

Mealtime options

Our aim is to do everything we can to enable people who have lost their appetite through illness or treatment to enjoy food again. From noting down dietary requirements, individual preferences, tailoring menus accordingly and presentation of the freshly cooked meals we do everything we can to help our patients to enjoy their mealtimes.

We recognise that people may not want to follow special diets, and would prefer to eat and drink for pleasure only, as and when they wish.



**Ayrshire
Hospice**
Making today matter

For more information on protected mealtimes and nutritional care contact;

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**Protected
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What are protected mealtimes?

Protected mealtimes are to allow patients to eat their meals without unnecessary interruption and to allow nursing staff to focus on providing assistance to those unable to eat independently. This helps to maintain dignity. Please be mindful and respect that some patients may require a peaceful environment during mealtimes.

Meal times

- **Lunch** 12.30pm - 1.00pm
- **Dinner** 5.30pm - 6.00pm

Tea, coffee and water are available for visitors on a self-service basis in Cedar lounge. A selection of home baking is available, there is no charge but donations are welcome.

As we do not have an extensive catering service, we are unable to provide a range of meals for visitors. We do however have facilities which include a microwave and fridge, available to visitors who wish to bring in their own meals. Self-catering facilities are available within the Wee House for families using this accommodation.

In certain circumstances we will be able to provide limited catering. Please discuss this with a member of the nursing team.



How can visitors help?

We welcome visitors who wish to help their relative or friend at mealtimes, however please check with a member of the nursing team before assistance is given.

Patients requiring assistance with their meals will be identified by having a blue tray.

Patients are given information about their food, fluid and nutritional care and will have the opportunity to discuss this.



What is nutritional care?

Nutritional care is a co-ordinated approach to the delivery of food and fluid by healthcare professionals that focuses on the patient as an individual with needs and preferences.

As a process, nutritional care determines a person's preferences and cultural needs, defines their physical requirements, and then provides the person with what is needed. It follows a person's progress through an illness, responding to changing nutritional requirements.



It involves the monitoring and reassessment of nutritional status at regular intervals, referral for specialist input and care when appropriate or wanted, and good communication between services and during periods of transition of care. The Ayrshire & Arran Nutritional Team, Dietitians and SALT (Speech And Language Therapy) are all examples of professional staff whom may be involved in nutritional care.