

Nutrition Interventions for Treatment of: Depression



Nutrition Screening

Intake < 75% for > 7 days, refusing meals, poor appetite or expression of no desire to eat

NO →

Continue Plan of Care

YES ↓

Notify Physician and Family/POA If Depression Suspected Refer to Dietitian for Assessment

- Physical Assessment: Body fat/muscle wasting, declines in ADLs, decline in handgrip strength, skin assessment, edema, dentition, vision, feeding and drinking ability, chewing/swallowing capability.
- Diagnoses, anthropometrics, food, fluid & nutrient needs, adequacy of intake, laboratory values, medications.

Implement appropriate Interventions as recommended and indicated.

Interventions

- Discontinue all dietary restrictions and provide favorite foods, snacks, and meal items.
- Refer to psychologist and administer antidepressants as ordered.
- Add fortified foods & provide palatable high-calorie snacks, such as **Thrive Ice Cream**
- Provide dining environment that meets needs, including group dining, restorative dining or 1:1 supervision as indicated.
- Monitor intake for 4 weeks

Resident's intake improved?

NO

YES

- *Revise care plan with input from physician, staff, family and resident.*
- *Educate resident/family on benefits of nutrition.*
- *Assess advance directives, determine family/resident goals and educate family/resident on risk/benefits of alternative nutrition.*
- *Provide palatable high-calorie snacks such as Thrive Ice Cream upon request.*
- *Refer back to psychologist.*
- *Initiate enteral feeding if appropriate and desired.*
- *Initiate hospice if appropriate and desired.*

Continue Plan of Care

- *Ensure resident is meeting nutritional needs.*
- *If resident remains at risk, consider continuation of high calorie snack such as Thrive Ice Cream.*
- *Update and revise plan of care as needed.*