

## Nutrition and Alzheimer's Disease

This list is a reviewed collection of items prepared by the Alzheimer's Association Green-Field Library staff. Contact your local chapter or local library for availability of the items.

### On this resource list:

Alzheimer's Association Publications

Caregiving, Family

Caregiving, Professional

- Artificial Nutrition – Hydration – Tube Feeding
- Meal Strategies
- Nutrition Concerns

Clinical Studies

Training

### Alzheimer's Association Publications

When Internet access is unavailable, copies of the Alzheimer's Association publications are available by calling (800) 272-3900.

*Alzheimer's Association dementia care practice recommendations for assisted living residences and nursing homes phases 1 and 2.*

Chicago, IL: Alzheimer's Association National Office, 2006.

Geared toward staff working in assisted living facilities and nursing homes, these practice recommendations cover fundamentals of dementia care and six priority care practices including food and fluid consumption.

[http://www.alz.org/national/documents/brochure\\_DCPRphases1n2.pdf](http://www.alz.org/national/documents/brochure_DCPRphases1n2.pdf)

*Eating.*

Chicago, IL: Alzheimer's Association, 2005. (Topic Sheet)

[http://www.alz.org/national/documents/topicsheet\\_eating.pdf](http://www.alz.org/national/documents/topicsheet_eating.pdf)

## **Caregiving, Family**

### **Articles, Journal**

Ackermann, R.J. Withholding and withdrawing life-sustaining treatment. *American Family Physician*. Oct 1, 2000; vol. 62(7), pp. 1555-1560, 1562, 1564.

<http://www.aafp.org/afp/20001001/1555.html>

Folstein, M. Nutrition and Alzheimer's disease. *Nutrition Reviews*. Jan 1997; vol. 55 (1 Pt 1), pp. 23-25.

Green-Field Library does not own.

Huffman, G.B. Food consumption in nursing home residents. *American Family Physician*. Jan 1, 2000; vol. 61(1), p. 221.

Nursing assistants can have positive impact on amount of food intake in residents with dementia.

<http://www.aafp.org/afp/2000/0101/p221.html>

Green-Field Library does not own.

Hunter, B. On nutrition: how fare the elderly? *Consumers' Research Magazine*. Jun 1998; vol. 81(6), pp. 10-15.

Green-Field Library does not own.

Keller, H.; Edward, H.; Cook, C. Mealtime experiences of families with dementia. *American Journal of Alzheimer's Disease and Other Dementias*. Dec-Jan 2007; vol. 21(6), pp. 431-438.

Green-Field Library owns.

Li, I. Feeding tubes in persons with severe dementia. *American Family Physician*. Apr 15, 2002; vol. 65(8), pp. 1605-1610.

<http://www.aafp.org/afp/20020415/1605.html>

Green-Field Library does now own.

New findings tie vitamin deficiencies with Alzheimer's. *Better Nutrition*. Aug 2001; vol. 63(8), p. 21.

Green-Field Library does not own.

Robertson, R.G. Geriatric failure to thrive. *American Family Physician*. Jul 15, 2004; vol. 70(2), pp. 343-350.

<http://www.aafp.org/afp/20040715/343.html>

Green-Field Library does not own.

## Book and Book Chapter

Berg, G. *The importance of food and mealtime in dementia care: the table is set.*

London, UK: Jessica Kingsley Publishers, 2006. ISBN: 9781843104353.

Green-Field Library does not own.

Crawley, H. *Food, drink and dementia: how to help people with dementia eat and drink well.*

Stirling, Scotland: Dementia Services Development Centre, 2002. ISBN: 9781857691542

Green-Field Library does not own.

Jones, M. Nutrition in dementia care. IN: *Gentlecare: changing the experience of Alzheimer's disease in a positive way.*

Point Roberts, WA: Hartley & Marks Publishers Inc., 1999, pp. 213 - 258.

ISBN: 0881791717.

Contains chapters on the act of eating, good nutrition, and meals as an activity.

Green-Field Library Call No.: WM 220 J78 1999

Lovette, K. Feeding the patient. IN: *Loving care for Alzheimer's patients: practical solutions for caregivers and their families.*

Los Angeles, CA: Health Information Press, 1999, pp. 27-30. ISBN:

1885987161.

Green-Field Library Call No.: WM 220 L911 1999

Newton, L.; Stewart, A. *Finger foods for independence: for people with Alzheimer's disease and others who experience eating difficulties.*

Adelaide, South Australia: Creative State, 1997. ISBN: 0958721009.

Green-Field Library Call No.: WM 220 N564 1997

Nutrition for Alzheimer's disease. IN: Bellenir, K. *Alzheimer's disease sourcebook.*

Detroit, MI: Omnigraphics, Inc., 2003, pp. 235-237. ISBN: 0780806662.

This resource provides basic information on diet, medications, constipation, dining environment, amount and rate of intake, thirst, and maintaining weight for persons with Alzheimer's, while no special diet is required unless there is another condition.

Green-Field Library Call No.: WM 220 A44 2003

Weihofen, D.L.; Robbine, J.; Sullivan, P.A. *Easy-to-swallow, easy-to-chew cookbook: over 150 tasty and nutritious recipes for people who have difficulty swallowing.*

Indianapolis, IN: Wiley Publishing, Inc., 2002. ISBN: 9780471200741.

