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 aspect 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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