



Living and eating in dementia care

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Nutrition and eating environment at

金福居 Jinfuju

Conference: Eating, wellbeing & nutrition in ageing societies
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University, April 16, 2018

Food4Growth

Professional CV

Personal presentation



- MD, anaesthesiologist
- Master of leadership and innovation (LAICS) 2010
- More than 14 years in hospital management in Denmark
- Teaching leadership and management (Danish Medical Board) 11 years
- Started learning Chinese in 2010
- Working with dementia and brain physiology since 2015
- Now Senior Counsellor and Director of Internal Training (Jiayi Senior Care) – working in Shanghai since March 2015

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金福居, Jinfuju, short presentation



- The mission:
- To offer an affordable choice of senior living at home-like conditions respecting Chinese tradition and including international standards of care
- App. 50 people, 21 people in independent living, 20 in assisted living and app. 8 in the dementia unit (12-15 patients/dementia unit planned)
- The first patients with dementia 1 year ago, the specialized dementia unit opened in December 2017
- This is pioneer work! The ideal senior facility according to Chinese tradition is yet to be defined

What is dementia?



- A decline in cognitive ability severe enough to interfere with daily life
- 4 main types:
 - Alzheimer's (60-70% of all cases)
 - Lewy body dementia, vascular dementia, frontotemporal dementia
- (Alzheimer's Org. International)

Our meal plan one week in March 2018

	早 餐	午 餐	晚 餐
星期一	白米粥, 馒头, 刀切, 鸡蛋, 豆浆	家常带鱼炖木耳, 白菜肉丝炒萝卜, 蒜肉丝汤	扁豆炖腊肠, 红烧豆腐, 榨菜蛋花汤
星期二	黑芝麻粥, 馒头, 刀切, 鸡蛋, 豆浆	春笋烧小肉, 黄瓜炒蛋, 肝拌笋, 草头肉丝汤	青椒肉丝, 卷心菜, 白菜肉丝汤
星期三	白米粥, 馒头, 刀切, 鸡蛋, 豆浆	盐水虾, 香菇胡萝卜肉丝炒菜心, 蔬菜汤	馄饨, 鸡翅
星期四	黑芝麻粥, 馒头, 刀切, 鸡蛋, 豆浆	糖醋鱼块, 冬瓜骨头汤	白菜肉丝, 素鸡, 三鲜汤
星期五	白米粥, 馒头, 刀切, 鸡蛋, 豆浆	腐乳烧排骨, 洋葱肉丝炒菜心, 草头肉丝汤	莴笋肉丝, 炒菠菜, 冬瓜咸肉汤
星期六	红枣粥, 馒头, 刀切, 鸡蛋, 豆浆	蛋饺, 山药肉丝炒菜心, 番茄汤	肉丝炒花菜, 炒双丝, 青菜肉丝汤
星期日	白米粥, 馒头, 刀切, 鸡蛋, 豆浆	烤鸭, 洋葱炒肉丝, 炒菜心, 紫菜汤	百叶包, 酸菜肉丝面

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Monday



Morning:

- Congee (rice or oat meal, dates, sesame), Chinese steamed buns (pork, vegetable filling), one egg, soybean milk
- **Lunch:**
- Hair tail fish, Chinese cabbage pork, radish, green vegetable pork meat soup
- **Dinner:**
- Hyacinth bean, sausage, tofu, sichuan pickle, egg soup

Tuesday



- **Breakfast is the same every day**
- **Lunch:**
 - Bamboo shoots and pork, cucumber and porched egg, dried toufu, malantou(herbal medicine, type of orchid) toothed burclover 金花菜, jin hua cai, Lion heads, 狮子头, shizitou 😊 pork soup
- **Dinner:**
 - Sliced pork with green pepper, Chinese cabbage, pork soup

Wednesday



- **Lunch:**
- Shrimp, mushrooms, pork with Chinese flower cabbage, vegetable soup

- **Dinner:**
- Wonton dumplings, chicken wings

Thursday



- **Lunch:**
- Sweet and sour fish, vegetable rice, white gourd, Chinese water melon, bun soup

- **Dinner:**
- Chinese cabbage and pork, dry tofu: “no meat chicken” 素鸡, su ji, seafood soup, egg, vegetables seafood

Friday



- **Lunch:**
- Ribs, bean sprouts, flower cabbage pork, clover soup

- **Dinner:**
- Asparagus lettuce, pork spinach, Chinese water melon, meat soup

Saturday



- **Lunch:**
- Egg, dumplings with pork, Chinese yam and pork flower cabbage, sour tomato soup

- **Dinner:**
- Cauliflower and pork, cucumber and turnip strips, green vegetables and pork soup

Sunday



- **Lunch:**
- Roast duck, onion and pork, flower cabbage, seaweed soup

- **Dinner:**
- Tofu dried leaf rolls with minced pork, Chinese noodles, Chinese sauerkraut with pork

The environment for the meal should focus on



- **Interior design**, including
- Light (800 -1000 lux at lunch time, less in the evening)
- Color contrasts of tables, chairs, table cloth and eating utensils
- Noise reduction, no TV, calming music?
- Small tables with 4 persons to allow social interaction without too much disturbance
- Support by care givers

For people with dementia: Meals need TIME, TIME, TIME



- The various dishes should be served separately at the plate – everything mixed together confuses the patients
- Let them sit at the same favourite place at the table in the same chair as yesterday – and the day before yesterday
- Allow them time to investigate, what is served today, before they start eating
- Spicy tasty food will inspire them to eat – all food tastes the same for them
- Support and observation by care givers

The meal are an important opportunity for observation



- Observation of social skills
- Observation of eating habits and functional skills: using chop sticks?
- People with dementia suffer from:
 - Dysphagia, lack of saliva production and changes in the olfactory system with loss of smell and difficulties of swallowing
- Vision impaired: Tea-colored lens and spatial problems

Conclusion



- Given good food safety, for healthy meals, VARIETY is key
- The traditional Chinese food is excellent for patients with dementia – as for all of us
- TIME and environment count in planning the meals for patients with dementia
- Prevention: Avoid saturated fat!
- Omega 3, Coenzyme Q 10, Vitamin D, turmeric?



- Thank you for your attention!
- 谢谢大家