Green-Field Library does not own.

Weiss, E. *Managing nutrition in dementia care: a supportive approach for caregivers.*

Depew, NY: Alzheimer's Association, Western New York Chapter, 2001.  
Green-Field Library Call No.: WT 115 W429 2001

### News article

*Feeding dementia patients with dignity*

Rabin, R.C.

New York, NY: New York Times Inc., Aug 2, 2010.

<http://www.nytimes.com/2010/08/03/health/03feed.html>

### Web Resources

*Common eating problems.*

Department of Health, Government of Hong Kong, HK.

<http://www.info.gov.hk/elderly/english/healthinfo/selfhelptips/common-e.htm>

*Feeding skills for carers of frail elderly.*

Department of Health, Government of Hong Kong, HK.

<http://www.info.gov.hk/elderly/english/healthinfo/elderly/feeding-e.htm>

*Food for thought: finger food ideas.*

Alzheimer's Society, UK.

[http://www.alzheimers.org.uk/Caring\\_for\\_someone\\_with\\_dementia/Nutrition/fft\\_finger\\_foods.htm](http://www.alzheimers.org.uk/Caring_for_someone_with_dementia/Nutrition/fft_finger_foods.htm)

Happy eating project

Benetas, Victoria, AU.

Resource for caregivers in meal preparation and eating

<http://www.benetas.com.au/access/happy-eating-project>

*Healthy and smart eating out.*

Department of Health, Government of Hong Kong, HK.

<http://www.info.gov.hk/elderly/english/healthinfo/lifestyles/healthyandsmarteatingout-e.htm>

*Mealtime.*

Alzheimer's Society of Canada, CA.

<http://www.alzheimer.ca/en/Living-with-dementia/Day-to-day-living/Meal-time>

*Swallowing difficulty.*

Department of Health, Government of Hong Kong, HK.

<http://www.info.gov.hk/elderly/english/healthinfo/selfhelptips/swallowing.htm>

## Caregiving, Professional

### Artificial Nutrition – Hydration - Tube Feeding

Arinzon, Z.; Peisakh A.; Berner, Y.N. Evaluation of the benefits of enteral nutrition in long-term care elderly patients. *Journal of the American Medical Directors Association*. Nov 2008; vol. 9(9), pp. 657-662.  
Green-Field Library owns.

Feeding tube trends & safety protocols released. *Journal of Gerontological Nursing*. May 2010; vol. 36(5), p. 19.  
Green-Field Library owns.

Gaines, D.I.; Durkalski, V.; Patel, A.; et al. Dementia and cognitive impairment are not associated with earlier mortality after percutaneous endoscopic gastrostomy. *JPEN: Journal of Parenteral & Enteral Nutrition*. Jan-Feb 2009; vol. 33(1), pp. 62-66.  
Green-Field Library does not own.

Gillick, M.R.; Volandes, A.E. Standard of caring: why do we still use feeding tubes in patients with advanced dementia? *Journal of the American Medical Directors Association*. Jun 2008, vol. 9(5), pp. 364-367.  
Green-Field Library owns.

Kuo, S.; Rhodes, R.L.; Mitchell, S.L.; et al. Natural history of feeding-tube use in nursing home residents with advanced dementia. *JAMDA: Journal of the American Medical Directors Association*. May 2009; vol. 10(4), pp. 264-270.  
Green-Field Library owns.

Palecek, E.J.; Mitchell, S.L. Comfort feeding only: a proposal to bring clarity to decision-making regarding difficulty with eating for persons with advanced dementia. *Journal of the American Geriatrics Society*. Mar 2010; vol. 58(3), pp. 580-584.  
Green-Field Library owns.

### Articles, Journal

Baron, M. Tube feeding decisions with end-stage dementia. *Health Care Food & Nutrition Focus*. Sep 2006; vol. 23(9), pp. 3-6.  
Green-Field Library does not own.

Cervo, F.A.; Bryan, L.; Farber, S. To PEG or not to PEG: a review of evidence for placing feeding tubes in advanced dementia and the decision-making proves. *Geriatrics*. Jun 2006; vol. 61(6), pp. 30-34.  
Green-Field Library does not own.

Dharmarajan, T.S.; Unnikrishnan, D. Tube feeding in the elderly. The technique, complications, and outcome. *Postgraduate Medicine*. Feb 2004; vol. 115(2), pp. 51-54, 58-61.  
Green-Field Library does not own.

DiBartolo, M.C. Careful hand feeding: a reasonable alternative to PEG tube placement in individuals with dementia. *Journal of Gerontological Nursing*. May 2006; vol. 32(5), pp. 25-33; quiz 34-35.  
Green-Field Library owns.

Gillick, M.R. The use of advance care planning to guide decisions about artificial nutrition and hydration. *Nutrition in Clinical Practice*. Apr 2006; vol. 21(2), pp. 142-146.  
Green-Field Library does not own.

Pasman, H.; Roeline, W.; Onwuteaka-Philipsen, B.D; et al. Discomfort in nursing home patients with severe dementia in whom artificial nutrition and hydration is forgone. *Archives of Internal Medicine*. Aug 2005; vol. 165(15), pp 1729-1735.  
Green-Field Library does not own.

