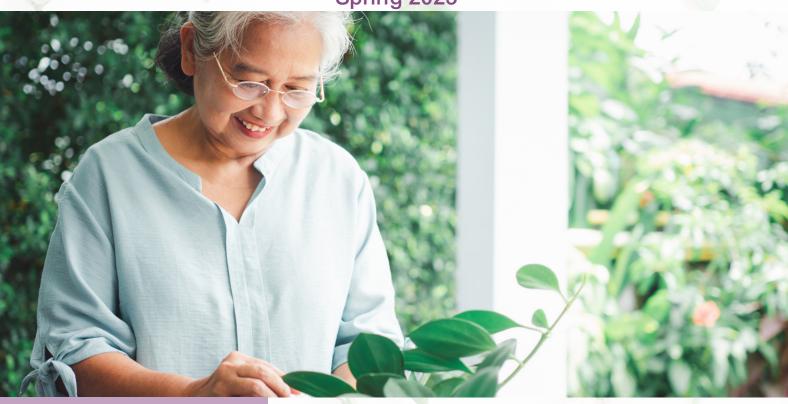


OLDER PEOPLE SPECIALIST GROUP

Spring 2023



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Hello to all OPSG members and welcome to the first newsletter of 2023. As always there is lots happening in the world of older adults and nutrition and this newsletter edition will give you a snapshot into what your committee has been up to.

Our main message to you is "Nutrient Density". The malnutrition food fact sheet has been updated by us and so read on to find out why our practice and focus may need to start changing.

We also launched our own research stream at the BDA Research Symposium 2022. Ruth gives us an overview of the day and a call for action to all our members to spread the word and get submitting your research in time for this year's symposium.

Keep reading for all our news including activities for Nutrition and Hydration Week and make sure you sign up to the annual general meeting which will happen this month. We will review our year for both 2021-2022 and 2022-2023. Make sure you get involved.

MANAGING MALNUTRITION USING A NUTRIENT DENSE APPROACH

When I trained, I learned that for people with or at risk of malnutrition, advising the addition of high-calorie ingredients such as butter, cream and sugar to food was supportive and good practice. Does this sound familiar?

Let's now re-look at the NICE Clinical Guideline 32 Nutrition support for adults: oral nutrition support, enteral tube feeding and parenteral nutrition (2006; updated 2017)

"Healthcare professionals should ensure that the overall nutrient intake of oral nutrition support offered contains a balanced mixture of protein, energy, fibre, electrolytes, vitamins and minerals. Care should be taken when using food fortification which tends to supplement energy and/or protein without adequate micronutrients and minerals."

So perhaps it is reasonable for us to ask ourselves whether we should be recommending that our malnourished patients mainly add extra calories from high-energy foods such as butter, cream and sugar to food without many other nutrients.

Advising on 'nutrient-dense' fortification ingredients and snacks, instead of 'calorie dense' can help encourage the consumption of a wider range of nutrients including energy, protein, vitamins, minerals and fibre. Thus better enabling our patients to meet the aim of NICE CG32 and in my experience much more acceptable to the people we are supporting.

The easiest way to explain why a food ingredient can be considered 'nutrient dense' is whether it is something designed by nature to support a new life e.g. egg (which could potentially 'grow' a baby bird), whole seeds or nuts (from which a new plant could potentially grow) or milk (which would potentially 'grow' a baby animal). If the answer is yes, then this is likely to be a nutrient-dense ingredient.

Food and drinks need to be attractive to look at and palatable to eat and drink so presentation and carefully considering how, and how much foods and drinks are manipulated to increase their nutritional content is key. After all, eating and drinking are important for far more reasons than just the nutrient content they provide.

Alison Smith, OPSG Committee Member

BOA The Association of UK Dietitians

Food Fact Sheet: Spotting and treating malnutrition





SAVE THE DATE!

Join us on Wednesday 22nd March 6-7:30pm for our AGM plus some exciting guest speakers!

