**DAY 11 SUMMARY**

**IMPORTANCE OF NUTRITION**



The desire to have food is called appetite

Food provides us with nutrition

The key nutrients of food are:

* + - Carbohydrates for quick energy
    - Fats for additional energy
    - Proteins for growth and body repair
    - Vitamins and minerals for all round health and immunity

Fluids supply us with water

Water transports nutrients, regulates our body temperature, and helps in eliminating waste

Our food should be a balance of all the required nutrients and fluids

**Maintaining Nutritional Food Value**

To get maximum nutrition from food:

* + Buy fresh produce
  + Stock food only for a few days
  + Use sautéing and steaming for cooking food
  + Limit boiling and baking food
  + Avoid deep frying and microwave cooking
  + Do not reuse oil for frying and sautéing
  + Do not refreeze thawed food
  + Check best before date on packaged food
  + Follow storage and usage instructions on food packages

**Nutritional Issues of the Elder**

* **Digestive Issues**
* **Dental Problems**
* **Loss of Appetite**
* **Lack of Nutrition**
* If the elder has poor digestion, administer medications as prescribed by the doctor
* For elders with dental problems, ensure that their dentures fit well. Grate or blend hard to chew food
* If the elder has a low appetite, ensure correct food texture and try to improve its taste
* To ensure proper nutrition, serve a balanced diet supported by food supplements

**Food and Fluid intake**

To eat healthy and stay healthy:

* + Eat only as much as required
  + Have five to six small meals spread over the day
  + Eat raw vegetables as salad with cooked food
  + Have fruits as snacks between meals
  + Have 2-3 liters of water every day
  + Eat your food in a relaxed manner
  + Keep having fluids throughout the day
  + Eat healthy foods like fresh fruits and vegetables, whole grains, legumes, milk and milk products, dry fruits, eggs, chicken, and lean meat

To eat healthy and stay healthy:

* + Include garlic, honey, and coconut in your food
  + Have steamed, baked, or sautéed food
  + Avoid deep fried, oily, very spicy, and microwave cooked food
  + Avoid foods like tobacco, alcohol, refined flour, white sugar, and excessive tea and coffee

**Body Hygiene of the Elder**

* Wash the elder’s body with soap and water
* Dry the elder’s body thoroughly
* Lubricate the elder’s skin with a moisturizer
* Wash the elder’s hair regularly
* Brush the elder’s teeth twice a day
* Clean the elder’s nose once or twice a day
* Clean the external ear or pinna, every day with a cotton bud
* Encourage the elder to wash hands several times in a day
* Cut the elder’s nails short

**Caring for an Immobilised Elder**

* To facilitate meals for a bedridden elder, use appropriate feeding equipment and serve liquidized food with thick consistency
* Follow proper care and hygiene practices to make bed toileting comfortable
* Give the person a periodic bed bath
* Change their clothes every day
* Comb the elder’s hair every day; encourage the elder to wear makeup and cologne
* For a male elder, shave the elder in bed as required; if the elder keeps a beard, trim it as required
* To prevent bed sores, keep changing the elder’s position every few hours and keep the elder’s skin dry
* Perform passive exercises for the elder
* Wash the person’s hair regularly; consider using a hair washing tray
* Help the elder brush their teeth and clean their tongue twice a day; if the elder wears dentures, brush them like natural teeth twice a day
* Regularly clean the external ear
* Help the elder keep their nose clean
* If the elder under your care uses a nasal- gastric tube or Ryle's tube for feeding, clean the part of the tube coming out of the nose
* Cut the elder’s nails once a week or more frequently, depending on how fast they grow
* Provide the elder with books and magazines of their choice
* Try to get a television put in front of their bed
* Involve them in brain activities and games
* Encourage visits by family and friends
* Encourage the elder to share their life stories with you; listen patiently and appreciate their achievements
* Try to engage in intellectually stimulating conversations with the elder
* If the elder shares any anxieties or negative feelings, listen patiently and try to show the
* positive aspects of their life

Share jokes and try to keep the elder in good cheer

**Giving a Bed Bath**

While giving a bed bath:

* + Be patient and caring
  + Maintain the person’s dignity and privacy
  + Keep the person warm
  + Use water of moderate temperature
  + Wash the face area first
  + Dry and cover each washed area before washing the next area
  + Rinse the washcloth after washing each area
  + Wash all skin fold areas thoroughly
  + Wash the groin area at the last
  + Apply body lotion to moisturize the person’s skin

To wash a person’s hair:

* + Make the person lie on the edge of the bed
  + Tilt the person’s head backwards
  + Use a folded towel to support the person’s neck
  + Place an empty bucket under the person’s head
  + Wet the person’s hair
  + Apply shampoo
  + Rinse the person’s hair and scalp thoroughly
  + Wrap the person’s hair in a towel and dry gently

**Dressing the Elder**

To help an elder dress:

* + Change the elder’s clothes at least once a day
  + Make sure the clothes are clean and well ironed
  + Suggest clothes appropriate for the weather and occasion
  + Involve the elder in choosing their clothes
  + Respect the elder’s privacy and dignity while dressing them
  + Encourage the elder to be as independent as possible

For independent elders:

* + Store the clothes at an easily accessible shelf in the closet
  + Allow the elder privacy to dress

For partially dependent elders:

* + Take out clothes and lay them where the elder can reach them easily
  + Encourage the elder to start dressing from stronger side of the body
  + Help them dress the weaker side of the body
  + Choose front open clothes with buttons or zippers
  + Help the elder tie shoelaces
  + Help the elder comb hair and wear makeup and cologne of their choice

For fully dependent elders:

* + Lay the clothes beside the elder
  + Start undressing from the stronger side of the body
  + Start dressing from the weaker side of the body
  + Undress and dress one part of the body at a time
  + Comb the elder’s hair and apply makeup and cologne of their choice
* **Providing Wheelchair Assistance**
  + At the entrance of the house, ensure a smooth path, a ramp or vertical platform lift, and the threshold thickness of one and half inches or less
  + Inside the house, corridors should be clutter-free and spacious
  + Tile, floorboards, or low pile carpet are ideal for free movement of wheelchair
  + A vertical platform lift or stairway lift can be used to move the elder up and down the stairs
  + The bathrooms may have a walk-in bathtub, lower threshold for shower and a shower chair, railings, and raised toilet seat

When the elder is sitting in the wheelchair:

* + - Ensure the seat belt is fastened
    - Ensure that the elder’s weight is evenly balanced
    - Ensure that the elder’s feet are placed on the footrests
    - When wheelchair is stationary with elder, lock the wheels
    - When outdoors, understand the surroundings, terrain, and manoeuvring wheelchair through paths
    - Use facilities meant for disabled, such as ramps, parking, and restrooms to ensure smooth experience for elder