Pasman, H.; Roeline W; Onwuteaka-Philipsen, B.D.; et al. Forgoing artificial nutrition and hydration in nursing home patients with dementia: Patients, decision making, and participants. *Alzheimer Disease and Associated Disorders*. Jul-Sep 2004, vol. 18(3), pp. 154-162.  
Green-Field Library owns.

Pasman, H.; Roeline, W.; Onwuteaka-Philipsen, B.D; et al. Predictors of survival in nursing home patients with severe dementia in whom artificial nutrition and hydration are forgone. *International Psychogeriatrics*. Jun 2006; vol. 18(2), pp. 227-240.  
Green-Field Library owns.

### Book and Book Chapters

Candio, S.; Re McNamara, J.M.; Stimson, S. *Nutritional concerns and recommendations for Alzheimer's and dementia: a guide for long-term care facilities and special care units*.

Sparta, NJ: Alternative Solutions in Long Term Care, 2005.

This resource can be purchased at

<http://www.activitytherapy.com/store/dietary.html>

Green-Field Library Call No.: QU 145 M169 2005

Hellen, C. Eating and mealtimes: an activity of consequence. IN: *Alzheimer's disease: activity-focused care*.

Boston, MA: Butterworth-Heinemann, 1998, pp. 127-157. ISBN: 0750699086.

Green-Field Library Call No.: WM 450 H477a 1998

Niedert, K.C. *Nutrition care of the older adult: a handbook for dietetics professionals working throughout the continuum of care*. Chicago, IL: American Dietetic Association, 2004. ISBN: 0880913320. Green-Field Library does not own.

## Meal Strategies

### Articles, Journal

Altus, E.D.; Engleman, K.K.; Mathews, R.M. Using family-style meals to increase participation and communication in persons with dementia. *Journal of Gerontological Nursing*. Sep 2002; vol. 28(9), pp. 47-53. Green-Field Library owns.

Amelia, E.J. Feeding and hydration issues for older adults with dementia. *Nursing Clinics of North America*. Sep 2004; vol. 39(3), pp. 607-623. Green-Field Library owns.

Beattie, E.R.; Algase, D.L.; Song, J. Keeping wandering nursing home residents at the table: improving food intake using a behavioral communication intervention. *Aging & Mental Health*. Mar 2004; vol. 8(2), pp. 109-116. Green-Field does not own.

Cassens, D.; Johnson, F.; Keelan, S. Enhancing taste, texture, appearance, and presentation of pureed food improved resident quality of life and weight status. *Nutrition Reviews*. Jan 1996; vol. 54(1 Pt. 2), pp. S51-S54. Green-Field does not own.

Chappetta, B.; Deering, C.; Darlington, D. New diets for people with dysphagia: caregiver's attitudes and presentation of food can make a program succeed or fail. *Provider*. Apr 1999; vol. 25(4), pp. 53-55. Green-Field Library owns.

Cleary, S. Using environmental interventions to facilitate eating and swallowing in residents with dementia. *Canadian Nursing Home*. Jun 2000; vol. 20(2), pp. 5-12. Green-Field Library does not own.

Cleary, S.; Hopper, T.; Forseth, M.; et al. Using routine seating plans to improve mealtimes for residents with dementia. *Canadian Nursing Home*. Oct 2008; vol. 19(3), pp. 4-7. Green-Field Library does not own.

Coyne, M.L.; Hoskins, L. Improving eating behaviors in dementia using behavioral strategies. *Clinical Nursing Research*. Aug 1997; vol. 6(3), pp. 275-290. Green-Field Library does not own.

Crogan, N.L.; Evans, B.; Severtsen, B.; et al. Improving nursing home food service: uncovering the meaning of food through residents' stories. *Journal of Gerontological Nursing*. Feb 2004; vol. 30(2), pp. 29-36.  
Green-Field Library owns.

Curfman, S. Managing dysphagia in residents with dementia. *Nursing Homes Long Term Care Management*. Aug 2005; vol. 54(8), pp. 19-20, 22+.  
[http://findarticles.com/p/articles/mi\\_m3830/is\\_8\\_54/ai\\_n15338409/pg\\_1](http://findarticles.com/p/articles/mi_m3830/is_8_54/ai_n15338409/pg_1)  
Green-Field Library owns.

Dementia specialist brings personal touch to mealtimes. *Nursing Standard*. Apr 2009; vol. 23(31), pp. 8-14.  
Green-Field Library does not own.

Denney, C. Quiet music – an intervention for mealtime agitation. *Journal of Gerontological Nursing*. Jul 1997; vol. 23(7), pp. 16-23.  
Green-Field Library owns.

Dolhi, C.; Rogers, J.C. Dementia, nutrition, and self-feeding: a systematic review of the literature. *Occupational Therapy in Health Care*. Jul 29, 2001; vol.15 (3/4), pp. 59-87.  
Green-Field Library does not own.

Dorner, B. Nutrition for the dementia resident: how to handle common challenges. *Nursing Homes Long Term Care Management*. May 2005; vol. 54(5), pp. 29-30.  
[http://www.findarticles.com/p/articles/mi\\_m3830/is\\_5\\_54/ai\\_n13813144](http://www.findarticles.com/p/articles/mi_m3830/is_5_54/ai_n13813144)  
Green-Field Library owns.

