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.

Food and Eating
Chicago, IL: Alzheimer’s Association

Eating.
Chicago, IL: Alzheimer’s Association, 2005. (Topic Sheet)

Caregiving, Family

Articles, Journal

Full-text: http://www.aafp.org/afp/20001001/1555.html
Green-Field Library does not own.

Green-Field Library does not own.

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

Green-Field Library owns.

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

Green-Field Library does not own.

**Book and Book Chapter**


Eating. IN: Bellenir, K. *Alzheimer's disease sourcebook.* Detroit, MI: Omnigraphics, Inc., 2003, pp. 312-313. 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 2008


**News articles**


Web Resources

Eating well for people with dementia
Northern Health and Social Care Trust: Antrim, County Antrim, Northern Ireland
http://www.northerntrust.hscni.net/pdf/Eating_well_with_dementia_leaflet.pdf

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

Mealtime.
Alzheimer’s Society of Canada, CA.

Caregiving, Professional

Artificial Nutrition – Hydration - Tube Feeding

Articles, Journal

Green-Field Library owns.

Cervo, FA; Bryan, L; Farber, S. To PEG or not to PEG: a review of evidence for placing feeding tubes in advanced dementia and the decision-making proves. Geriatrics. Jun 2006; vol. 61(6), pp. 30-34.
Green-Field Library does not own.

Green-Field Library owns.

Full-text: http://www.healio.com/nursing/journals
Green-Field Library owns.


Kuo, S; Rhodes, RL; Mitchell, SL; et al. Natural history of feeding-tube use in nursing home residents with advanced dementia. *JAMDA: Journal of the American Medical Directors Association.* May 2009; vol. 10(4), pp. 264-270. 
Full-text: [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2733212](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2733212)


Full-text: [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2872797](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2872797)


Slaughter, S. Contributions of environment, comorbidity, and stage of dementia to the onset of walking and eating disability in long-term care residents. *Journal of the American Geriatrics Society.* Sep 2012; vol. 60(9), pp. 1624-1631. 
**Book Chapter**


**Meal Strategies**

**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.

**Videos**

*Injury prevention / preventing choking and aspiration.*
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 DVD no.122 2001

*Injury prevention / preventing foodbourne illness.*
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 DVD no.134 2001
Injury prevention / preventing malnutrition.
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 DVD no.125 2001

Preventing undernutrition / dehydration and invasive treatments in the geriatric patient.
Shavertown, PA: Geriatric Video Productions, 1995
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.: WY 152 DVD no.81 1996

Book Chapters

Amella, EJ; Aselage, MB. Mealtime difficulties. IN: Boltz, M. Evidence-based geriatric nursing protocols for best practices.
Green-Field Library Call No.: WY 152 E93 2012

Mentes, JC. Managing oral hydration. IN: Evidence-based geriatric nursing protocols for best practices.
Green-Field Library Call No.: WY 152 E93 2012

Green-Field Library Call No.: WY 152 E93 2012

Green-Field Library Call No.: WY 152 E93 2012
Web Resource

Eating well for people with dementia
Social Care Institute for Excellence: London, UK

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

Nutrition Concerns

Green-Field Library owns.

Green-Field Library owns.

Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library does own.


Book


Clinical Studies

Articles, Journal


Green-Field Library does not own.

Green-Field Library owns.

Green-Field Library owns.

Green-Field Library does not own.

Green-Field Library owns.

**Training**

**Articles, Journal**

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

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

Walker, B.L; Cole, CL. *Assisted dining: the role and skills of feeding assistants.*
Green-Field Library Call No.: WB 400 W177 2003

**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.
Cincinatti, OH: Eldercare Communications Inc., 2008 (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 Call No.: WY 160 DVD no. 158 2010

Eating and Feeding Issues
Chicago, IL, Terra Nova Films, 2009
Older adults with dementia often have an added risk of poor nutrition and hydration. Includes suggestions on when and how often to do an assessment to ensure accuracy as well as insights on how an older adult’s ability to eat is affected.
Green-Field Library Call No.: WY 251 DVD no.89 2009

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

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

Difficulty swallowing (dysphagia)
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.

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.

Nutrition – Best care for older people everywhere, the toolkit: minimizing functional decline for older people in hospital.
Victorian Government Health Information: Victoria, Australia

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
Nutrition and Alzheimer’s Disease

A selected list of references compiled by
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