

Presentation: Nutrition and Mental Health in Long Term Care

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CPE: 1

Many of us struggled with our mental health during the pandemic, as did our Residents. In addition, the changes in the long-term care landscape mean that many of our facilities are starting to admit Residents with different health conditions, including mental health conditions, than they had in years past. While mental illnesses and the medications used to treat them can often have an effect on weight and appetite, many clinicians do not feel fully knowledgeable to give great recommendations to cope with these illnesses. We will work to learn more about these illnesses and how they can affect nutrition status. We will talk about the challenges these Residents face and how we can help them. While the focus of this presentation is on the long-term care side, those working with clients/patients with mental health issues in other realms may also find this presentation helpful.