Dorner, B.; Neidert, K.C.; Welch, P.K. Position of the American Dietetic Association: liberalized diets for older adults in long term care. *Journal of the American Dietetic Association*. Sep 2002; vol. 102(9), pp. 1316-1323.  
Green-Field Library does not own.

Evans, B.C.; Crogan, N.L.; Shultz, J.A. The meaning of mealtimes: connection to the social world of the nursing home. *Journal of Gerontological Nursing*. Feb 2005; vol. 31(2), pp. 11-17.  
Green-Field Library owns.

Finley, B. Nutritional needs of the person with Alzheimer's disease: practical approaches to quality care. *Journal of the American Dietetic Association*. Oct 1997; vol. 10(Suppl. 2), pp. S177-S180.  
Green-Field Library does not own.

Hargreaves, T. Nutritional issues for people with dementia. *Nursing & Residential Care*. Mar 2008; vol.10(3), pp. 118-119.  
Green-Field Library does not own.



Hicks-Moore, S.L. Relaxing music at mealtime in nursing homes: effects on agitated patients with dementia. *Journal of Gerontological Nursing*. Dec 2005; vol. 31(12), pp. 26-32.

Green-Field Library owns.

Jean, L.A. Finger food menu restores independence in dining. *Health Care Food and Nutrition Focus*. Sep 1997; vol. 14(1), pp. 4-6.

Green-Field Library does not own.

Knopman, D.S. Mediterranean diet and late-life cognitive impairment: a taste of benefit. *JAMA: Journal of the American Medical Association*. Aug 2009; vol. 302(6), pp. 686-687.

Green-Field Library owns.

Kayser-Jones, J.; Schell, E. Mealtime experience of a cognitively impaired elder: ineffective and effective strategies. *Journal of Gerontological Nursing*. Jul 1997; vol. 23(7), pp. 33-39.

Green-Field Library owns.

Moniz-Cook, E.; Stokes, G.; Agar, S. Difficult behaviour and dementia in nursing homes: five cases of psychosocial intervention. *Clinical Psychology and Psychotherapy*. May 27, 2003; vol. 10(3), pp. 197-208.

Psychosocial interventions in five people who display uncooperative and difficult behavior at mealtimes and during of self-care are covered in this article.

Green-Field Library does not own.

Ney, D.M.; Weiss, J.M.; Kind, A.J.H.; et al. Senescent swallowing: impact, strategies, and interventions. *Nutrition in Clinical Practice*. Jun-Jul 2009; vol. 24(3), pp. 395-413.

Green-Field Library does not own.

Nijs, K.A.; de Graaf, C.; Siebelink, E.; et al. Effect of family-style meals on energy intake and risk of malnutrition on Dutch nursing home residents: a randomized controlled trial. *The Journals of Gerontology. Series A, Biological Sciences and Medical Sciences*. Sep 2006; vol. 61(9), pp. 935-942.

Green-Field Library owns.

Palmer, J.L.; Metheny, N.A. Preventing aspiration in older adults with dysphagia: aspiration can lead to aspiration pneumonia, a serious health problem for older adults.

Pasinetti, G.M.; Zhao, A.; Qin, W.; et al. Caloric intake and Alzheimer's disease. Experimental approaches and therapeutic implications.

*Interdisciplinary Topics in Gerontology*. 2007; vol. 35, pp. 159-175.

Green-Field Library does not own.

Payne, D. Still hungry in hospital and home: difficulties in eating experience by dementia patients. *Nursing Times*. Jul 6, 2000; vol. 96(27), p. 9.

Green-Field Library does not own.

Picture menus improve nutrition in dementia. *Nursing Times*. Jun-Mar 2009; vol. 105(25), p. 4.  
Green-Field Library does not own.

Smith, K.L.; Greenwood, C.E. Weight loss and nutritional considerations in Alzheimer disease. *Journal of Nutrition for the Elderly*. 2008; vol. 27(3-4), pp. 381-403.  
Green-Field Library does not own.

Stockdell, R.; Amella E.J.; The Edinburgh feeding evaluation in dementia scale: determining how much help people with dementia need at mealtime. *American Journal of Nursing*. Aug 2008; vol. 10(8), pp.46-55.  
Green-Field Library does not own.

Van Ort, S.; Phillips, L. Feeding nursing home residents with Alzheimer's disease. *Geriatric Nursing*. Oct/Sep 1992; vol. 13(5), pp. 249-253.  
Green-Field Library owns.

Young, K.; Binns, M.; Greenwood, C. Meal delivery practices do not meet needs of Alzheimer patients with increased cognitive and behavioral difficulties in a long-term care facility. *Journals of Gerontology, Series A, Biological Sciences and Medical Sciences*. Oct 2001; vol. 56(10), pp. M656-M661.  
Green-Field Library owns.

## Videos

### *Injury prevention / preventing choking and aspiration.*

Chicago, IL: Terra Nova Films, Inc., 1996.

1 videocassette (13 min.)

Factors that put a person with dementia at risk, prevention, and practical tools for preventing choking and aspiration are covered in this video.

Green-Field Library Call No.: WA 250 VC no. 745 1996

### *Injury prevention / preventing foodborne illness.*

Chicago, IL: Terra Nova Films, Inc., 1996.

1 videocassette (10 min.)

This video covers the health risks in food preparations for older people and offers techniques to avoid food poisoning.

