Title:
SPECIAL SESSION: Feeding and Dementia: Bridging the Gap

Presenter: Roger Watson, PhD, BSc, RN, FRCN, FEANS, FFNMRCSCI, FAAN

Type:
Oral

Keywords:
Assessment, Dementia and Feeding

Summary:
As an inductee into the International Nurse Researcher Hall of Fame this session will describe the development of the Edinburgh Feeding Evaluation in Dementia Scale.

Final Number:
K 16
Slot:
K 16: Saturday, 29 July 2017: 3:30 PM-4:00 PM

References:


Learning Activity:

<table>
<thead>
<tr>
<th>LEARNING OBJECTIVES</th>
<th>EXPANDED CONTENT OUTLINE</th>
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<tbody>
<tr>
<td>The learner will be able to understand the development of the EdFED scale</td>
<td>The EdFED was originally developed in the early 1990s based on the clinical experience of the author working with older people with dementia</td>
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<td>The learner will learn about recent us of the EdFED scale in RCTs into interventions for feeding difficulty in dementia</td>
<td>The EdFED has been used an outcome measure in RCTs using Montessori and Spaced Retrieval methods</td>
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Abstract:

In the commonest forms of dementia, especially Alzheimer's disease, there is a decline across the whole spectrum of activities of daily living and this includes the ability to self-feed. Patients inevitably lose weight, with the sequelae that involves and relatives and carers find the situation very distressing. Assistance is required by caring staff but there is little research to guide practice and to indicate what best practice is in this area. In addition, the area is fraught with ethical and legal issues. The missing link between the problem and interventions is assessment and the Edinburgh Feeding Evaluation in Dementia (EdFED) scale remains the only validated instrument internationally (Alzheimer’s Disease International 2014).

The EdFED was developed by the author following clinical practice where the number of older people with dementia was rising and the problems associated with helping older people with dementia to feed were a major aspect of nurses' work. The scale was developed based on the best literature available in the early 1990s and the pattern of feeding difficulty was demonstrated to be cumulative using Guttman scaling. Later, a form of item response theory: Mokken scaling, was applied and the cumulative pattern was demonstrated again (Watson 1996) and - with only minor changes in item order - has been shown to be replicable across several studies.

The psychometric properties of the EdFED scale have been shown to be robust and its use has extended from assessment to measurement of change in the first rigorously conducted randomized controlled trials into an intervention aimed at alleviating feeding difficulty ion older people with dementia. These interventions are based on Montessori and Spaced Retrieval techniques (Lin et al 2010) and rely on the fact that procedural memory remains intact in dementia. The interventions are successful at alleviating feeding difficulty in dementia in mild to moderate dementia as shown by a declining score on the EdFED scale. Other aspects of feeding difficulty in dementia such as nutritional status, however, have not been demonstrated to improve within the timescale of these trials. Work is currently underway to develop a short intervention based on Spaced Retrieval techniques.