Nutrition and Alzheimer’s Disease

This list is a reviewed collection of items prepared by the Alzheimer’s Association Green-Field Library staff. Contact your local chapter or local library for availability of the items.

On this resource list:

Alzheimer’s Association Publications

Caregiving, Family

Caregiving, Professional

- Artificial Nutrition – Hydration – Tube Feeding
- Meal Strategies
- Nutrition Concerns

Clinical Studies

Training

Alzheimer’s Association Publications

When Internet access is unavailable, copies of the Alzheimer’s Association publications are available by calling (800) 272-3900.

*Alzheimer’s Association dementia care practice recommendations for assisted living residences and nursing homes phases 1 and 2.*
Geared toward staff working in assisted living facilities and nursing homes, these practice recommendations cover fundamentals of dementia care and six priority care practices including food and fluid consumption.
http://www.alz.org/national/documents/brochure_DCPRphases1n2.pdf
Eating.
Chicago, IL: Alzheimer’s Association, 2005. (Topic Sheet)

Caregiving, Family

Articles, Journal

http://www.aafp.org/afp/20001001/1555.html

Green-Field Library does not own.

Nursing assistants can have positive impact on amount of food intake in residents with dementia.
http://www.aafp.org/afp/2000/0101/p221.html
Green-Field Library does not own.

Green-Field Library does not own.

Green-Field Library owns.

http://www.aafp.org/afp/20020415/1605.html
Green-Field Library does now own.

Green-Field Library does not own.

http://www.aafp.org/afp/20040715/343.html
Green-Field Library does not own.
**Book and Book Chapter**

Berg, G. *The importance of food and mealt ime in dementia care: the table is set.*
Green-Field Library does not own.

Crawley, H. *Food, drink and dementia: how to help people with dementia eat and drink well.*
Green-Field Library does not own.

Jones, M. *Nutrition in dementia care.* IN: *Gentlecare: changing the experience of Alzheimer's disease in a positive way.*
Contains chapters on the act of eating, good nutrition, and meals as an activity.
Green-Field Library Call No.: WM 220 J78 1999

Green-Field Library Call No.: WM 220 L911 1999

Green-Field Library Call No.: WM 220 N564 1997

This resource provides basic information on diet, medications, constipation, dining environment, amount and rate of intake, thirst, and maintaining weight for persons with Alzheimer's, while no special diet is required unless there is another condition.
Green-Field Library Call No.: WM 220 A44 2003

Weihofen, D.L.; Robbine, J.; Sullivan, P.A. *Easy-to-swallow, easy-to-chew cookbook: over 150 tasty and nutritious recipes for people who have difficulty swallowing.*
Green-Field Library does not own.

**News article**

*Feeding dementia patients with dignity*
Rabin, R.C.

**Web Resources**

*Common eating problems.*

*Feeding skills for carers of frail elderly.*

*Food for thought: finger food ideas.*

Happy eating project
Benetas, Victoria, AU.

*Healthy and smart eating out.*

*Mealtime.*

*Swallowing difficulty.*
Caregiving, Professional

Artificial Nutrition – Hydration - Tube Feeding


Articles, Journal


Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library does not own.

Pasman, H.; Roeline, W.; Onwuteaka-Philipsen, B.D; et al. Discomfort in nursing home patients with severe dementia in whom artificial nutrition and hydration is forgone. *Archives of Internal Medicine*. Aug 2005; vol. 165(15), pp 1729-1735.
Green-Field Library does not own.

Green-Field Library owns.

Pasman, H.; Roeline, W.; Onwuteaka-Philipsen, B.D; et al. Predictors of survival in nursing home patients with severe dementia in whom artificial nutrition and hydration are forgone. *International Psychogeriatrics*. Jun 2006; vol. 18(2), pp. 227-240.
Green-Field Library owns.

**Book and Book Chapters**

Green-Field Library Call No.: QU 145 M169 2005

Green-Field Library Call No.: WM 450 H477a 1998

**Meal Strategies**

**Articles, Journal**


Green-Field Library owns.

