



Winnipeg Regional
Health Authority

Caring for Health

Nutrition & Food
Services

Office régional de la
santé de Winnipeg

À l'écoute de notre santé

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MEMO

Date: September 18, 2018

To: PCH Leadership Council
PCH Directors of Care
PCH Educators

From: Jean Helps, Regional Clinical Nutrition Manager – Long Term Care

CC: Hana Forbes, Executive Director LTC Program
Joe Puchniak, Director of Operations, LTC Program
Journey of Nutrition Decline Working Group Members

Subject: Journey of Nutrition Decline Resources

The End of Life Committee had identified a need to promote early recognition and communication of resident decline between members of the health care team. This is intended to allow for early engagement of the team and preempt “crisis management”, in which interventions (such as tube feeding) are considered which may not be of benefit to the resident. Conversation about decline and progression of illness in a non-emergent situation promotes informed decision making without the stress of the need for immediate action.

As a result, “The Journey of Nutrition Decline” working group was formed and resources were developed:

- To promote understanding between members of the team and to facilitate conversation with resident, proxy and family. This is intended to prevent a lack of knowledge, uncertainty and discomfort about nutrition decline interfering with health care team conversation with resident, proxy and family.
- To support shared vision between members of the health care team and consistent language when communicating with residents/family.
- To ensure consistent communication between the health care team members, resident and resident’s substitute decision maker/family regarding the changing food and nutrition requirements as a resident’s health status changes during the course of admission and toward end of life.
- To provide the team with evidence informed resources to support conversation with residents, Substitute Decision Maker (proxy) and family regarding anticipated nutrition decline throughout the resident’s stay in PCH (prior to final days of life). These resources are intended to facilitate conversation, not take the place of conversation.

Some general guidelines recommended for the use of these resources are:

- To make resources available for all members of the team to increase knowledge and capacity to address issues related to nutritional decline.
- To have discussion regarding food and nutrition on an as needed basis throughout the course of a resident’s admission in PCH to aid in development of the care plan.
- Any member of the health care team who has capacity may use the resources based on resident, proxy, family need.

Note that two resources have been developed for health care professionals, as indicated in their titles.

Please utilize these resources as works best in your site, such as through your Educator, Nursing Leadership, Social Worker, Spiritual Health Practitioner, Dietitian and Speech Language Pathologist.

Please contact me if you have any questions or comments at jhelps@wrha.mb.ca or 204-831-2527.