

Understanding Nutrition and Hydration



of Aged Care Residents

Presented by

Julie Dundon

Accredited Practicing Dietitian

2.10 NUTRITION AND HYDRATION
EXPECTED OUTCOME:
Residents receive adequate nourishment
and hydration

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Professional Competence with a Caring Attitude

An easy to follow self-learning package that will result in all your staff having the **ability to demonstrate** a basic understanding of the critically important area of Nutrition & Hydration.

This exciting package covers the following four main areas of Nutrition and Hydration:

- Assessing Residents Needs
- Monitoring for problems
- Basic requirements
- Adequate nutrition & hydration

Benefits for your residents

Older people who are able to consume an adequate diet are more likely to:

- .. Have better skin integrity
- .. Have less pressure areas
- .. Have less infections
- .. Maintain bowel function
- .. Maintain better muscle strength
- .. Maintain mental ability
- .. Maintain their level of independence

These are all essential factors when considering an older person's quality of life and should be familiar to all staff working in an aged care environment.

The package contains:

A 17 minute video/DVD

A printed companion manual containing a series of questions that staff are able to answer

An electronic copy of the manual

All for only **\$84.95 VHS** or **\$88.95 DVD** including GST, and postage. You will not find a more economical way of providing all of your staff with this vital training. If you have previously purchased this package in the VHS format and would like to move to DVD you can do so for the special **upgrade** price of **\$31.95**. The upgrade includes a DVD of the video which also contains an electronic copy of the manual.

A little about the Presenter: Julie Dundon

A practicing dietitian for over twenty years in a variety of public and private hospitals Julie has for the past 5 years conducted a private practice with needs of the elderly as a special interest including; weight management, hyperlipidaemia, diabetes and consulting with food services in hospitals and aged care facilities.

She is a strong believer in the need for continuous education and training to ensure that no aspect is missed in this vital area.

2.10 Nutrition & Hydration

Expected Outcome:

Residents receive adequate nourishment and hydration.

This self learning package covers areas that could be linked to the following Expected Outcomes as defined by the Accreditation Standards and set out in the *Quality of Care Principles 1997*

1.7 Inventory and equipment

Expected Outcome

Stocks of appropriate goods and equipment for quality service delivery are available.

2.3 Education and Staff Development

Expected Outcome

Management and staff have appropriate knowledge and skills to perform their roles effectively.

2.4 Clinical Care

Expected Outcome

Residents receive appropriate clinical care.

2.5 Specialised nursing care needs

Expected Outcome

Residents' specialised nursing care needs are identified and met by appropriately qualified nursing staff.

2.7 Medication management

Expected Outcome

Residents' medication is managed safely and correctly.

2.11 Skin care

Expected Outcome

Residents' skin integrity is consistent with their general health.

2.14 Mobility, dexterity and rehabilitation

Expected Outcome

Optimum levels of mobility and dexterity are achieved for all residents.

2.15 Oral and dental care

Expected outcome

Residents' oral and dental care is maintained.

3.5 Independence

Expected Outcome

Residents are assisted to achieve maximum independence, maintain friendships and participate in the life of the community within and outside the residential care service.

3.6 Privacy and dignity

Expected Outcome

Each resident's right to privacy, dignity and confidentiality is recognised and respected.

3.9 Choice and decision making

Expected Outcome

Each resident (or his or her representative) participates in decisions about the services the resident receives and is enabled to exercise choice over his or her lifestyle while not infringing on the right of other people.

4.8 Catering, cleaning and laundry services

Expected Outcome:

Hospitality services are provided in a way that enhances residents' quality of life and the staff's working environment

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