

市販増粘剤を用いた嚥下食の取組み

山下紗也佳¹⁾ 上田宏純^{1)*} 石川就一¹⁾ 小林優子¹⁾

1) 国立病院機構鳥取医療センター内科栄養管理室

Introduction of thickened food into patients having dysphagia

Sayaka Yamashita¹⁾, Hirozumi Ueda^{1)*}, Syuichi Ishikawa¹⁾, Yuko Kobayashi¹⁾

1) Department of Nutrition Management, National Hospital Organization Tottori Medical Center

*Correspondence: hirozumi_u@tottori-iryo.hosp.go.jp

要旨

鳥取医療センターは、入院患者全体の約 30%弱が食事を半ペースト状まで潰した「みじん食」またはペースト状まで潰した「ミキサー食」を喫食している。また、入院中に摂食・嚥下訓練を行っている患者にとって、食事はリハビリテーションの一環として大変重要な因子ともなっている。しかし現在の「みじん食」「ミキサー食」では、全体の水分量や容量の多さ、見た目の悪さ、喫食時の食べこぼしの多さ等の理由から、全量を摂取できず、十分な栄養補給が行えていない患者が多いという問題もあった。そこでその改善策として、市販増粘剤を用い「みじん食」「ミキサー食」の固形化を行うことで、喫食率およびそれに伴う栄養状態の向上を図り、また患者が「食べる楽しみ」を持つことに少しでも寄与したいと考え、栄養管理室スタッフと言語聴覚士を対象に調理実習を兼ねた勉強会を実施した。これにより今後の課題や改善点を発見することができただけでなく、各職種の立場から直接意見交換を行えたため、スタッフの知識向上・意識改革にも繋げることができた。鳥取臨床科学 1(1), 38-42, 2008

Abstract

Approximately 30% of inpatients have “minced meal” that is processed to half-paste, or have “purée meal” in the Tottori Medical Center. For the patients that are trained in eating and swallowing, having meals is a very important factor for rehabilitation. However, “minced” and “purée” meals contain large amount of liquid and volume, and are not tasty looking. Most of patients spill food while they eat. Therefore, they are unable to eat enough for their nutritional requirement. In order to solve this problem, a commercially available food thickener is introduced to thicken “minced” and “purée” meals. Under development of such thicken meals actually applied to patients having dysphagia in the future, conference meetings and cooking practice with speech-language pathologist (SLP) were held to improve patients’ eating quantity and quality of meals that contribute to “their joy for eating”. As a result of exchanging opinions at the conference meetings between dieticians and SLP, and understanding different point of view as SLP, assignments and problems were discovered for this project and awareness and knowledge of the staff is increased. *Tottori J. Clin. Res.* 1(1), 38-42, 2008

Key Words: 嚥下食, 増粘剤; food for dysphagia, food thickeners