Green-Field Library Call No.: WA 250 VC no. 746 1996

### *Injury prevention / preventing malnutrition.*

Chicago, IL: Terra Nova Films, Inc., 1996.

1 videocassette (11 min.)

The risk factors, symptoms of malnutrition and techniques for improving appetite and eating are covered in this video.

Green-Field Library Call No.: WA 250 VC no. 744 1996

*Preventing undernutrition / dehydration and invasive treatments in the geriatric patient.*

Shavertown, PA: Geriatric Video Productions, 1995.

1 videocassette (17 min.)

This video presents risk factors, preventative strategies, detection, and ongoing assessment of dehydration and malnutrition in geriatric patients.

Green-Field Library Call No.: WT 115 VC no.1008 1995

*Unopened milk carton: eating with assistance.*

Baltimore, MD: Video Press, 1996.

1 videocassette (20 min.)

Demonstrates the ways in which nursing assistants and other caregivers can assist the elderly in feeding themselves.

Green-Field Library Call No.: QU 145 VC no.474 1996

### Web Resource

Alzheimer's Disease: nutrition

New York, NY: WebMD.

<http://www.webmd.com/alzheimers/guide/alzheimers-nutrition>

Happy eating project

Benetas, Victoria, AU.

Resource for caregivers in meal preparation and eating

<http://www.benetas.com.au/access/happy-eating-project>

### Nutrition Concerns

Amella, E.J. Factors influencing the proportion of food consumed by nursing home residents with dementia. *Journal of the American Geriatrics Society*. Jul 1999; vol. 47(7), pp. 879-885.

Green-Field Library owns.

Berkhout, A.M.; Coolks, H.J.; van Houwelingen, H.C. The relationship between difficulties in feeding oneself and loss of weight in nursing-home patients with dementia. *Age and Ageing*. Sep 1998; vol. 27(5), pp. 637-641.

Green-Field Library does not own.

Burgh, G.; Bales, C.W. Nutritional supplements for older adults: review and recommendations—part II. *Journal of Nutrition for the Elderly*. Jan-Mar 2010; vol. 29(1), pp. 42-71.

Green-Field Library does not own.

Chang, C.; Roberts, B.L. Feeding difficulty in older adults with dementia.

*Journal of Clinical Nursing*. Sep 2008; vol. 17(17), pp. 2266-2274.

Green-Field Library does own.

Feart, C.; Samieri, C.; Rondeau, V.; et al. Adherence to a Mediterranean diet, cognitive decline, and risk of dementia. *JAMA: Journal of the American Medical Association*. Aug 2009; vol.302(6),pp.638-648  
Green-Field Library owns.

Gillette-Guyonnet, S.; Nourhashimi, F.; Andrieu, S.; et al. Weight loss in Alzheimer's disease. *American Journal of Clinical Nutrition*. Feb 2000; vol. 71(2), pp. 637S-642S.  
Green-Field Library does not own.

Ikeda, M.; Brown, J.; Holland, A.J.; et al. Changes in appetite, food preference, and eating habits in frontotemporal dementia and Alzheimer's disease. *Journal of Neurology, Neurosurgery, and Psychiatry*. Oct 2002; vol. 73(4), pp. 371-376.  
Green-Field Library does not own.

Murphy, C. Chemical senses and nutrition in older adults. *Journal of Nutrition for the Elderly*. Sep 2008; vol. 27(3-4), pp. 247-265.  
Green-Field Library does not own.

Poehlman, E.; Dvorak, R. Energy expenditure, energy intake, and weight loss in Alzheimer disease. *American Journal of Clinical Nutrition*. Feb 2000; vol. 71(2), p. 650S.  
Green-Field Library does not own.

Reed, P.; Zimmerman, S.; Sloane, P.D.; et al. Characteristics associated with low food and fluid intake in long-term care residents with dementia. *Gerontologist*. Oct 2005; vol. 45(Special Issue 1), pp. 74-80.  
Green-Field Library owns.

Reynish, W.; Andrieu, S.; Nourhashemi, F. Nutritional factors and Alzheimer's disease. *Journals of Gerontology, Series A, Biological Sciences and Medical Sciences*. Nov 2001; vol. 56(11), pp. M675-M680.  
Green-Field Library owns.

Smith, K.L.; Greenwood, C.E. Weight loss and nutritional considerations in Alzheimer's disease. *Journal of Nutrition for the Elderly*. Sep 2008; vol. 27(3/4), pp. 381-403.  
Green-Field Library does not own.

Stokes, C.S. The role of diet on cognitive function in older adults. *Nursing & Residential Care*. Aug 2008; vol. 10(8), pp. 387-391.  
Green-Field Library does not own.

Wilcox, S.; Rui L. Perceptions and beliefs about the role of physical activity and nutrition on brain health in older adults. *Gerontologist*. Jun 2009; vol.49(Supple 1), pp. S61-S71.  
Green-Field Library owns.

## Book

Litchford, M.D. Common denominators of declining nutritional status. Greensboro, NC: CASE Software, 2009  
Green-Field Library does not own.

## Clinical Studies

### Articles, Journal

Argento, V.; Roylance, J.; Skudlarska, B.; et al. Anemia prevalence in a home visit geriatric population. *JAMDA: Journal of the American Medical Directors Association*. Jul 2008; vol. 9(6), pp.422-426.  
Green-Field Library owns.

