

Human and technological resources for nutritional support

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Food4Growth

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The disciplin of vocational education in the field og social and health care

- At SOSU Nord we strive to not only teach the disciplin of caretaking as a funktional skill, but also to understand and develop skills in the matter of culture and the rapid change of future perspectives.



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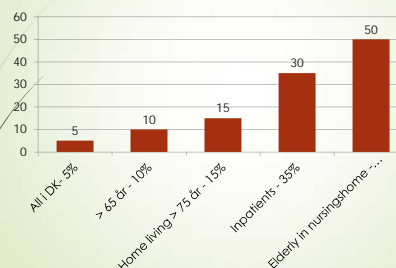
The necessary contribution to the natural sciences



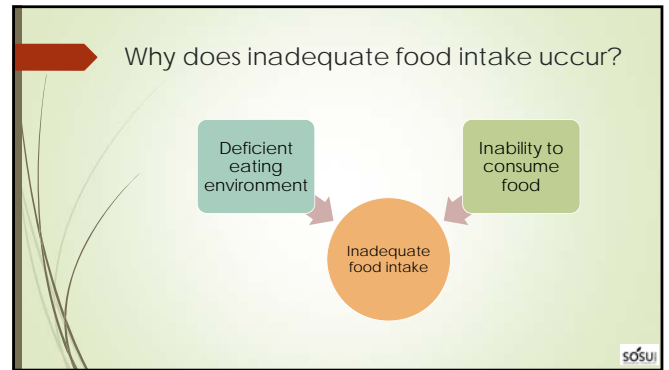
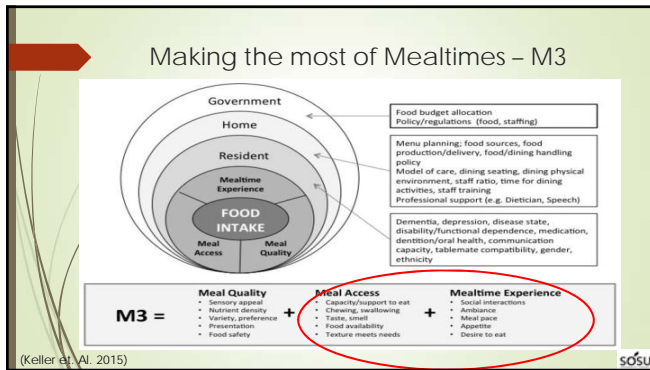
- As we messure the "hard core" facts as for an example the eksact intake of food, bodyweight status and blood sugar level. We really get a good picture of the nutrition status. Still the appetite and motivation to eat is a crucial issue and it has a lot to do with emotions and well being.

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Proportion of people at risk of undernutrition in Denmark



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Deficient eating environment

Poor appetite do to:

- Unpleasant visual impressions
- Disturbing noises
- Poor seating
- Lack of help to eat
- Incompatible tablemate
- Lack of time to eat

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Inability to consume food

Motoric eating difficulties do to:

- Tremors
- Weakness in arms, fingers or shoulders
- Low handgrip

Resulting in:

- Insufficient intake of food
- Social withdrawal

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Proper food and meal behaviour

- Eating is not only about a sufficient intake of energy – it is also a social performance with certain norms
- Independence is important in relation to the intake of food
- When the body no longer functions according to perceived norms the elderly adjust their food and meal behaviour to maintain a façade
- Feelings of shame and guilt are connected with the inability to eat 'properly'
- Isolation and loneliness

(Nyberg et. al., 2018)

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Implementation of Welfare Technologies

- As engineering skills and digital knowledge has developed, a wide range of Welfare Technologies flows into the market.
- In the Northern part of Europe both political, financial and cultural issues play an important role in implementation of Welfare technologies.



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Empirically experience from Danish elderly and handicap workcultures

- Working with individual Welfare Technologies over the past decade, it is my experience, that implementation can be seriously challenging.
- The challenge seems to get increasingly complicated when the Technology addresses human functions of a certain intimacy.



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Welfare Technologies in dining situations



- Compensatory dining technologies for more than 25 years

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What do we know?

- The evidence on the effect of compensatory dining technologies is rather poor
- Here is at short summary...

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- *The dining-machine contributes to create a more equal relationship between staff and user*

- Gaedt, L., 2012

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- *The user values to set his own pace when dining, not to wait on the next mouthful and to be able to choose the food in a self-chosen order.*

- Gaerd, L., 2012

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- *The ajustment and programing of the dining-mashine is experienced by the staff as ressource demanding, both in time and knowlegde.*

- Gaedt, L., 2012

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- *Some users find it energi-demanding to get to know the technology and to get familiar with it*

■ Gaedt, L., 2012

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- *In a trail with users with intellectual disabilities, the findings on the functions of the dining machines were mainly negative.*
- *Only positive effect, were in the first part of the trail, as users were more happy and motivated for eating.*

■ Dag, M., Svanelöv, E., Gustafsson, C. (2015)

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- *Using the dining-machine is so time-demanding that warm food often gets cold early in the dining proses.*

■ Riiser, S., 2014

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- *Users discover a positive social element from using dining-machines together with others, and futhermore a feeling of equality.*

■ Riiser, S., 2014

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