[http://findarticles.com/p/articles/mi_m3830/is_8_54/ai_n15338409/pg_1](http://findarticles.com/p/articles/mi_m3830/is_8_54/ai_n15338409/pg_1)
Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library does not own.

[http://www.findarticles.com/p/articles/mi_m3830/is_5_54/ai_n13813144](http://www.findarticles.com/p/articles/mi_m3830/is_5_54/ai_n13813144)
Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library does not own.
Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library owns.

Psychosocial interventions in five people who display uncooperative and difficult behavior at mealtimes and during self-care are covered in this article.
Green-Field Library does not own.

Green-Field Library does not own.

Green-Field Library owns.

Palmer, J.L.; Metheny, N.A. Preventing aspiration in older adults with dysphagia: aspiration can lead to aspiration pneumonia, a serious health problem for older adults.

Green-Field Library does not own.

Green-Field Library does not own.
Green-Field Library does not own.

Green-Field Library does not own.

Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library owns.

**Videos**

*Injury prevention / preventing choking and aspiration.*
Chicago, IL: Terra Nova Films, Inc., 1996.
1 videocassette (13 min.)
Factors that put a person with dementia at risk, prevention, and practical tools for preventing choking and aspiration are covered in this video.
Green-Field Library Call No.: WA 250 VC no. 745 1996

*Injury prevention / preventing foodbourne illness.*
Chicago, IL: Terra Nova Films, Inc., 1996.
1 videocassette (10 min.)
This video covers the health risks in food preparations for older people and offers techniques to avoid food poisoning.
Green-Field Library Call No.: WA 250 VC no. 746 1996

*Injury prevention / preventing malnutrition.*
Chicago, IL: Terra Nova Films, Inc., 1996.
1 videocassette (11 min.)
The risk factors, symptoms of malnutrition and techniques for improving appetite and eating are covered in this video.
Green-Field Library Call No.: WA 250 VC no. 744 1996
Preventing undernutrition / dehydration and invasive treatments in the geriatric patient.
1 videocassette (17 min.)
This video presents risk factors, preventative strategies, detection, and ongoing assessment of dehydration and malnutrition in geriatric patients.
Green-Field Library Call No.: WT 115 VC no.1008 1995

Unopened milk carton: eating with assistance.
1 videocassette (20 min.)
Demonstrates the ways in which nursing assistants and other caregivers can assist the elderly in feeding themselves.
Green-Field Library Call No.: QU 145 VC no.474 1996

Web Resource

Alzheimer’s Disease: nutrition
New York, NY: WebMD.
http://www.webmd.com/alzheimers/guide/alzheimers-nutrition

Happy eating project
Benetas, Victoria, AU.
Resource for caregivers in meal preparation and eating

Nutrition Concerns

Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library does not own.

Green-Field Library does own.
Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library does not own.

Green-Field Library does not own.

Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library does not own.

Green-Field Library owns.
Book

Green-Field Library does not own.

Clinical Studies

Articles, Journal

Green-Field Library owns.

Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library does not own.


Green-Field Library owns.

Green-Field Library owns.

Green-Field Library owns.

Green-Field Library owns.

Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library owns.
Training

Articles, Journal

Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library does not own.


Green-Field Library does not own.

Green-Field Library does not own.

Green-Field Library does not own.

http://www.asha.org/Publications/leader/2003/030218/030218g.htm

Green-Field Library does not own.
Green-Field Library does not own.

Green-Field Library owns.

**Books and Book Chapter**

*Assisting with nutrition and hydration in long-term care.*
Green-Field Library Call No.: WB 400 A848 2004

*Evaluation of the management of patients with feeding and swallowing problems in Veterans Health Administration facilities.*
Green-Field Library Call No.: WI 250 E92 2006

Green-Field Library Call No.: WM 220 B419 1998

*Planning guide for dementia care at home: a reference tool for care managers.*
Green-Field Library does not own.

