Understanding Packaging Accessibility

YOXALL, Alaster <http://orcid.org/0000-0002-0954-2725>

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The World is going through unprecedented demographic change.
Global greying will test rich and poor nations

1.3 billion pensioners expected by 2040

Structure of the family will be transformed
Ageing results in loss of strength, dexterity and cognition
Pack it in!
Just say no to impossible packaging.
<table>
<thead>
<tr>
<th>You said:</th>
<th>6 Milk cartons and juice cartons (including milk and cream pots for coffee)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Tops of bleach bottles</td>
<td>7 Child-proof tops on medicines</td>
</tr>
<tr>
<td>2 Jars</td>
<td>8 The Cellophane on microwave ready-meals</td>
</tr>
<tr>
<td>3 Shrink-wrapped cheese and ham and sealed sandwich packets</td>
<td>9 Soap powder boxes</td>
</tr>
<tr>
<td>4 Ring-pull cans</td>
<td>10 Biscuits</td>
</tr>
<tr>
<td>5 Tins of meat/fish</td>
<td></td>
</tr>
</tbody>
</table>
ORIGINAL RESEARCH

Is there adequate feeding assistance for the hospitalised elderly who are unable to feed themselves?

Mei F. TSANG
Food Service Department, Royal North Shore Hospital, Sydney, New South Wales, Australia

Abstract
Objective: To observe patients at meal times in order to determine the type and amount of feeding assistance required by hospitalised elderly patients and the adequacy of assistance nursing staff provide to patients.
Methods: The study was an observational study. Patients admitted to the ward were observed over a one-week period encompassing all meals (breakfast, lunch, dinner and snacks) served on a 14-day menu cycle.
Subjects: A total of 46 hospitalised elderly patients with mean age 86.5 ± 4.8 years admitted to the ward.
Setting: The study was undertaken in a general teaching hospital geriatric ward in Sydney.
Results: A high percentage of patients required some assistance with feeding at meals (70%, n = 32). The partially dependent patients had their needs basically fulfilled by ward staff. However, of the nine totally dependent patients, three were observed lacking any assistance (33%). The amount of assistance time from nursing staff was found shorter than that from non-nursing staff, 123 and 137 minutes, respectively. Nursing assistants were the main providers of assisted eating in the ward. However, little attention and time were given to that task by registered nurses.
Discussion: Provision of assisted eating by nursing staff presents many problems. More than 40% of hospital food was wasted and patients' recommended intakes for preserving health were not met. Hospital feeding policies and staff arrangements therefore need reviewing.
Conclusions: Although assisting patients who are unable to feed themselves is a time-consuming process, it is a vital and necessary part of nursing care.

Key words: aged, food intake, hospitalised, nutrition, nutritional status, malnutrition.

INTRODUCTION
Nutritional deficits in hospitalised elderly patients

One possible reason for malnutrition in hospitalised elderly patients
Women are half as strong as men and their strength declines rapidly after the age of 70.
Dexterity
SOUPS OF THE WORLD

We all love to share foodie experiences and inspirations from our travels around the world. Ours have influenced this deliciously exotic recipe range, capturing the essence of many different, exciting cuisines. Evocative spices, vibrant colours and intense flavours turn the unfamiliar into the unforgettable.
From 60 years onwards, dexterity decreases by approximately 1.6% a year.
Cognition
What can we do?
All participants - Macro Dexterity vs Cereal, Juice and Milk Opening Times
With thanks to J Clement
What is happening?
New easy-open paper wrap

Weetabix