

## Long-Term Care Survey Alert

### Clinical Tip: This Simple Dietary Remedy Can Help Relieve Constipation

**It may also help address another all-too-common program in LTC.**

As you know, constipation can cause pain and discomfort and lead to fecal impaction.

In addition, alleviating constipation can help urinary incontinence, says nutrition expert **Annette Kobriger, RD, MPH, MPA**, in Chilton, Wis.

To combat constipation, facilities can give residents a morning "power pudding" made of prunes, All-Bran, and applesauce, which is pureed, Kobriger advises. "Some residents eat the pudding on their cereal," she notes.

Tip: "The pudding is better if you make it and store it overnight before serving," Kobriger says.

Another option: Kobriger reports working at a facility that made a special jelly that's essentially power pudding minus the prunes. The jelly, which tastes like apple butter, includes cinnamon for flavoring, and a little food coloring to make it look more attractive, she says. Since the jelly is pureed, "people can eat it directly or put it on their toast or cereal."

Staff also used the jelly in lieu of applesauce for med pass for residents who required their medication to be mixed in food, Kobriger adds.