

Feeding Ill Residents During COVID-19

This tool is a **LIVING DOCUMENT** that will be updated as needed. These are some suggestions to consider for Feeding Ill Residents during COVID-19 as of April 21, 2020.

Please Note: Always refer to your home’s specific recommendations and processes for direction.

Dietitians Are Essential

- Experts in assessing the nutrient needs of the Residents
- Help ensure Residents receive nutrition in the safest way
- Food is emotional – understanding of comfort foods and in turn supporting quality of life
- **Ultimately, the main goal at this is time is to assist with ensuring the Residents are fed and hydrated**

AT ALL TIMES

- **When onsite follow Universal Precautions and use PPE if available**
- **Wash your hands! 20 seconds with good lather**
- **Use 60% alcohol-based hand sanitizer if you cannot hand wash with soap/water**
- **Avoid touching your face, nose, mouth**
- **Cover your mouth/nose when coughing or sneezing with a tissue or sleeve, to reduce spread**
- **Practice Safe Social Distancing**

Many Dietitians have noticed the following trends in Residents with COVID-19:

- Drastic decrease in both food and fluid intake
- Tendency to drink more than consume solid foods
- Some have nausea, vomiting, headaches, swallowing difficulties, increased secretions, shortness of breath, coughing

FEEDING ILL RESIDENTS

RECOMMENDATIONS	SYMPTOMS	SUGGESTED INTERVENTIONS	
CLEAR FLUIDS	Covid-19 / Flu / Respiratory Symptoms / GI Symptoms – nausea, vomiting, diarrhea	Breakfast, Lunch, Dinner <ul style="list-style-type: none"> • Water • Ind. Juice • Clear Broth • Ind. Jello • Ind. Regular Gingerale • Clear Tea 	Snacks x 3 <ul style="list-style-type: none"> • Water • Ind. Juice • Ind. Regular Gingerale • Ind. Jello
	GI Symptoms – nausea, vomiting, diarrhea	Avoid Milk and Milk Products until Symptom Free	

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SUPPLEMENTS Use individually portioned	Covid-19 / Flu / Respiratory Symptoms / GI Symptoms – nausea, vomiting, diarrhea, increased secretions	<ul style="list-style-type: none"> • Offer Boost Fruit Flavoured Beverage in Tetra Pack
	Decreased Intake / Poor Appetite / In place of HEHP interventions	<ul style="list-style-type: none"> • Individual Portion Carnation Instant Breakfast (Contains Lactose) • Tetra Pack of Oral Supplement (Lactose Free)
	Wound Management	<ul style="list-style-type: none"> • Offer Boost Fruit Flavoured Beverage in Tetra Pack • Individual Carnation Instant Breakfast (Contains Lactose) • Tetra Pack of Oral Supplement (Lactose Free) • Add Protein Powder if needed (can be added to Juice, Soups, Cereals and Beverages) • 206 Cookie
	High Fibre	<ul style="list-style-type: none"> • RN to adjust medication as deemed necessary • Individual Fibre Rite if available • High Fibre Juice
REINTRODUCTION OF FOOD AFTER ILLNESS	Refeeding after Illness	<ul style="list-style-type: none"> • Offer Water 6 x per day to promote hydration • Offer comfort foods as residents begins to eat <ul style="list-style-type: none"> ✓ Soup and Crackers ✓ Toast and Jam ✓ Cookies / Biscuits ✓ Individual Ice Cream / Frozen Treats ✓ Individual Pudding ✓ Individual Yogurt ✓ Banana ✓ Applesauce Cups
PROGRESSING TO REGULAR DIET	Refeeding after Illness	<ul style="list-style-type: none"> • Offer Water 6 x per day to promote hydration • Offer meals and snacks as per menu • If two choices are available offer both choices • Allow Resident to refuse • Offer Individually Portioned Ice Cream, Pudding, Chocolate Milk, Yogurt for missed meals • Use pre-portioned options to limit production required

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COMFORT FOOD	Palliative Care	<ul style="list-style-type: none"> • Comfort measures are foremost. • Food and control of food may give comfort and pleasure • Provide food according to the resident's individual wishes as much as possible • Provide food texture and fluid consistency based on resident tolerance and preference • Dietary restrictions based on rationales for prevention and the resident can liberalize treatment of chronic disease with the objectives of maximizing food choice and intake • Offer food choices and accommodate requests wherever possible • Give smaller, more frequent feedings • Offer nutritional supplements. If milk is not well tolerated, offer a fruit juice based nutritional supplement • Encourage fluids. Clear fluids are generally tolerated best • Offer ice chips to alleviate dry mouth
ADDITIONAL OPTIONS	Decreased Intake / Poor Appetite	<p>Offer Ice Water 6 x per day to promote hydration Offer meals and snacks as per menu If two choices are available offer both choices Allow Resident to refuse Offer Individually Portioned Ice Cream, Pudding, Yogurt for missed meals Use pre-portioned options to limit production required</p>

Simplifying Diet Orders for all Residents due to Labour Shortages

- Try to get the majority of Residents on Regular Diets
- Discontinue interventions such as High Energy & High Protein, High Fibre etc.
- Encourage good intake of food and fluids offered
- Use proportioned food items whenever possible to minimize labour

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PRODUCT SUGGESTIONS



Carnation Breakfast Essentials



Nestle Boost Fruit Beverage



Nestle Boost Just Protein
(can be added to Juice, Soups, Cereals and Beverages)



Ice Cream Cups



Yogurt Cups



Greek Yogurt Cups
(for wound healing)



Jell-O Cups



206 Cookies



Magic Cup
(appropriate for thickened fluids)