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Person-centered care in nursing homes: Efficacy of the sorbet increases salivation intervention

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The purpose of this study was to test the efficacy of the Sorbet Increases Salivation (SIS) intervention on managing nursing home elder drug-induced xerostomia. The specific aims were to test the effects of SIS on resident food intake and body weight. Using a two-group design, thirty-nine nursing home residents (from two nursing homes) were given 2 ounces of lemon-lime sorbet prior to lunch and dinner meals for 6 weeks. Participants were offered 2 ounces of a non-citrus drink prior to the lunch and dinner meals for 6 weeks during comparison weeks. Twenty-two residents completed both the comparison and intervention periods. Of those, 8 gained weight, 10 maintained and 4 lost weights. The amounts of food ingested during dinner increased significantly ($p=0.001$) from the comparison period to the intervention period (208-253 g). For liquids, the amounts ingested during dinner decreased significantly ($p=0.002$) from the comparison periods to the intervention period (from 356 ml to 310 ml). This innovative and person-centered approach to alleviating elder dry mouth utilized a simple, easy-to-implement intervention that has the potential of increasing food intake in this at-risk population. The product is inexpensive and the intervention requires very little staff training to initiate. Further study is needed to test the efficacy of the intervention with a larger sample of residents from multiple nursing homes.

Biography

Neva L Crogan received her BSN from the University of the State of New York in 1983, a Master's in Nursing from Eastern Washington University in 1992 and a PhD from Washington State University in 1998. Her Post-doctorate education includes a Geriatric Nurse Practitioner Certificate in 2007 from the University of Virginia. A systems approach to improving the quality of life of nursing home elders is her nursing and research focus. She is a Fellow of the American Academy of Nursing and was the co-recipient of the 2013 Sigma Theta Tau International Research Utilization Award. She has published more than 60 data based research articles and has presented at multiple regional, national and international conferences.

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