Learning Objectives

MedBridge

*Dysphagia and the Older Adult: Improving Nutrition and Hydration*

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**Course Objectives:**

- Identify specific risk factors for dehydration in the elderly.
- Describe three strategies for improving hydration in the elderly.
- Identify three characteristics of texture modified diets that contribute to nutritional compromise.
- Describe refeeding syndrome as it manifests itself in the elderly.
- Provide a rationale for diet liberalization in elderly skilled nursing facility residents.
- Implement 2-3 strategies to improve endurance in the aging client with dysphagia.

**Chapter 1: Dehydration Prevention and Management**

Chapter one discusses dehydration in the elderly, including how to recognize those at risk. It also provides suggestions for preventing dehydration and strategies to improve hydration in those at risk. The pros and cons of thick liquid utilization in clients at risk for dehydration are also reviewed.

**Chapter 2: Nutrition Issues in the Elderly**

This chapter discusses risk factors for malnutrition with age. The pros and cons of dietary modifications in clients at risk of nutritional compromise are reviewed.

**Chapter 3: Strategies for Improving Nutrition**

The final lecture of this course provides suggestions for improving nutrition in the elderly including supplementation, environmental and dietary modifications, and compensations for low endurance. Additionally, this chapter provides a rationale for diet liberalization in institutionalized elderly clients.

**Chapter 4: Discussion on Thick Liquids**

The final chapter of this course includes a discussion of the use of thick liquids in dysphagia care in real-world clinical scenarios.