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Estia Health Masterclass

By OSCAR Care Group Lead Dietitian, Ella Monaghan



Nutrition Masterclass for Aged Care

The **OSCAR** Care Group dietetic team is proud to be associated with Estia Health's Masterclass series occurring across Australia.

The Masterclass event is designed to showcase the importance of nutrition for elderly Australians, with a focus on the implementation of a high energy high protein (HEHP) food first approach to target and treat malnutrition within residential Aged Care. To ensure that the event was available to all staff, Estia Health encouraged attendance from chefs, care managers and senior management from each Estia Health home to attend.

Evidence indicates that the prevalence of malnutrition is rife within the residential Aged Care sector, with up to 50% of residents identified as being malnourished. Ensuring timely and appropriate dietetic intervention has been shown to improve outcomes for residents who are at risk of malnutrition or are indeed malnourished.

Nutrition Interventions

It is imperative that nutrition interventions are implemented to prevent and treat the rising incidence of malnutrition within the elderly population group.

This is due to the significant clinical consequences associated with malnutrition such as:

- Impaired wound healing
- Increased risk of falls & fractures
- Reduced immunity
- Increased rate of hospital admission & re-admission
- Reduced mobility
- Reduced level of independence requiring greater support & assistance

Regular malnutrition screening

A key component of the Estia Health Masterclass series was focused on the importance of regular malnutrition screening in order to identify residents who may be at risk of malnutrition.

For example, the Mini Nutritional Assessment® (MNA) is a validated screening tool that has been developed to identify malnutrition in older adults consisting of 6 questions, taking less than 5 minutes to complete.

Based on the outcome of the MNA® questionnaire, residents that score between 0–7 indicates that the individual is malnourished, whereas a score between 8–11 indicates that the resident is at risk of malnutrition.

Residents who are identified as malnourished or at risk of malnutrition should be referred to a Dietitian promptly for a comprehensive nutritional assessment.

Mini Nutritional Assessment

MNA®

Nestlé
Nutrition Institute

Last name: First name:
Sex: Age: Weight, kg: Height, cm: Date:

Complete the screen by filling in the boxes with the appropriate numbers. Total the numbers for the final screening score.

Screening

A Has food intake declined over the past 3 months due to loss of appetite, digestive problems, chewing or swallowing difficulties?
0 = severe decrease in food intake
1 = moderate decrease in food intake
2 = no decrease in food intake ☐

B Weight loss during the last 3 months
0 = weight loss greater than 3 kg (6.6 lbs)
1 = does not know
2 = weight loss between 1 and 3 kg (2.2 and 6.6 lbs)
3 = no weight loss ☐

C Mobility
0 = bed or chair bound
1 = able to get out of bed / chair but does not go out
2 = goes out ☐

D Has suffered psychological stress or acute disease in the past 3 months?
0 = yes 2 = no ☐

E Neuropsychological problems
0 = severe dementia or depression
1 = mild dementia
2 = no psychological problems ☐

F1 Body Mass Index (BMI) (weight in kg) / (height in m)² ☐
0 = BMI less than 19
1 = BMI 19 to less than 21
2 = BMI 21 to less than 23
3 = BMI 23 or greater ☐

IF BMI IS NOT AVAILABLE, REPLACE QUESTION F1 WITH QUESTION F2.
DO NOT ANSWER QUESTION F2 IF QUESTION F1 IS ALREADY COMPLETED.

F2 Calf circumference (CC) in cm
0 = CC less than 31
3 = CC 31 or greater ☐

Screening score
(max. 14 points) ☐ ☐

12-14 points: ☐ Normal nutritional status
8-11 points: ☐ At risk of malnutrition
0-7 points: ☐ Malnourished

Save

Print

Reset



Interactive cooking demonstrations

The Estia Health Masterclass event was a fantastic opportunity for attendees to participate in numerous interactive cooking demonstrations. The demonstration focused on simple and cost-effective methods to alter a meal into a dish with greater nutritional value using ingredients such as butter, cream, milk and milk powder to enhance the nutritional quality of meals through to provision of additional energy (kJ) and protein.

The practical hands on demonstrations illustrated the effectiveness of utilising a food first approach in order to tackle malnutrition.



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What is a Food First Approach?

A food first approach is designed to increase the energy (kJ) and protein content of meals without increasing the volume of the meal which is advantageous for residents with small appetites.

A key component of a food first approach is to increase meal satisfaction and enjoyment of consumption. Meals are not only about providing nutrition, mealtimes are associated with a sense of enjoyment, socialisation and the opportunity to remember fond memories from the past regarding food.



There are a range of different ingredients that can be utilised as part of a food first approach to increase the nutritional value of meals.

These include:

- Butter or margarine
- Oil
- Cream
- Milk
- Milk powder
- Eggs
- Custard or ice-cream
- Cheese
- Lentils/legumes



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Masterclass Sessions

Throughout the Masterclass event, Dietitians from OSCAR Care Group provided a comprehensive education session. It covered a range of essential nutrition topics such as;

- Oral nutritional supplements
- Food fortification
- The dining room experience

Following the education session, the OSCAR Care Group dietetic team participated in interactive Q&A sessions with attendees to answer nutrition related questions associated with malnutrition, HEHP diets or food fortification.

To conclude this exceptional Masterclass event, OSCAR Care Group Dietitians assisted Nestlé with an engaging live taste test allowing attendees to trial a variety of food items that had been fortified using nutritional supplement powder in order to enhance the nutritional content of the dish, without increasing the volume.



THANK YOU ESTIA HEALTH

OSCAR Care Group would like to thank Estia Health for the opportunity to participate in the outstanding Masterclass series in order to highlight the importance of a collaborative nutrition approach in order to reduce the rates of malnutrition and unintentional weight loss within our elderly population.



Would you like to arrange a comprehensive Dietetic Education Session at your facility?

For further information regarding Dietetic Education Sessions please contact OSCAR Care Group Lead Dietitian Ella Monaghan via the contact details below.

References

1. Dietitian's Association of Australia: Royal Commission into Aged Care Quality and Safety.
2. Nestlé Nutrition Institute: Mini Nutritional Assessment.



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