Arinzon, Z.; Berner, Y.N. Evaluation of the benefits of enteral nutrition in long-term care elderly patients. *JAMDA: Journal of the American Medical Directors Association*. Nov 2008; vol. 9(9), pp. 657-662.  
Green-Field Library owns.

Baldwin, C.; Parsons, T.; Logan, S. Dietary advice for illness-related malnutrition in adults. *Cochrane Database Systematic Review*. Jan 2007; vol. 24(1), CD002008.  
Green-Field Library does not own.

Candy, B.; Sampson, E.L.; Jones, L. Enteral tube feeding in older people with advanced dementia: Finds from a Cochrane systematic review. *International Journal of Palliative Nursing*. Aug 2009; vol. 15(8), pp. 396-404.  
Green-Field Library does not own.

Edwards, N.; Beck, A. Patients respond to aquariums. *Provider*. Jun 2002; vol. 28(6), pp. 47-48.  
<http://assistedlivingadvantage.wordpress.com/2010/10/11/patients-respond-to-aquariums/>  
Green-Field Library owns.

Gregorio, P.G.; Ramírez Díaz, S.P. ; Ribera Casado, J.M. Dementia and nutrition: intervention study in institutional patients with Alzheimer's disease. *Journal of Nutrition, Health, and Aging*. 2003; vol. 7(5), pp. 304-308.  
Green-Field Library does not own.

Guerin, O.; Andrieu, S.; Schneider, S.M.; et al. Characteristics of Alzheimer's disease patients with a rapid weight loss during a six-year follow-up. *Clinical Nutrition*. Apr 2009; vol. 28(2), pp. 141-146.  
Green-Field Library does not own.

Keller, H.H.; Gibbs, A.J; Boudreau, L.D.; et al. Prevention of weight loss in dementia with comprehensive nutritional treatment. *Journal of the American Geriatrics Society*. Jul 2003; vol. 51(7), pp. 945-951.  
Green-Field Library owns.

Keller, H.H.; Gibbs-Ward, A.; Randall-Simpson, J.; et al. Meal rounds: an essential aspect of quality nutrition services in long-term care. *Journal of the American Medical Directors Association*. Jan 2006; vol. 7(1), pp. 61-62.  
Green-Field Library owns.

Keller, H.H.; Genoe, R. Nutrition education needs and resources for dementia care in the community. *American Journal of Alzheimer's Disease and Other Dementias*. Feb-Mar 2008; vol. 23(1), pp. 13-22.  
Green-Field Library owns

Lauque, S.; Arnaud-Battandier, F.; Gillette, S.; et al. Improvement of weight and fat-free mass with oral nutritional supplementation in patients with Alzheimer's disease at risk malnutrition: a prospective randomized study. *Journal of the American Geriatrics Society*. Oct 2004; vol. 52(10), pp. 1702-1707.  
Green-Field Library owns.

Lopez, R.P.; Strumpf,N.E. Nurses perspectives on feeding decisions for nursing home residents with advanced dementia. *Journal of Clinical Nursing*. Mar 2010; 19(5/6), pp. 632-638.  
Green-Field Library does not own.

Lubert, E.; Leibovitz, A.; Habet, B. Attitudes of relatives in nursing staff toward tubeenteral feeding in severely demented patients. *American Journal of Alzheimer's Disease and Other Dementias*. Jan-Feb 2004; vol. 19(1), pp. 31-34.  
Green-Field Library owns.

Mamhidir, A.G.; Karlsson, I.; Norberg, A.; et al. Weight increase in patients with dementia and alteration in meal routines and meal environment after integrity promoting care. *Journal of Clinical Nursing*. May 2007; vol. 16(5), pp. 987-996.  
Green-Field Library does not own.

Mathey, M.F.; Siebelink, E.; de Graaf, C.; et al. Flavor enhancement of food improves dietary intake and nutritional status of elderly nursing home residents. *Journals of Gerontology. Series A, Biological Sciences and Medical Sciences*. Apr 2001; vol. 56(4), pp. M200-M205.  
Green-Field Library owns.

McDaniel, J.; Hunt, A.; Hackes, B.; et al. Impact of dining room environment on nutritional intake of Alzheimer's residents: a case study. *American Journal of Alzheimer's Disease and Other Dementias*. Sep – Oct 2001; vol. 16(5), pp. 297-302.

Green-Field Library owns.

Mitchell, S.L.; Buchanan, J.L.; Littlehale, S.; et al. Tube-feeding versus hand-feeding nursing home residents with advanced dementia: a cost comparison. *Journal of the American Medical Directors Association*. Mar-Apr 2004; vol. 5(2 Suppl.), pp. S23-S29.

Green-Field Library owns.

Morello, M.; Marcon, M.L.; Laviano, A.; et al. Enteral nutrition in nursing home residents: a 5-year (2001-2005) epidemiological analysis. *Nutrition in Clinical Practice*. Oct-Nov 2009; vol. 24(5), pp. 635-641.

Green-Field Library does not own.

Remington, R.; Chan, A.; Lepore, A.; et al. Apple juice improved behavioral but not cognitive symptoms in moderate-to-late stage Alzheimer's disease in an open label pilot study. *American Journal of Alzheimer's Disease and Other Dementias*. 2010; 25(4), pp. 367-371.

