Clinical application of rheology of fluids and texture modified foods for patients with OD

Aula de Wissenschaften, Vienna
Thursday 19 September 2019

Aim: To discuss the properties that explain the therapeutic effect of thickening agents and texture modified foods on different phenotypes of patients with OD and how they should be applied to clinical practice.

Physiology, rheology, management,

Texture modified foods. Safe, nutritive and tasty food for patients with OD

08:00-08:05 Introduction – PC 5 min:

08:05-08:30 The physiology of mastication and food transport. Assessment tools for chewing and swallowing function in Japan. Koichiro Matsuo

08:30-09:00 What is texture? Sensory attributes vs texture profile analysis. New components that modify food texture. Laura Laguna

09:00-09:30 Complications of OD– malnutrition and dehydration in geriatrics Luboš Sobotka

09:30-10:00 How to select the right texture of food for patients with OD? What are the classifications of texture modified foods and fluids in Japan? And the evidence? Ichiro Fujishima

10:00-10:30 Coffee break

10:30-11:5 Triple adaptation of Mediterranean Food for Patients with OD Nutritional adaptation according to the MNA. Protein and caloric needs of patients with OD, and organoleptic - Adaptation, Palatability, flavour and sensory properties; Quality of life. Educational Materials.

Alícia Costa and Silvia Carrión

11:15-12:30

Masterchef cooking session dedicated to patients with OD based on triple adaptation of home cooking

Organized by Alícia Costa and the chef
12.30-13.00 Lunch

Fluid adaptation and thickening agents, to thicken or not to thicken

13:30-14:00 Fluid thickening, what is the evidence? (physiological studies selecting optimal levels of viscosity). To thicken or not to thicken, pros and cons. Pere Clavé

14:00-14:30 What is viscosity? How is it measured in the SI units? Newtonian vs non Newtonian fluids. Effects on viscosity of shear rate, time, salivary amylase and extensional flow. Starch vs gums. Examples. Crispulo Gallegos

14:30-15:00 What rheological properties other than viscosity are relevant to safety of swallow, bolus flow and post-swallow residue? Samir G Sukkar, editor of Frontiers in Nutrition

15:00-15:30 EU regulations for labelling FSMP - Thickening agents and oral nutritional supplements – what are the requirements? Mireia Bolivar

ESSD labelling system, examples. Comparison vs other systems Mireia Bolivar

15:30-16:00 Clinical methods to prescribe the optimal viscosity for thickening agents and oral nutritional supplements to patients. Vivi Nascimento, Michaela Trapl-Grundschober

16:00-16:30 Workshop on fluid thickening

Conclusion and discussion

16:30-17:30

- How does this affect patients, prescribers, healthcare providers?
- And the nutrition and food and catering industry?
- Management of patients with OD: Triple adaptation of diets; Minimal-massive interventions for older patients; other strategies
- General discussion