This fact sheet provides an overview of recent evidence relevant to Nutrition and Dementia in hospitals and information on how the “Outreach Librarian Service” can support you to keep up-to-date.

Selected evidence

Arsenault, LN; Matthan, N; Scott, TM; Dallal, G & Lichtenstein, AH (2009) 
Validity of estimated dietary Eicosapentaenoic Acid and Docosahexaenoic Acid intakes determined by interviewer-administered food frequency questionnaire among older adults with mid-to-moderate cognitive impairment or dementia. 
American Journal of Epidemiology: 170 (1) 95-103

Clarke, L (2009) 
Improving nutrition in dementia through menu picture cards and cooking activities. 
Nursing Times: August 2009: 105 (30) 16-18

Cowdell, F (2010) 
Care of older people with dementia in an acute hospital setting. 
Nursing Standard: 24 (23) February 10-16, 42-48

Omega-3 supplementation in mild to moderate Alzheimer’s disease: Effects on neuropsychiatric symptoms. 

Freeman, C; Ricevuto, A & DeLegge, MH (2010) 
Enteral nutrition in patients with dementia and stroke. 
Current Opinion in Gastroenterology 26: 156-159

Gaskill, D (2008) 
Malnutrition prevalence and nutrition issues in residential aged care facilities. 

Oral liquid nutritional supplements for people with dementia in residential aged care facilities. 
International Journal of Evidence-Based Healthcare, December 2010: 8 (4) 248-251

Holmes, S (2010) 
Importance of nutrition in palliative care of patients with chronic disease. 
Nursing Standard: 25, 1, 48-56 (Learning Zone)

Kelson, E & Curtice, M (2010) 
Counting the cost: Dementia on hospital wards. 
Alzheimer’s Society: 15th October 2010 13:17

Lee, Y; Back, JH; Kim, J; Kim, S and Na, DL (2010) 
Systematic review of health behavioral risks and cognitive health in older adults. 
International Psychogeriatrics: 22 (2) 174-187

McCormick, SE (2008) 
The efficacy of pre-thickened fluids on total fluid and nutrient consumption among extended care residents requiring thickened fluids due to risk of aspiration. 
Age and Ageing: 37 (6) November 2008, 714-715


Palecek, EJ; Teno, JM & Casarett, DJ (2010) Comfort feeding only: A proposal to bring clarity to decision-making regarding difficulty with eating for persons with advanced dementia. *JAGS* 58:580-584


A. Thompsell (2010) Force fed with hysteria: Oral feeding difficulties and dilemmas in dementia *Journal of Dementia Care* Vol. 18 No. 2 Mar/Apr ’10 pp. 10-11


**How can I help you?**

**Literature search service**
I can offer an expert, in-depth literature search service to help you locate the evidence on any health related topic.

**Training**
If you want to learn to navigate the wealth of available online healthcare information and how to search databases more effectively, the ‘Trust trainer’ can offer timetabled hands-on training sessions or can provide customised one-to-one support. Telephone: 0121 424 0583 or email: laura.lewis2@heartofengland.nhs.uk

**Current awareness services**
If you need to keep up-to-date on a particular topic I can advise on suitable RSS feeds and help you set up article alerts from the major healthcare databases.

**Online resources**
Whilst many good quality resources are freely available, most full-text journals and the main bibliographic databases (e.g. Medline and CINAHL) require an Athens username and password. To register for an Athens login go to [www.athens.nhs.uk](http://www.athens.nhs.uk)

The Library web pages contain detailed information about library services and training opportunities, online request and registration forms and several guides on key online resources and evidence-based websites at [www.heftlibrary.nhs.uk](http://www.heftlibrary.nhs.uk)

**Contact**
The Outreach Librarian is located in the education centre at Heartlands Hospital, on the first floor, next to the Library. Telephone 0121 424 2503 (42503) or email: ann.button@heartofengland.nhs.uk