Green-Field Library owns.

Thomas, D.W.; Smith, M. The effect of music on caloric consumption among nursing home residents with dementia of the Alzheimer's type. *Activities, Adaptation & Aging*. Jan-Mar 2009; vol. 33(1), pp. 1-16.

Green-Field Library owns.

Orsitto, G.; Fulvio, F.; Tria, D.; et al. Nutritional status in hospitalized elderly patients with mild cognitive impairment. *Clinical Nutrition*. Feb 2009; vol.28(1), pp. 100-102.

Green-Field Library does not own.

Young, K.; Greenwood, C. Shift in diurnal feeding patterns in nursing home residents with Alzheimer's disease. *Journals of Gerontology, Series A, Biological Sciences and Medical Sciences*. Nov 2001; vol. 56(11), pp. M700-M706.

Green-Field Library owns.

Young, K.; Greenwood, C.; van Reekum, R.; et al. Providing nutrition supplements to institutional seniors with probable Alzheimer's disease is least beneficial to those with low body weight status. *Journal of the American Geriatric Society*. Aug 2004; vol. 52(8), pp. 1305-1312.

Green-Field Library owns.

## Training

### Articles, Journal

Amella, E.J. Assessment and management of eating and feeding difficulties for older people: a NICHE protocol. *Geriatric Nursing*. Sep-Oct 1998; vol. 19(5), pp. 269-274; quiz 275.  
Green-Field Library owns.

Amella, E.J.; Lawrence, J.F. Try this. Eating and feeding issues in older adults with dementia: part I: assessment. *Annals of Long Term Care*. Mar 2008; vol. 16(3), pp. 15-16.  
Green-Field Library does not own.

Amella, E.J.; Lawrence J.F. Try this. Eating and feeding issues in older adults with dementia: part II: interventions. *Annals of Long Term Care*. Apr 2008; vol. 16(4), pp. 21-22.  
Green-Field Library does not own.

Brush, J.A.; Slominski, T.; Boczko, F. Nutritional and dysphasia services for individuals with Alzheimer's. *The ASHA Leader* [online]. May 23, 2006.  
<http://www.asha.org/Publications/leader/2006/060523/f060523b.htm>

Evans, B.C.; Crogan, N.L. Quality improvement practices: enhancing quality of life during mealtimes. *Journal for Nurses in Staff Development: JNSD*. May-Jun 2001; vol. 17(3), pp. 131-136.  
Green-Field Library does not own.

Finley, B. Nutritional needs of the person with Alzheimer's disease: practical approaches to quality care. *Journal of the American Dietetic Association*. 1997; vol. 97(10 Suppl. 2), pp. S177-S180.  
Green-Field Library does not own.

Kayser-Jones, J.; Pengilly, K. Dysphagia among nursing home residents. *Geriatric Nursing*. Mar-Apr 1999; vol. 20(2), pp. 77-82; quiz 84.  
Green-Field Library does not own.

Longman, J.A. Dysphagia and dementia. *The ASHA Leader* [online]. Feb 18, 2003.  
<http://www.asha.org/Publications/leader/2003/030218/030218g.htm>

Riviere, S.; Gillette-Goyonnet, S.; Voisin, T.; et al. Nutritional education program could prevent weight loss and slow cognitive decline in Alzheimer's disease. *Journal of Nutrition, Health & Aging*. 2001; vol. 5(4), pp. 295-299.  
Green-Field Library does not own.



Shatenstein, B.; Claveau, D.; Ferland, G. Visual observation is a valid means of assessing dietary consumption among older adults with cognitive deficits in long-term care settings. *Journal of the American Dietetic Association*. Feb 2002; vol. 102(2), pp. 250-252.

Green-Field Library does not own.

Valentini, L.; Schindler, K.; Schlaffer, R.; et al. The first nutrition day in nursing homes: participation may improve malnutrition awareness. *Clinical Nutrition*.

Apr 2009; vol. 28(2), pp. 109-116.

Green-Field Library owns.

### Books and Book Chapter

*Assisting with nutrition and hydration in long-term care.*

Albuquerque, NM: Hartman Publishing, 2004. ISBN: 1888343737.

Green-Field Library Call No.: WB 400 A848 2004

*Evaluation of the management of patients with feeding and swallowing problems in Veterans Health Administration facilities.*

Washington, DC: VA Office of Inspector General, Department of Veterans Affairs, 2006.

<http://www.va.gov/oig/54/reports/VAOIG-03-00494-110.pdf>

Green-Field Library Call No.: WI 250 E92 2006

Hellen, C.R. Eating – mealtime challenges and interventions. IN: Kaplan, M.; Hoffman, S. (eds). *Behaviors in dementia: best practices for successful management.*

Baltimore, MD: Health Professions Press, 1998, pp. 193-225. ISBN: 1878812432.

Green-Field Library Call No.: WM 220 B419 1998

*Planning guide for dementia care at home: a reference tool for care managers.*

Madison, WI: Alzheimer's Association – South Central Wisconsin; Alzheimer Institute, University of Wisconsin; Wisconsin Bureau of Aging and Long Term Care, 2004. Contains a chapter on nutrition planning. Order from:

<http://dhfs.wisconsin.gov/aging/dementia/introduction.pdf>

Green-Field Library does not own.

