



## DEER LODGE CENTRE

*Making lives better*

### **Research Project Summary**

**Code: DLC- 08-214**

**Subject areas: Nutrition, Thickened fluids, Supplements**

<b>Title</b>	Use of Thickened Fluids/Supplements in Long Term Care.
<b>Overview</b>	Individuals with dysphagia are commonly provided with oral fluids, thickened to prevent aspiration, while trying to optimize nutrition and hydration status. At Deer Lodge Centre we have been providing residents with a variety of different thickened products, both commercially made and products made on site (for example thickened Ensure). However, through observation and discussion it has been found that often these thickened supplements are not being consumed.
<b>Objectives</b>	To provide appropriate fluids to allow patient / residents needs to be optimally met.
<b>Principal Investigator</b>	Jennifer Machel
<b>Affiliation</b>	Student, University of Manitoba, Food and Nutritional Sciences
<b>Location</b>	DLC
<b>Subject area</b>	Nutrition
<b>Methodology</b>	Interviews with food service and nursing staff.
<b>Project timelines</b>	3 weeks
<b>Potential benefit</b>	We hope to find out that all patients / residents are being adequately hydrated, but if not, why are they not consuming these liquids and, what can we do to improve hydration status, while providing safe and adequate nutrition and hydration.
<b>Status</b>	Completed
<b>Publications</b>	None as of Yet
<b>Last summary update</b>	December, 2008