



## **In-Service Training**

### **Using Medical Nutritional Supplements**



# LESSON PLAN

## INTRODUCTION

When patients in medical facilities lose weight, enhancing the meals they receive is the first step in preventing more weight loss. Meals can be enhanced using flavors and colorful garnishes. Calorie and protein level in meals can be increased by providing “super cereals” and protein or calorie enriched foods, or more frequent meals. If food enhancements don’t work or meal intake is very poor, adding supplements such as shakes or high calorie, high nutrient supplements may work to stop weight loss. Supplements should be offered between meals, not with meals, to maximize their intake.

## OBJECTIVE

As a result of this session, the foodservice worker will know:

- Three ways to enhance meals to increase food intake.
- Why a therapeutic diet is sometimes discontinued for a resident who is losing weight.
- Why medical nutritional supplements may be needed.

## OUTLINE

- I. Preventing weight loss using food.
- II. Using nutrition supplements to prevent weight loss.
- III. Appropriate interventions for plan of care.

### **I. Preventing weight loss using food:**

- Liberalize diet, discontinuing any therapeutic diet that may affect flavor of meals.
- Enhance flavors by using cinnamon, vanilla, sugar, or other flavoring to increase intake of foods.
- Enhance the appearance of the meals with garnishes and attractive presentation.
- Offer six small meals instead of three large meals.
- Offer double portions if the resident is a good eater.
- Use whole milk and cream when making pudding, oatmeal, casseroles, and gravies to add calories.
- Increase calorie content of foods by adding butter or margarine, non fat dry milk, and cheese to foods.
- Purchase “super foods” or “fortified foods” with caloric enhancements from food service suppliers.

### **II. Using nutrition supplements to prevent weight loss:**

- Purchase shakes or other packaged supplements.
- Different supplements are available: creamy type, fruit beverage type, high calorie supplements that can be mixed into food or beverages.
- Offer shakes and liquid supplements between meals rather than on meal trays to maximize their intake.
- Offer a 2.0 calorie supplement as part of the medication pass.

### **III. Appropriate intervention for plan of care:**

- Monitor residents for weight loss.
- Evaluate PO intake, providing calorie or flavor enhanced foods if indicated.
- Add snacks TID or double portions if indicated.
- If weight loss and/or poor intake continues, add nutrition supplement.

## **ACTIVITY**

Taste test refrigerated shakes, 2.0 med pass, and fruit beverage supplements. Discuss what is liked and disliked about each of the supplements.

## Post-Test:

Name: \_\_\_\_\_

### TRUE OR FALSE

- |   |      |       |
|---|------|-------|
| 1. A liquid nutrition supplement should be the first intervention attempted when a resident is losing weight. | TRUE | FALSE |
| 2. Double portions should be ordered for someone who is losing weight even if they are not eating well.       | TRUE | FALSE |
| 3. If a resident is not eating well, the dietitian might suggest discontinuing a No Concentrated Sweets diet. | TRUE | FALSE |

### MULTIPLE CHOICE

4. Which of the following is not a way to make food more calorie-dense?

- |                   |               |
|-------------------|---------------|
| A. Add whole milk | C. Add water  |
| B. Add sugar      | D. Add butter |

5. Which intervention should be ordered for a resident who is not eating well?

- |                                |                                 |
|--------------------------------|---------------------------------|
| A. Order snacks between meals. | C. Order a shake with meals.    |
| B. Order double portions.      | D. Order a shake between meals. |

## Answers to Test Questions:

1. F
2. F
3. T
4. C
5. D

In-Service Attendance Form

Facility: \_\_\_\_\_

Instructor (s): \_\_\_\_\_

**TOPIC: Using Medical Nutritional Supplements**

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