



# CRUMBLLED SOFT DIET IMPROVE THE MEAL SATISFACTION OF ELDERLY PATIENTS

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## BACKGROUND :

Fewer remaining teeth, edentulism, poorer masticatory function and other oral problems in elderly patients, influence the meal satisfaction of the hospital, and are associated with decreased nutrient intake.

## OBJECTIVE :

The purpose of this study was to investigate the impact of crumbled soft diet on meal satisfaction, and dietary intake in elderly patients.

## METHODS :

A cross-sectional study used a semi-structured interview (SSI) with open and closed questions to collect the meal satisfaction, and weighed each meal to record dietary intake of soft diet and crumbled soft diet in 63 elderly patients. Crumbled soft diet was new developed by dietitians for elderly patients. Soft diet was common in hospital.

## RESULTS :

The subjects were elderly patients in geriatrics ward, included 20 women and 43 men, and the mean age was  $79.8 \pm 6.94$ . The meal satisfaction of crumbled soft diet was significant better than soft diet in taste ( $p = 0.000$ ), hardness ( $p = 0.000$ ), temperature ( $p = 0.002$ ), quantity ( $p = 0.019$ ), and quality of a whole plate ( $p = 0.000$ ). The meal consumption of crumbled soft diet was significant more than soft diet in main course ( $p = 0.052$ ), side dishes ( $p = 0.038$ ), and vegetables ( $p = 0.009$ ).



### Soft diet :

Soft diet is common in hospital. It varies from regular diet in texture and fiber content. Main courses do not offer fried foods and hard or crude vegetables.



### Crumbled soft diet :

Crumbled soft diet is a new developed diet by dietitians for elderly patients. Those foods cook longer, or are minced by machine. Food texture is tender and smooth. It is easy to chew, and retains original appearances of dishes.



Table 1. Age and sex distribution of 63 patients.

age	Sex	
	male	female
65-69	4	2
70-74	6	4
75-79	5	2
80-84	18	8
85-89	8	2
90-94	3	1

Average  $79.8 \pm 6.94$

Table 2. Comparison of soft diet and crumbled soft diet in meal satisfaction (n=63).

	Soft diet	crumbled soft diet	p-value
	Mean $\pm$ Std	Mean $\pm$ Std	
Taste	3.57 $\pm$ 0.56	4.71 $\pm$ 0.47	0.000*
Hardness	3.47 $\pm$ 0.81	4.62 $\pm$ 0.56	0.000*
Temperature	3.92 $\pm$ 0.53	4.13 $\pm$ 0.43	0.002*
Quantity	4.17 $\pm$ 0.49	4.32 $\pm$ 0.57	0.019*
Quality of a whole plate	3.72 $\pm$ 0.59	4.28 $\pm$ 0.59	0.000*

\*P<0.05

Table 3. Comparison of soft diet and crumbled soft diet in meal consumption percentage (%) (n=63).

	Soft diet	crumbled soft diet	p-value
	Mean $\pm$ Std	Mean $\pm$ Std	
Main course	60.9 $\pm$ 24.6	67.0 $\pm$ 24.4	0.52
Side dishes	61.3 $\pm$ 26.1	67.9 $\pm$ 23.3	0.038*
Vegetables	59.5 $\pm$ 24.9	68.2 $\pm$ 24.6	0.009*

\*P<0.05

## CONCLUSIONS :

The meal satisfaction and consumption of crumbled soft diet was better than soft diet for elderly patients. Crumbled soft diet could help elderly patients eat more.

## KEYWORDS :

Elderly patients, Meal satisfaction, Crumbled soft diet, Soft diet