Aged Care Menu Guidelines for Diabetes

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Outline

• Why a focus on diabetes management
• What guidance do we have available?
• How are they different?
• The future of therapeutic diet management in aged care and menu guidelines?
Why focus on diabetes?

- Prevalence – ¼ residents
- Diagnosis more frequent in older adults >65yrs
- Hyperglycaemia independent risk factor for:
  - Falls,
  - Poor wound healing
  - Pressure ulcers
  - Cognitive decline
Historical Management

- “ADA diet”
- Restrictive in Energy and Carbohydrate
- No added sugar
- ADA position statement, 2005
- Increased risk of malnutrition
- Liberalized recommendations for diet

International Diabetes Federation, 2013

• Global Guideline for managing older people with type 2 diabetes, 2013
• Covers all aspects of care incl Nutrition
• Summary;
• Functionally independent – promote healthy weight and eating
• Meal plan can include sugar but excess soft drink and fruit juice should be avoided

http://www.idf.org/guidelines/managing-older-people-type-2-diabetes
Diabetes Outreach Guidelines - SA

• 2012 “Healthy Eating and Diabetes: A guide for aged care facilities”
• Promote regular meals and snacks
• Sugar does not need to be avoided
• Low fat diets are not recommended
• Consistent carbohydrate in meals and snacks
• HE/HP diet should be available

Diabetes Management Guidelines

• Eating Well for Older People – Caroline Walker Trust (*2004 2nd edition*)
• Good clinical practice guidelines for care home residents with diabetes – Diabetes UK (*revision 2010*)
• Menu Audit Tool For Aged Care Facilities, NZ (2010)
• Best Practice Food and Nutrition Manual for Aged Care Facilities (2004)
In Summary

• Low fat diet vs HPHE diet for all residents
• All agree a separate menu not required
• Low sugar drinks to be available but not necessarily as standard
• Desserts and snacks can contain sugar
• Consideration for consistent carbohydrate volumes
Going Forward

• Older adults with diabetes are diverse and heterogeneous in presentation
• Approx 25% older adults with diabetes at risk of under nutrition
• Likelihood that more older adults will be managed in their own homes in future
• Do we need separate guidelines for home based/residential care food services?
Thank you

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