



Natalie Lim, Dietitian Nlim@mercy.com.au
Chantelle Hutchinson, Speech Pathologist

Dining With Friends

'An enjoyable meal time experience in hospital'

Background

Dining With Friends seeks to promote oral intake, meal enjoyment and address therapy goals related to feeding and communication, by promoting socialisation with a shared mealtime experience.

Dining With Friends on the GEM/Rehab ward at Werribee Mercy Hospital involves inviting patients to eat lunch in the dining room together with two supervising staff. The program has already been successfully established at other hospitals and residential care facilities.



Evaluation and Conclusion

Patient satisfaction surveys were completed before and after the group was held.

The main finding from this project was that patients value the opportunity for socialisation at meal times. Following the trial period we plan to use its momentum to continue straight into establishing it as a permanent program. Given the positive response an aim would be to further increase the frequency of the program to allow for more patients to attend.

References

Abdelhamid A, Bunn D, & Copley M. et al. Effectiveness of interventions to directly support food and drink intake in people with dementia: systematic review and meta-analysis. *BMC Geriatr.* 2016 Jan22; 16: 26.

Markovski K, Nenov A, Ottaway A, Skinner. E. Does eating environment have an impact on the protein and energy intake in the hospitalised elderly? *Nutr Diet.* 2016 Sept; doi:10.1111/1747-0080.12314.

Wright L, Hickson M, Frost G. Eating together is important: using a dining room in an acute elderly medical ward increases energy intake. *J Hum Nutr Diet.* 2006 Feb 19; 19(1):23-26.

Provide multi-sensory stimulation (i.e. sights, sounds, tastes, interactions)

Objectives

Decrease isolation, promote socialisation

Promote oral intake & meal enjoyment

Opportunities to address therapy goals

Support meaningful activity associated with food & drink

Method

1. Literature review
2. Liaised with Western Health to gather information on their Dining With Friends program
3. Objectives and inclusion/exclusion criteria established
4. Consultations with stakeholders including Nursing Staff, Personal Service Assistants, Allied Health Assistants, Speech Pathologist and Dietitian
5. Local Work Instructions developed and surveys collated

