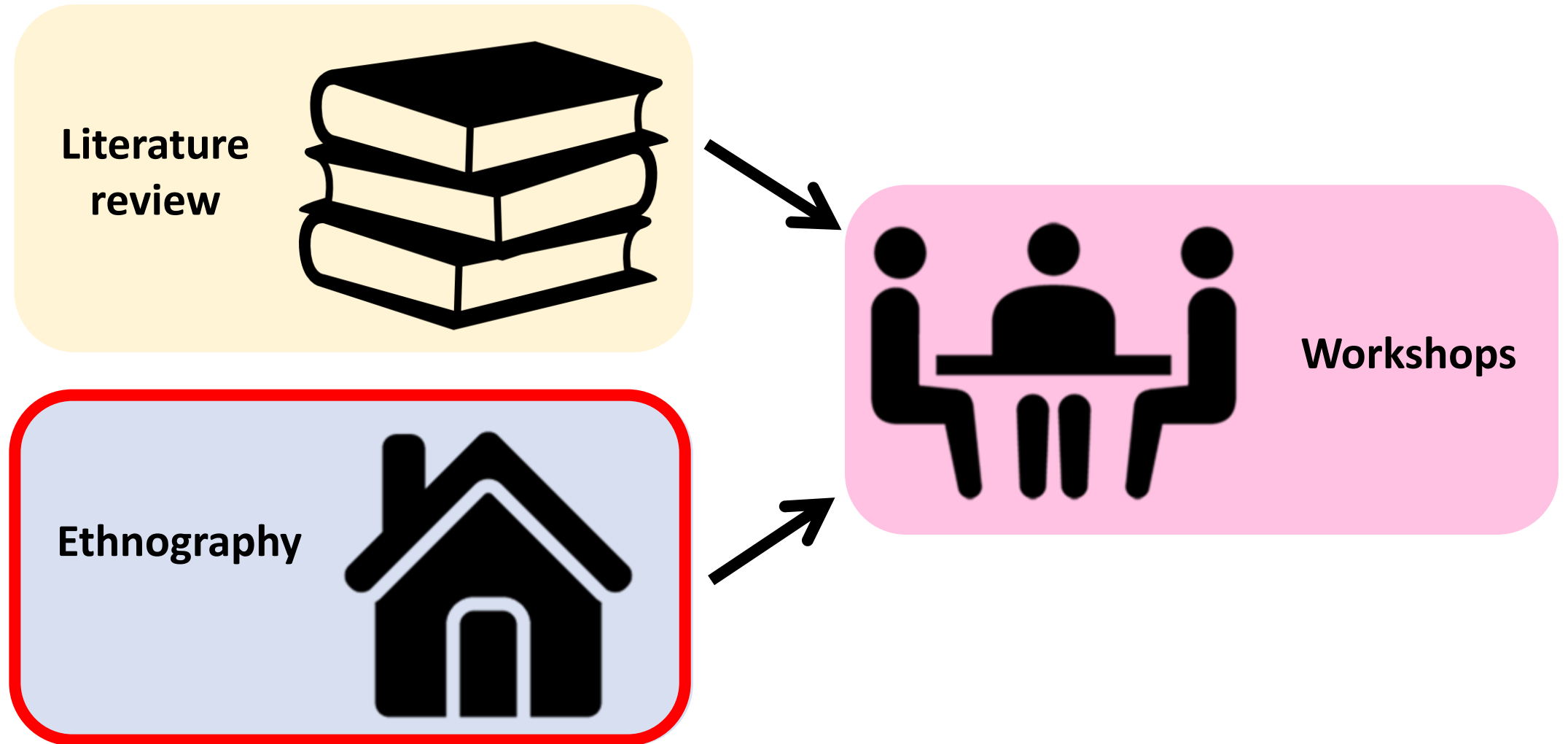
Respect

Safety

Atmosphere

Social well-being

But what actually happens in practice?



