

Dietitians in Long Term Care

Better Care • Better Health • Better Value

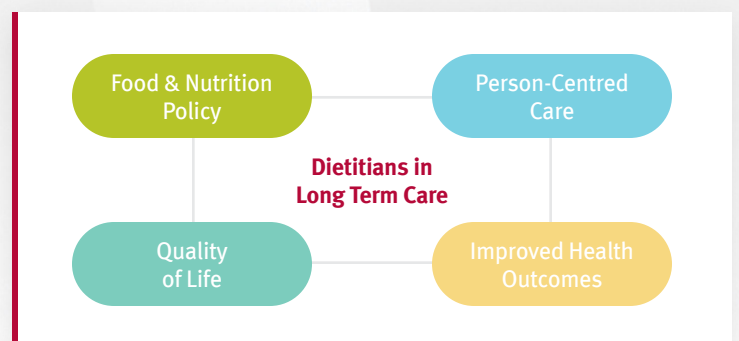


The facts:

- Over 200,000 Canadians live in residential LTC.
 - Most are 80+ years of age ¹
 - 2/3 are diagnosed with dementia and 1/3 have severe cognitive impairment ¹
 - Most have health conditions that are managed by diet (1/4 diagnosed with diabetes, almost 2/3 diagnosed with hypertension) ¹
 - 1/2 require texture-modified diets due to chewing or swallowing issues ¹¹
 - Most are at risk for malnutrition and dehydration ^{2-4, 7,8}
- Malnutrition and dehydration increase risk of:
 - Falls
 - Infections
 - Skin breakdown
 - Poor wound healing
 - Hospital admissions
 - Overall morbidity and mortality ⁵⁻⁸
- Quality of life is significantly affected by mealtime experiences and nutrition status ^{5,6}

Dietitian care improves outcomes

- Studies show that dietitian services contribute to:
 - Improved quality of life ⁹
 - Improved nutritional status and health ⁹
 - Increased meal satisfaction ⁶
 - Improved foodservice operations ¹⁰
- Dietitians **collaborate** with physicians, nurse practitioners, and the entire care team, residents, and families to assess nutrition status and plan individualized care
- Dietitians have expertise in clinical care, LTC **policy and standards**, and menu planning to provide resident-centred care and optimal nutrition
- Dietitians **support** residents and families with comfort care at end of life
- Dietitians **educate** residents, staff, volunteers, and families to support individualized nutrition care



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