Robinson, J. *Help for Alzheimer's caregivers, family, and friends.*
As a registered dietician the author shares information on healthful eating.
Green-Field Library Call No.: WM 220 R662 2006

Walker, B.L.; Cole, C.L. *Assisted dining: the role and skills of feeding assistants.*
Green-Field Library Call No.: WB 400 W177 2003
Vellas, B.; Riviere, S.; Fitten, J. *Weight loss and eating behavior in Alzheimer’s patients.*
Green-Field Library Call No.: WM 220 R432w 1998

**Videos & Kit**

*Aged care: nutrition in an aged-care environment.*
1 DVD (29 min.)
(800) 543-3119
Provides staff with diet information and strategies for getting older people to eat properly. Discusses basic and specific nutritional needs, portion sizes, appropriate meal frequency, avoiding pre-packaged and convenience foods as much as possible, malnutrition-linked ailments seen in elders, and more.
Green-Field Library does not own.

*Bon Appetit: how to create meaningful mealtimes in long-term care.*
2 videocassettes (40 min.)
The focus of this training program is on resident autonomy with an emphasis on identifying the needs of persons with dementia.
Green-Field Library Call No.: WB 400 VC no.734 2001

*Dementia: the power of nutrition in caregiving.*
Bozeman, MT: Montana Department of Public Health and Human Services, 1998. (406) 444-7743
1 kit with videocassette (12 min.)
This kit contains a video, handouts, overheads, a promotional flyer, and a step-by-step guide to a 45-minute presentation.
Green-Field Library Call No.: WM 220 VC no.712 1998

*Dementia and nutrition: helping prevent nutritional and fluid deficiencies.*
(800) 505-3232
1 DVD with guide (24 min.)
This program focuses on helping staff understand the impact of dementia on resident nutrition and ensure that residents eat well, drink enough and achieve their nutritional goals.
Green-Field Library does not own.

*Dining with friends: an innovative approach to dining for people with dementia.*
(888) 337-8808
1 DVD & accompanying material (20 min.)
Provides learning examples for improving the dining experience of frail elders in healthcare facilities.
Green-Field Library does not own.
May I help you? Skills you’ll need as a feeding assistant.
1 videocassette (52 min.)
Program covers getting started, proper feeding techniques, problem behavior, and emergencies. Companion resource to ACHA’s book: Assisted Dining: The Role and Skills of Feeding Assistants.
Green-Field Library Call No.: WB 400 VC no.965 2004.

Mealtime interventions.
1 videocassette (30 min)
A video training program for nursing assistants and home health care aides that covers distractions, behavior, mouth not opening, inability to feed self, resident preparation, set up, monitoring, feeding, and record keeping.
Green-Field Library Call No.: WB 400 VC no.964 2002.

Web Resources

Be A.L.E.R.T. and Be A.W.A.R.E. enteral safety campaign posters.
“The “Be A.W.A.R.E.” campaign posters provide information needed to increase patient safety among medical professionals who deliver medications to hospital patients, including flushing enteral feeding tubes before or between medications, administering multiple drugs together, diluting liquid medication, and more.
http://www.nutritioncare.org/wcontent.aspx?id=2078#Posters

Comprehensive multidisciplinary assessment of the demented nursing home resident with weight loss.
University of Alabama; AlzBrain.org.
http://www.alzbrain.org/pdf

Eating difficulties and dementia.
Alzheimer’s Disease and Related Disorders Association of NSW, Inc.
This Web site provides a chart of more than 30 eating problems in the middle and late stages of dementia and their solutions.

Skill builder: eating and nutrition.
Eldercare On-line’s Alzheimer and Dementia Care Channel.
An in-depth article on the causes of eating problems and techniques for preparing meals and feeding someone who is bed-bound.
http://www.ec-online.net/Knowledge/SB/SBeatnutr.html
Swallowing disorders.
eMedicine.com.
eMedicine.com provides a comprehensive article for healthcare professionals on the anatomy of normal and abnormal swallowing, diagnosis, treatment, and strategies for compensation.
http://www.emedicine.com/pmr/topic152.htm

Nutrition and Alzheimer’s Disease

A selected list of references compiled by
Mary Ann Urbashich, M.A.L.S.

Benjamin B. Green-Field
Alzheimer's Association Green-Field Library and Resource Center
Chicago, IL 60707

Updated 2010