

2018 CSNM Student Competition STUDENT CHALLENGE

Jessa Pruniak Student ID# 56628

CHA Learning Food and Nutrition Management

Date: December 30, 2018

As the Nutrition Manager of a 140 bed home I have been asked to support the work of the Canadian Malnutrition Task Force and promote Nutrition and Hydration week from March 11–17, by hosting a Tea Party for the residents. Canadian Malnutrition Task Force (2018) states “Malnutrition is common in adults admitted to hospital. The recent Nutrition Care in Canadian Hospitals study identified that one in two patients admitted into 18 academic and community hospitals were malnourished on admission. Malnutrition has significant consequences on quality of life and use of the healthcare system.”

Leading up to the Tea Party I would start advertising and promoting the event. Distributing posters throughout the home advertising the Tea Party and the the importance of Nutrition and Hydration. I would add it to the resident newsletter and the resident calender's. Posting it throughout the home in nursing stations and in the employee newsletter so staff are aware of the Canadian Malnutrition Task Force and the upcoming Nutrition and Hydration week. I would also reach out to the homes Dietitian and Public Health to see if they could supply me with any brochures or promotional information that could be set up on the day of the Tea Party. Also I would contact my food supplier and let them know what we are doing in the home for the residents and see if they would like to donate or give any additional items for the Tea Party.

Next I would have a meeting with the six Life-Enrichment staff, eight Volunteers and the Cook that is to help on the day of the Tea Party. The organizing function involves defining fine points of job specifications and determining how work is to be grouped, who is to do the work, how much staff is needed, and how work will be accomplished by using what resources, and how to coordinate activities of individuals and groups (Puckett, 2013). Volunteers and Life-Enrichment staff would assist residents down to the tea party and socialize with the residents

during the event. During the Tea Party colour coded trays will be used to help identify the specific diets and textures. Blue trays of food would be for regular consistency diets, green trays would be for minced diets and red trays would be for the pureed diets. Two Life-Enrichment staff will be designated to serve during the tea party. A seating chart of the residents tables and where each resident sits will be supplied the day of the party, as residents come into the celebration room volunteers will help and assist to the appropriate tables ensuring proper diet textures and fluids are given to the proper residents. The cook the day of the event will be scheduled early so they have efficient time to set up the trays of the food and drinks that will be supplied the day of the Tea Party. The cook will be given the menu of the Tea Party and a complete list of the amount of regular, minced, pureed, diabetic, gluten free and the thickened fluids that is needed.

Developing the menu for the day of the Tea Party will have to include all the requirements for all 140 residents in the home. The menu will have Coffee, tea, variety of fruit juices, soup, egg and tuna sandwiches, fruit salads, cheese and crackers and dessert squares. Malnutrition includes both the deficiency and excess (or imbalance) of energy, protein and other nutrients. In clinical practice, under nutrition, and inadequate intake of energy, protein and nutrients, is the focus. Under nutrition affects body tissues, functional ability and overall health (Canadian Malnutrition Task Force, 2018). Making sure the menu promotes nutrition and hydration is important and that all the items are made for the importance of promoting healthy living.

Now that the Tea Party is planned, properly promoted the residents' staff and volunteers are aware of the event. You have confirmed with everyone that is working on that day of what

their roles are and the goal of the Tea Party. The budget of 600\$ dollars from the administrator was used for the food, paper products and the supplies for table settings and party supplies. A table is set up promoting Nutrition and Hydration and the benefits that it has for everyone. The Tea Party Not only shows your commitment to nutritional care, and improving the nutritional intake for your residents, but it's also a great way to bring people together promote the importance of Nutrition and Hydration and create some memories and to have fun.

### References

CHA Learning Guide and Workbook (2013). Staffing and Organization (Unit 5).

(CMTF), C. M. (n.d.). More-2-Eat Implementation Project . Retrieved

from <http://nutritioncareincanada.ca/research/more-2-eat-implementation-project>

Puckett, R.P . (2013). Chapter 2: Leadership Managing Change. In Food service manual for health care institutions (4<sup>th</sup> ed.)(pp.27). San Francisco, CA: Jossey-Bass

The Long and Winding Road – Creating a New Story of Hospital Food. (n.d.). Retrieved from <https://www.nourishhealthcare.ca/blog/2017/10/10/the-long-and-winding-road-creating-a-new-story-of-hospital-food>