CASE STUDY 3:
RESIDENT PLATE WASTE

MRS JOAN FAY *

Mrs Fay is a 78 year old resident. Nurses have observed that Mrs Fay has not been eating all of her meals and has been complaining of a having a poor appetite and feeling full. The nurses report their findings to the care manager who decides to organise a resident plate waste audit of Mrs Fays meals over 3 consecutive days to see how much she is eating.

The care manager informs the staff who will be looking after Mrs Fay's unit for the next 3 days to observe each of her meal times and record her intake on the resident plate waste chart as per instructions on the chart.

Mrs Fay's intake observations are demonstrated on the completed resident plate waste chart attached.

Breakfast
Mrs Fay was served two slices of toast and a cup of tea. Mrs Fay's plate waste equalled zero.

Lunch
At lunch time her plate waste was consistently very high as she wasn't eating much of her meal. Mrs Fay complained her appetite was worst at lunch time.

Review
The care manager reviewed what Mrs Fay was eating at breakfast and decided to increase the serving sizes of her meals. The care manager offered Mrs Fay her a bowl of cereal in addition to her toast and tea to increase her food intake. Mrs Fay was happy with the addition to her breakfast and it meant she was maximising her intake by eating most when she felt hungry.

** All content is fictional. Photo downloaded from www.istockphoto.com*

RESIDENT PLATE WASTE CHART

SAMPLE

Steps to completing the Resident Plate Waste Chart:

1. Record the date and attach Resident ID sticker to the chart
2. Observe the resident during meal time. Take note of the portion sizes of the meal - this makes it easier to estimate how much is left on the plate when the resident has finished
3. The amount of food **LEFT** on the plate uneaten is recorded:
   eg Each circle is broken into four quarters. A full circle denotes a full meal eg 1 bowl of cereal. If one quarter of a bowl of cereal is eaten, three quarters should be shaded in the appropriate column
4. Repeat this process for each meal item consumed
5. If the resident is not given a particular meal item place a cross through the corresponding circle
6. Ideally this process should be carried out for consecutive meals over a three day period (ie breakfast followed by lunch followed by morning tea, lunch etc) but even one day can be useful

Resident:	MRS JOAN FAY
Medicare No.	1111111111
Pension No.	222222
Medical Officer:	DR JONES
Diagnosis	Arthritis
DOB:	07/04/1931
Veterans No.	

DATE	Breakfast				Morning Tea		Lunch			Afternoon Tea		Dinner						Supper	
	Cereal	Toast	Hot food	Supplement (eg Sustagen)	Cake / Biscuit	Supplement (eg Sustagen)	Meal	Dessert	Supplement	Cake / Biscuit	Supplement (eg Sustagen)	Meal	Dessert	Supplement (eg Sustagen)	Sandwich	Bread	Salad	Cake / Biscuit	Supplement (eg Sustagen)
10/05/09																			
11/05/09																			
12/05/09																			
-- / -- /--																			
-- / -- /--																			
-- / -- /--																			