Robinson, J. *Help for Alzheimer's caregivers, family, and friends.*

Ormond Beach, FL: Calm Waters Publishing, 2006. ISBN: 0978858158.

As a registered dietician the author shares information on healthful eating.

Green-Field Library Call No.: WM 220 R662 2006

Walker, B.L.; Cole, C.L. *Assisted dining: the role and skills of feeding assistants.*

Washington, DC: American Health Care Association, 2003. ISBN: 0970521995.

Green-Field Library Call No.: WB 400 W177 2003

Vellas, B.; Riviere, S; Fitten, J. *Weight loss and eating behavior in Alzheimer's patients*.  
New York, NY: Springer Publishing Company, 1998. ISBN: 290934262X.  
Green-Field Library Call No.: WM 220 R432w 1998

### Videos & Kit

*Aged care: nutrition in an aged-care environment*.  
Syracuse, NY: Program Development Associates, 2007.  
1 DVD (29 min.)  
(800) 543-3119

Provides staff with diet information and strategies for getting older people to eat properly. Discusses basic and specific nutritional needs, portion sizes, appropriate meal frequency, avoiding pre-packaged and convenience foods as much as possible, malnutrition-linked ailments seen in elders, and more.

Green-Field Library does not own.

*Bon Appetit: how to create meaningful mealtimes in long-term care*.  
Chicago, IL: Terra Nova Films, Inc., 2001.  
2 videocassettes (40 min.)

The focus of this training program is on resident autonomy with an emphasis on identifying the needs of persons with dementia.

Green-Field Library Call No.: WB 400 VC no.734 2001

*Dementia: the power of nutrition in caregiving*.  
Bozeman, MT: Montana Department of Public Health and Human Services,  
1998. (406) 444-7743  
1 kit with videocassette (12 min.)

This kit contains a video, handouts, overheads, a promotional flyer, and a step-by-step guide to a 45-minute presentation.

Green-Field Library Call No.: WM 220 VC no.712 1998

*Dementia and nutrition: helping prevent nutritional and fluid deficiencies*.  
Cincinnati, OH: Eldercare Communications Inc., 2008.  
(800) 505-3232

1 DVD with guide (24 min.)

This program focuses on helping staff understand the impact of dementia on resident nutrition and ensure that residents eat well, drink enough and achieve their nutritional goals.

Green-Field Library does not own.

*Dining with friends: an innovative approach to dining for people with dementia*.  
Baltimore, MD: Health Professions Press, 2010.  
(888) 337-8808

1 DVD & accompanying material(20 min.)

Provides learning examples for improving the dining experience of frail elders in healthcare facilities.

Green-Field Library does not own.

*May I help you? Skills you'll need as a feeding assistant.*

Seattle, WA: Caresource Healthcare Communications, 2004.

1 videocassette (52 min.)

Program covers getting started, proper feeding techniques, problem behavior, and emergencies. Companion resource to ACHA's book: Assisted Dining: The Role and Skills of Feeding Assistants.

Green-Field Library Call No.: WB 400 VC no.965 2004.

*Mealtime interventions.*

Pewaukee, WI: Waukesha County Technical College, 2001.

1 videocassette (30 min)

A video training program for nursing assistants and home health care aides that covers distractions, behavior, mouth not opening, inability to feed self, resident preparation, set up, monitoring, feeding, and record keeping.

Green-Field Library Call No.: WB 400 VC no.964 2002.

## Web Resources

*Be A.L.E.R.T. and Be A.W.A.R.E. enteral safety campaign posters.*

Minneapolis, MN: Nestlé HealthCare Nutrition, 2010.

"The "Be A.W.A.R.E." campaign posters provide information needed to increase patient safety among medical professionals who deliver medications to hospital patients, including flushing enteral feeding tubes before or between medications, administering multiple drugs together, diluting liquid medication, and more.

<http://www.nutritioncare.org/wcontent.aspx?id=2078#Posters>

*Comprehensive multidisciplinary assessment of the demented nursing home resident with weight loss.*

University of Alabama; AlzBrain.org.

<http://www.alzbrain.org/pdf>

*Eating difficulties and dementia.*

Alzheimer's Disease and Related Disorders Association of NSW, Inc.

This Web site provides a chart of more than 30 eating problems in the middle and late stages of dementia and their solutions.

<http://www.mydr.com.au/default.asp?article=3179>

*Skill builder: eating and nutrition.*

Eldercare On-line's Alzheimer and Dementia Care Channel.

An in-depth article on the causes of eating problems and techniques for preparing meals and feeding someone who is bed-bound.

<http://www.ec-online.net/Knowledge/SB/SBeatnutr.html>

*Swallowing disorders.*

eMedicine.com.

eMedicine.com provides a comprehensive article for healthcare professionals on the anatomy of normal and abnormal swallowing, diagnosis, treatment, and strategies for compensation.

<http://www.emedicine.com/pmr/topic152.htm>

## **Nutrition and Alzheimer's Disease**

A selected list of references compiled by  
Mary Ann Urbashich, M.A.L.S.

*Benjamin B. Green-Field*

*Alzheimer's Association Green-Field Library and Resource Center  
Chicago, IL 60707*

Updated 2010