Ethnography



Ethical
approval



Engaging
care homes



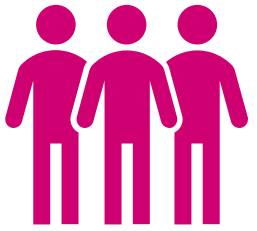
Recruitment
and consent



Ethnography



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95



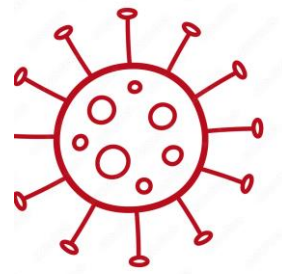
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9



28



Ethnography



Tensions in mealtime care



Choice

**Social
well-being**

Independence

**Adequate
nutrition/hydration**

Ethnography



Tensions in mealtime care



Choice

VS

Social
well-being

“There’ll be times where you can persuade someone to come out of their room because obviously it’s much better when someone’s – it’s just more social, you know...”

[Interview_StaffA06_Home1_10/12/19]

Ethnography



Tensions in mealtime care

“If somebody has a bad day we always get upset and worry about it. Because one thing about caring is wanting somebody to eat well and drink well because, you know, it’s all part of you being well, isn’t it?”

[Interview_StaffA3_Home1_09/01/20]

Independence

VS

**Adequate
nutrition/hydration**

Ethnography



Tensions in mealtime care



Care / home

Ethnography