Check your inbox for an email with more details about our speakers, AGM, and how to sign up.

or register **HERE**

'NUTRITION IN OLDER ADULTS' RESEARCH STREAM AT THE BDA SYMPOSIUM

The 2022 BDA Research Symposium took place in Birmingham on Wednesday 7th December, returning in person for the first time since 2019 and with a record number of delegates. This year marked the launch of the brand-new Older People Specialist Group supported stream: 'Nutrition in Older Adults', which we were excited to chair and to promote on the day.

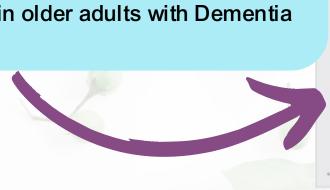
The winning abstract in our stream was awarded to Elaine Penman for her literature review of oral nutritional supplementation parameters for older people in the perioperative phase of fragility hip fracture recovery. Well done Elaine on a fantastic piece of work!

The 'Nutrition in Older Adults' stream will be returning for 2023, providing a forum for sharing practice, fostering collaboration, and promoting the role of nutrition in the field of older adult care. We would very much encourage you to consider submitting your work and sharing your practice within this exciting new stream. Abstract submission for 2023 will open in April 2023 and close in July 2023 with the date of the event to be announced shortly. We look forward to seeing you there!

Ruth S, OPSG Committee Member

PUBLISHED THIS QUARTER

Check out this article by Dove Yu about malnutrition in older adults with Dementia

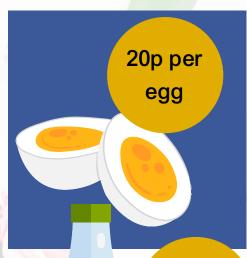


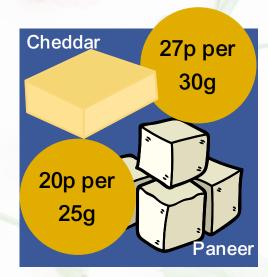


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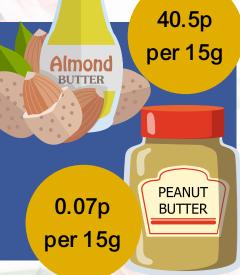
DOES FORTIFICATION COST A FORTUNE?













HAPPY ST DAVIDS DAY!

One of my favourite childhood memories was making, and more importantly, eating Welsh cakes (Picau ar y maen) with my Nanna. A simple recipe cooked on a griddle, that involved getting messy fingers and making fun shapes. Because they cook quickly, they beat the impatience of childhood and very few made it to the biscuit tin. Popular since the 19th century they were once a treat for coal miners because they are the perfect size to be slipped into a coat pocket. On March 1st in Wales, we celebrate St Davids's Day. Welsh cakes will be eaten across Wales today, often dusted with sugar, but on occasion split in half and buttered or served with cream. Today I will be sharing a batch of homemade Welsh cakes with my team at work, to bring a bit of the joy of spring to the work day!

Method

- · Combine the flour, sugar, mixed spice, and baking powder in a bowl.
- · With your fingers, rub in the butter until crumbly.
- Mix in the currants.
- · Work the egg into the mixture until you have a soft dough,
- Add a drop of milk if too dry.
- Roll out the dough on a lightly floured work surface to the thickness of a £1 coin.
- Cut out rounds using a 6cm cutter.
- · Grease a flat griddle pan or heavy frying pan with butter over a medium heat.
- Cook for about 3 mins each side, until golden brown.
- Dust with sugar and enjoy

Recipe

- 225g plain flour
- 85g caster sugar
- ½ tsp mixed spice
- ½ tsp baking powder
- 100g butter, cut into small pieces
- 50g currants
- 1 egg, beaten
- splash milk

Alternative recipe

- 225g plain GLUTEN-FREE flour
- 85g caster sugar
- ½ tsp mixed spice
- ½ tsp baking powder
- 100g DAIRY-FREE spread
- 50g currants
- 3-4 tablespoons of NON-DAIRY milk

If you have resources to share or suggestions for future events, please get in touch. Contact us via our email address or by following us on social media

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