

The effect of a multicomponent intervention on meal enjoyment, body weight and quality of life in older nursing home residents

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To investigate whether a multi-component intervention in institutional elderly - which focuses on the product, the client, the social & physical environment and the staff - leads to a higher meal enjoyment and a better nutritional status (...)

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON36128

Source

ToetsingOnline

Brief title

Optimizing meal experience in elderly

Condition

- Other condition

Synonym

Malnutrition; malnourished; undesired weight loss

Health condition

optimaliseren gezondheid + preventie van ongewenst gewichtsverlies (ondervoeding) bij ouderen

Research involving

Human

Sponsors and support

Primary sponsor: Stichting Dienst Landbouwkundig onderzoek -- WUR Food & Biobased Research

Source(s) of monetary or material Support: Ministerie van EL&I

Intervention

Keyword: body weight, elderly, meal enjoyment, multi-component intervention

Outcome measures

Primary outcome

The primary study outcome = body weight

Body weight of the participants is measured each 4 weeks according to a standard protocol.

Secondary outcome

- Quality of life (own perception + perceived by staff and family/ 'mantelzorger')
- Nutritional status via MNA
- Functional status via DEMMI
- Appetite via SNAQ
- Meal experience, participation and perceived choice via an interview
- Use of care, medication and diet products
- Insight into the financial picture based on the use of care, medication and diet products and the health benefits due to the intervention + the required investments regarding optimizing meal enjoyment

Furthermore: personal characteristics such as gender, age, SES, months of stay in institution, main diagnose, dental status, ZZP, medicine use, mental status (MMSE), ADL

Due to the prominent role of personnel, focus group sessions will be held during and after the intervention to get insight into the proces and their experiences regarding implementation of the intervention.

Study description

Background summary

The number of elderly poeple is rising in The Netherlands. The elderly population faces various diseases and disabilities, which relates to high costs for the health care system. Despite the effort put into reducing malnutrition, still 20% of the Dutch elderly are malnourished and 50% is at risk for malnutrition. Malnutrition results in numerous negative consequences regarding to health and wellbeing of the individual, but results again in higher costs for the health care system. The new finance regulation for the Dutch care system asks for a new method of working in nusring homes. Due to the importance of eating properly for health and quality of life, it is important to investigate how an optimal eating experience for elderly can be achieved and what the health consequences are of such an improved meal experience.

Study objective

To investigate whether a multi-component intervention in institutional elderly - which focuses on the product, the client, the social & physical environment and the staff - leads to a higher meal enjoyment and a better nutritional status (reducing undesirable body weight loss), thereby contributing to an optimal quality of life .

Study design

250 elderly living in nursing will participate in a longitudinal intervention with a duration of 6 months. A parallel design is applied, with 125 elderly in the intervention group and 125 elderly as the control group.

Intervention

During the intervention, changes will be implemented at four different levels: product, environment, client (personal) and staff/ personnel. These changes aim to optimize meal enjoyment (at a sensory, environmental and psychological level) to improve nutritional status and quality of life. The participants are exposed to these changes around the meals for six months. At each level, different strategies are applied to optimize meal experience. These strategies form the scientific ground for the intervention; research has shown that these strategies influence meal experience and food intake (evidence-based):

Product level

- increasing the perception of variety (optimal variety and amounts)
- encouraging sensory stimulation
- applying product marketing
- using good-quality and sustainable/ organic food products

Environmental level

- promoting an attractive physical environment
- promoting an attractive social environment
- promoting meal duration and a relaxed atmosphere during meal times

Client level:

- promoting autonomy & choice
- promoting participation
- applying a client-directed approach, tailored to the individual needs of the elderly person

Personnel:

Personnel plays an important role at all three abovementioned levels. The success of the intervention depends for a large part on the personnel, and the space and support they receive for implementing the changes. Therefore, we will train and coach the personnel on meal enjoyment of elderly, with specific attention for the barriers and facilitators that they experience. Therefore the training will be focused on: awareness, knowledge, skills, attitude and enabling factors.

Study burden and risks

The risks associated with participation can be considered negligible and the burden can be considered minimal. There are no invasive measurements. The intervention components that we apply are expected to be beneficial for the residents, as it supports their feelings of self-determination, participation and personal choice, their desire for aesthetics and purposeful living in order to provide them with a pleasant meal experience. By encouraging meal enjoyment,

we strive to optimize the health status of the older and to contribute to their quality of life.

In addition, normal food products are used that follow the regular hygienic and food safety criteria that are valid in the nursing homes.

Furthermore, the researchers will not change any medicine prescriptions or use of diet products; this is not our task; we will only monitor these prescriptions. Body weight will be measured by the regular staff and the DEMMI test will be done under supervision of a physiotherapist. So, there is no additional risk than the normal risks that are present in a nursing home with older people.

The burden is considered negligible, since we interview the clients four times over a period of 10 months. By a respectful approach, the interview may be perceived as a pleasant social activity. In addition, the body weight measurements do not take much time, and are already part of the normal procedure; except the intensity may be a bit higher. Also the DEMMI test will take only 10 minutes at maximum. Also for these two measurements, a respectful and client-centred approach will assist in minimizing the burden.

This study is group-related, since there is no use in doing the study without participation of the somatic clients in nursing homes. This group is very specific in the sense that they are not temporary guests of the nursing home, but they stay there the rest of their life. We need to include their experiences and thoughts in order to interpret the results in a valid way and to use the respectful approach that we aim for in the study.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

- Somatic clients in nursing homes
- Expected stay is 6 months or longer
- Participant has signed the informed consent

Exclusion criteria

- advanced psycho-geriatric disorders, such as Alzheimer, Parkinson or dementia
- informed consent not signed
- short stay (< 6 months) is expected (p.e. due to revalidation)
- ZZP-9 and ZZP-10 clients

Study design

Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)

Primary purpose: Other

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	16-01-2012

Enrollment: 250
Type: Actual

Ethics review

Approved WMO
Date: 10-11-2011
Application type: First submission
Review commission: METC Wageningen Universiteit (Wageningen)

Approved WMO
Date: 15-02-2012
Application type: Amendment
Review commission: METC Wageningen Universiteit (Wageningen)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
CCMO	NL37284.081.11