A person-centred approach

Prognosis

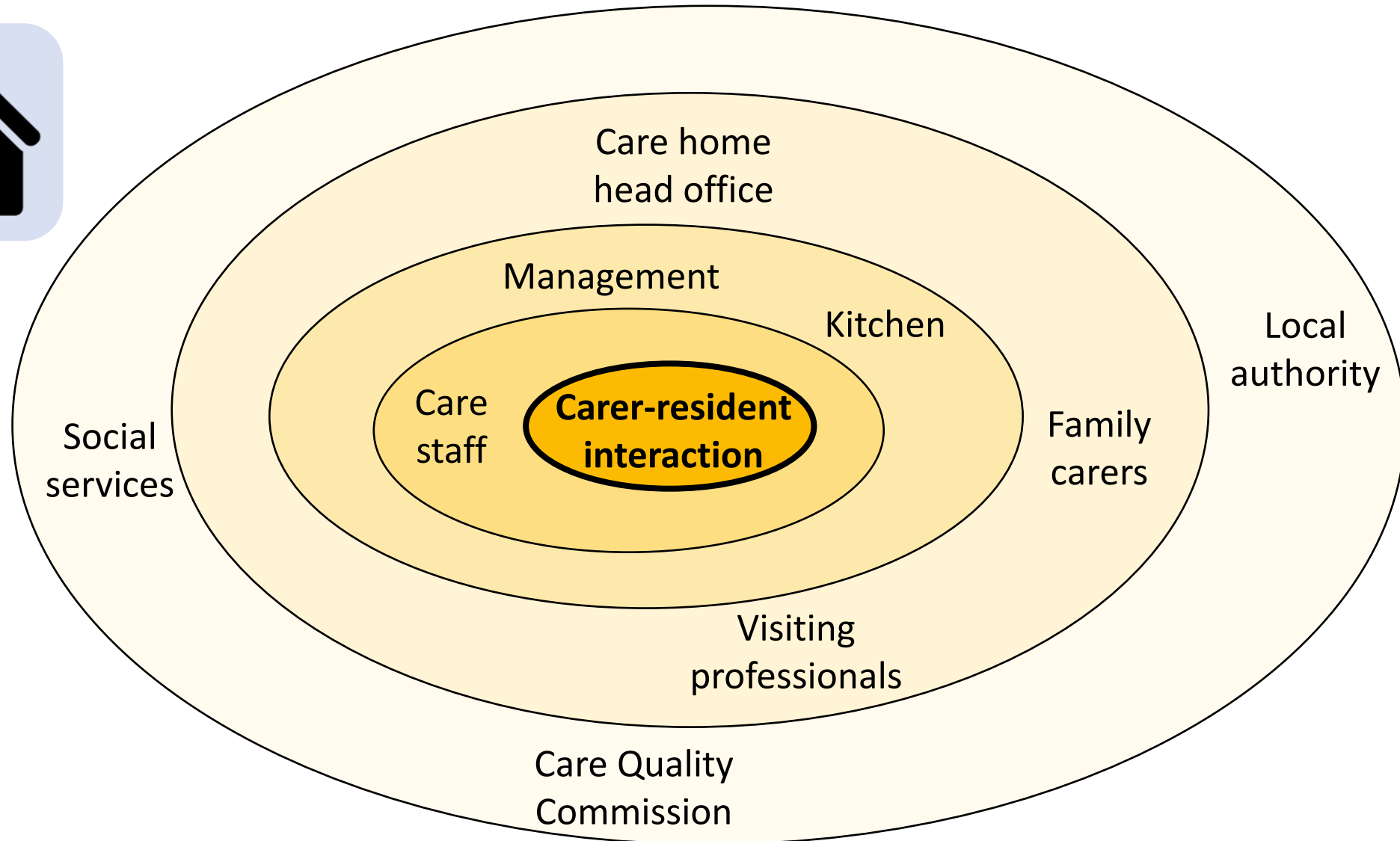
Preferences



Capabilities

History

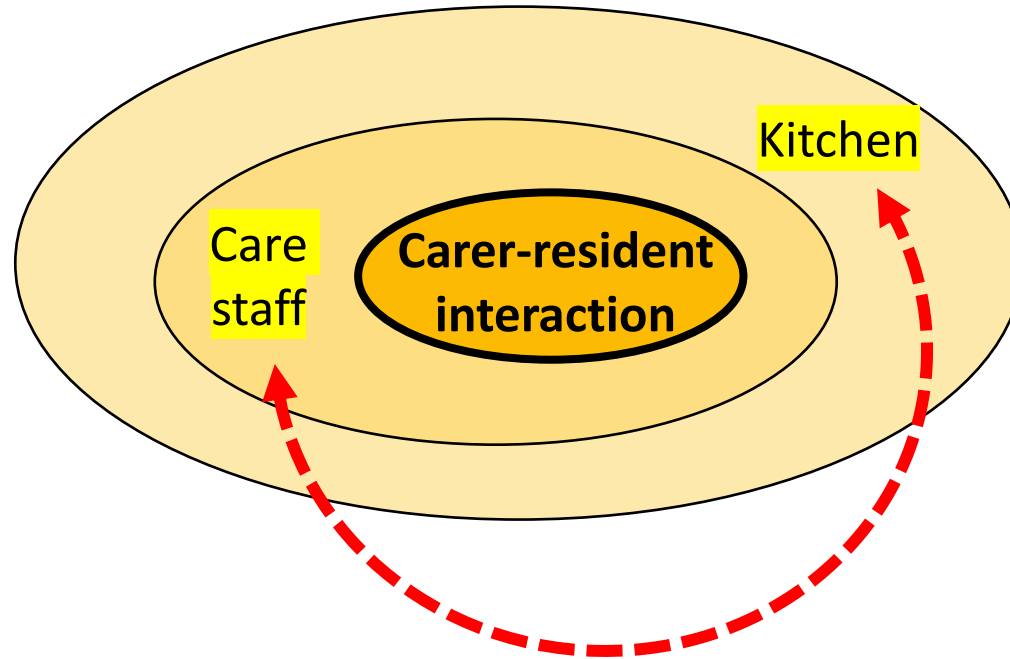
Ethnography



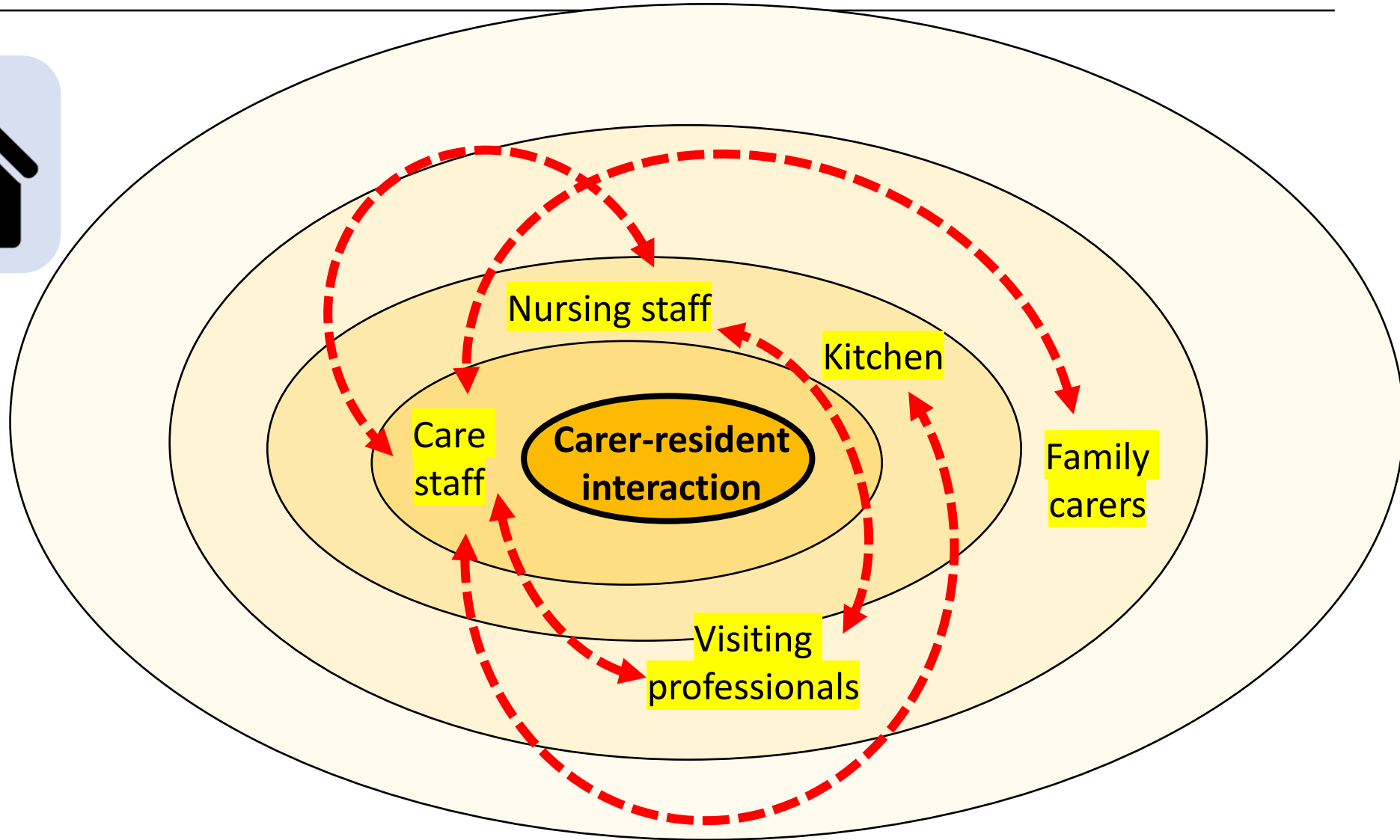
Ethnography

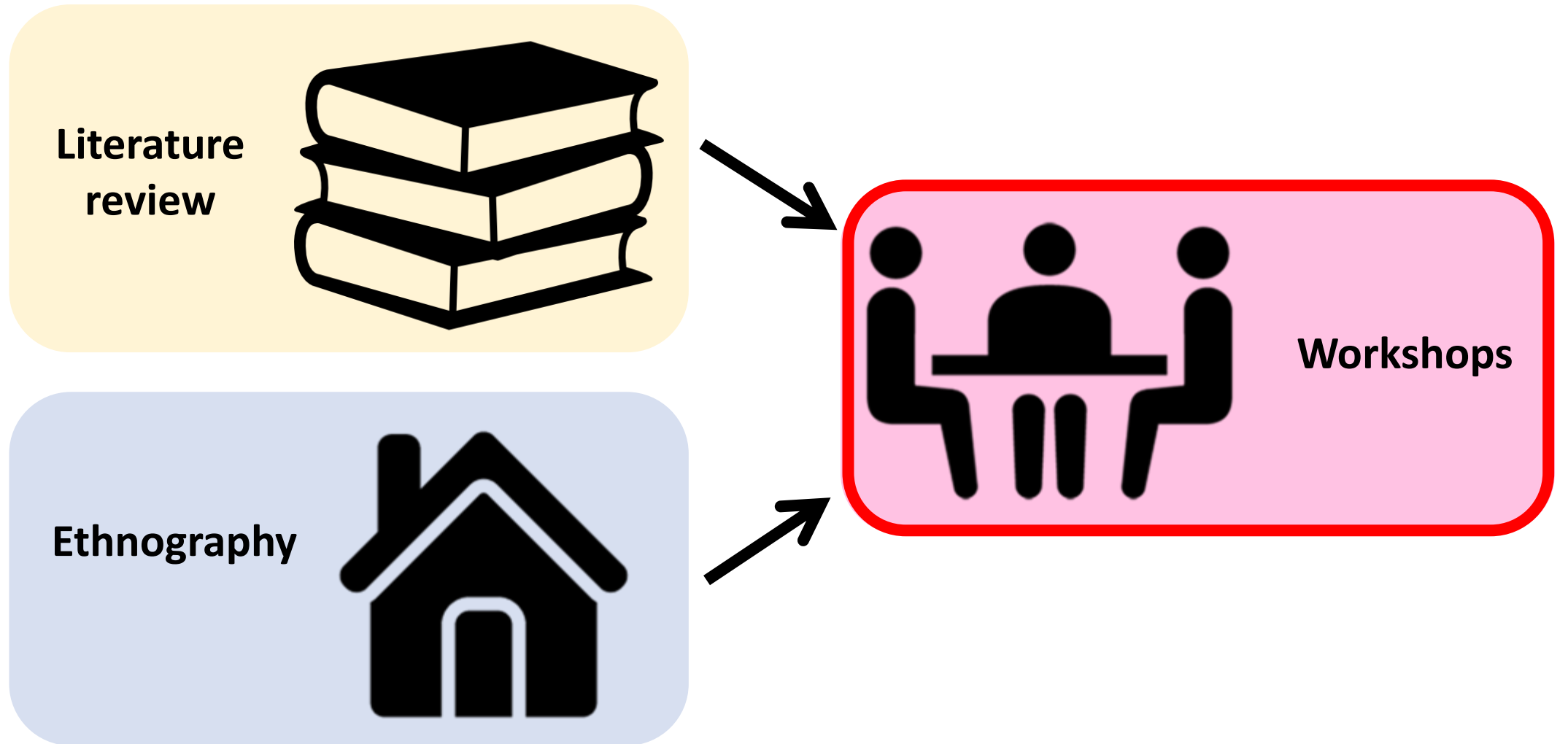


The importance of teamwork



Ethnography







Co-development



Care home managers

Speech and Language Therapists

Care home staff

Dietitians

Family carers

Educationalist



Co-development

- Safety
- Collaborative learning





Improving mealtimes for Improving mealtimes for people with dementia





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Scenario 4 - Billy

10 mins



Billy is having his breakfast – a big bowl of porridge. He looks agitated, and calls one of the carers over. He asks for the salt. “You know I love to have salt on my porridge!” The carer says the salt is in the kitchen, and they’ll go and get it soon. Billy is exasperated. “You say that every time, but I never get any salt! What is going on here?” Billy had a stroke last year. The carers are concerned that salt is bad for him, so they tend not to give it to him.





