



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Geriatrics 217

Course Subtitle: Nutrition, Occupational Performance, and the Phenomenology of Food in Later Life

Course Source: Occupational Therapy with Aging Adults: Promoting Quality of Life Through Collaborative Practice by Karen Barney and Margaret Perkinson

Source Description: Look no further for the book that provides the information essential for successful practice in the rapidly growing field of gerontological occupational therapy! Occupational Therapy with Aging Adults is a new, comprehensive text edited by OT and gerontological experts Karen Frank Barney and Margaret Perkinson that takes a unique interdisciplinary and collaborative approach in covering every major aspects of geriatric gerontological occupational therapy practice. With 30 chapters written by 70 eminent leaders in gerontology and OT, this book covers the entire continuum of care for the aging population along with special considerations for this rapidly growing demographic. This innovative text also covers topical issues spanning the areas of ethical approaches to treatment; nutrition and oral health concerns; pharmacological issues; low vision interventions; assistive technology supports; and more to ensure readers are well versed in every aspect of this key practice area. Includes Intra-professional and interprofessional approach to intervention, case studies and more!

Target Audience: OT, OTAs

Course Length: 2 hours

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

At the end of the course, participants will be able to:

- Understand how undernutrition can lead to poor overall health outcomes in older adults
- List three common nutritional deficiencies in older adults
- Understand the role nutrition plays in chronic disease
- Recognize that foods can often interact with commonly used drugs
- Describe appropriate occupational therapy interventions to assist older adults who have feeding problems, including interventions targeting food preparation
- List and explain the use of adaptive devices that can assist frail older adults with self-feeding

- Discuss factors that might impede eating and swallowing and related intervention approaches
- Summarize feeding techniques that caregivers should know to optimally assist an older adult with feeding problems
- Understand the relevance of social, cultural, and personal meanings of food and eating in the everyday lives of older adults
- Discuss gender differences in the meaning of food and eating in later life
- Comprehend various meanings of food among residents in long-term care settings

Outline of Content:

Hour #1

Nutritional Requirements in Older Adults

The Undernourished Older Adult

Consequences of Undernourishment

Common Reversible Medical Causes of Malnutrition

Depression

Nutritional Supplements

Poor Dentition and Oral Health

Refeeding Syndrome

Common Nutritional Problems in Older Adults

Vitamin D Deficiency

Iron-Deficiency Anemia

Vitamin B 12 /Folate (Vitamin B 9) Deficiency

Nutrition in Special Client Populations

Diabetes

Cardiovascular Disease

Congestive Heart Failure

Osteoporosis

Nutrition in Dementia

Reversible Dementia

Nutrition and Prevention of Dementia

Nutrition in Older Adults Diagnosed with Dementia

Nutrition in Long-Term Care Communities

Nutrition in End-of-Life Care

Food and Drug Interactions

The Role of Food in Drug Metabolism

Common Drug-Food Interactions

The Role of Supplements in the Nutrition of Older Adults

Herbal Supplements

The Daily Multivitamin

Occupational Therapy Evaluations for Feeding Disorders

Occupational Therapy Interventions for Feeding Disorders and the Older Adult

Grocery Shopping

Hour #2

Food Preparation

Adaptations for an Older Adult in a Wheelchair

Adaptations for an Older Adult with Low Vision

Adaptations for Energy Conservation

Adaptive Equipment for Food Preparation

Other Food Preparation Options

Feeding

Utensils

Plates and Bowls

Beverage Containers

Positioning Options

Eating and Swallowing

Routine

Caregiver Education

Occupational Therapy: A Holistic Approach

A Phenomenological Approach to Food, Nutrition, and

Frail Older Adults

Frail Persons Living in the Community

Older Community-Dwelling Women

Older Community-Dwelling Men

Meals on Wheels

Food Insecurity

Meanings of Food and Meals in Long-Term Care

General Themes

Eating Is a Metaphor for Living

Meaning of Food Is Intertwined with a Sense of Personhood

Centrality of Social Dimension of Meals

Interface between Autonomy and Dependency

Adjustment

Adaptation

Gender Differences

Women

Men

Food at the End of Life

Summary

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes PDF downloadable course.

See course formats for additional details.

Course Completion Requirements:

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible

CEUs.

AOTA Classification Codes:

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left-hand navigation bar.

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