

Long-Term Care Survey Alert

Clinical Tip: Resident Refusing Thickened Liquids? Try These Simple Workarounds.

Meet residents' safety and quality-of-life needs.

Before you get into the thick of a battle of the wills with a resident refusing thickened liquids, try these dietary strategies.

Overall goal: If the physician's order says all fluids have to be of "honey consistency," individualize that to the resident's preferences and find ways to avoid "flavor fatigue," suggests **Marian Scharwachter, RD, CPHRM, LNHA**, who is CEO of **Myziva.com**.

For example, "some residents don't want milk shakes because they are too sweet but will accept a yogurt smoothie -- or, if they like coffee, a coffee-flavored shake," she says.

"Offer naturally thickened foods in lieu of formally thickened ones -- for example, pudding and thick soups," she adds.

Also, if you are going to add an artificial thickener, do so at the point of service, Scharwachter suggests. "If you add [the thickener] in the kitchen," the beverage can become "overly thick" by the time you serve it.