Questions

- What went well?
- Is there anything you would have done differently?
- Is there anything you are unsure about?
- Can you think of any similar scenarios you've experienced?

Explore any grey areas in more depth. Encourage learners to problem-solve together. Scribe key points onto the flip-chart or whiteboard.





What's Next?

Testing the training

- Is there time for it?
- How much would it cost?
- Does it work?



NIHR

Improving mealtimes for people with dementia

Choice

- Understanding preferences
- Offering choice
- Enabling decision-making



Independence

- Varying assistance
- Setting up for success
- Managing other priorities



Social well-being

- Building relationship
- Understanding interactions between residents
- Creating a social atmosphere



Safety

- Safe mealtime strategies for all
- Monitoring for difficulty
- Working with others

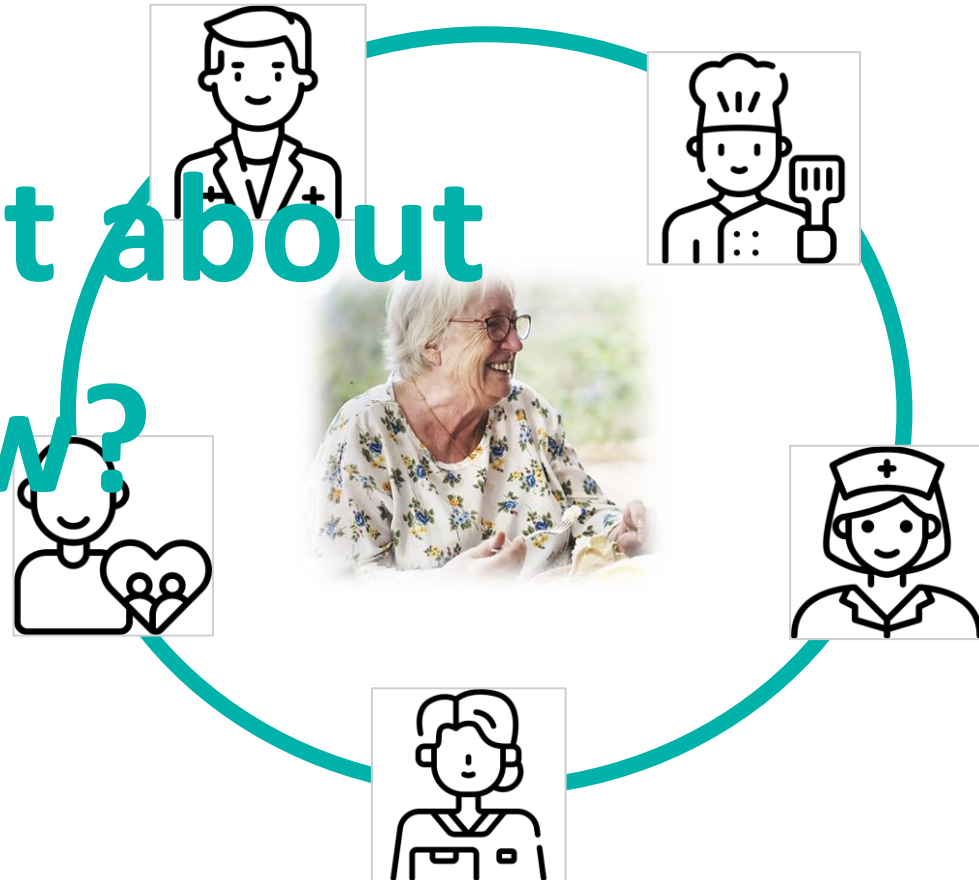


Encouragement

- Problem-solving
- Encouraging without forcing
- Supporting one another



But what about now?



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