



Natural bowel
care...as easy
as eating...
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FLAX FOR FIBRE IN CLIENT FOCUSED CARE

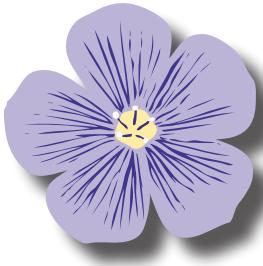
NATURAL BOWEL CARE PROGRAM[©] - “*as easy as eating*”



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NATURAL BOWEL CARE PROGRAM[©]

The use of pharmaceutical laxatives in long term care is of continuous concern to care providers. Seventy-four percent of nursing home residents are taking at least one type of laxative. This activity continues even with abundant evidence that many of the products being used have considerable side effects. Complications can include dependency, loss of bowel function, and product specific complications. For example, the use of saline laxatives such as Milk of Magnesia can result in watery stools, increasing the risk of fecal incontinence, dehydration, and hypermagnesemia.

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The management of bowel care requires a multidisciplinary approach. The initiation of a new bowel care protocol reduces the orders for laxatives; additionally, it requires an increased use of dietary fibre, increased fluid intake, and exercise as essential components of a successful bowel care program.

These program dimensions require the approval many disciplines, including: the physician to discontinue the routine use of laxatives; the dietary department to increase the fibre content of meals and snacks; the nursing department to monitor and encourage fluid intake; and, the activity coordinators to monitor and provide enhanced opportunities for resident activity. By promoting the development of a multidisciplinary team, each individual or department maintains involvement in the program and is kept current with progress. A team approach may also enhance the resolution of difficulties with specific components of the program as they arise.

Incorporating approximately two tablespoons of flax flour into the diet can help reduce the incidence of constipation by softening the stool, increasing both the ease of evacuation and the number of bowel movements. Flax flour does not cause or increase the incidence of diarrhea.



The NATURAL BOWEL CARE PROGRAM[©] has sparked the interest of Dietary and Nursing staff in long term care facilities. Respondents to a survey of ten nursing homes in Nova Scotia using the same, or a very similar, program reported a strong association between the use of flax flour, as a component of a natural bowel care regime, and a reduction in the use of oral laxatives and enemas. Seventy-four percent of residents in the ten facilities were reported to be receiving flax flour as a natural stool conditioner. One facility reported a reduction from 46 to 7 phosphate enemas after starting the bowel care program. These facilities also reported reduced medical costs for bowel care. Research confirms that teamwork between dietary and nursing departments appeared to be crucial to the implementation of a successful flax flour program.

With the dedication and determination of an effective team, the residents living in any facility can enjoy greater control over their own bowel care while staff experience the numerous benefits of this dietary intervention.

Periodic review of the bowel care by the Director of Nursing, Dietitian, Physician, and other staff members helps keep statistics up to date and provide the documentation required to keep the team members, as well as other staff and residents, attuned to the benefits of the bowel care program. With the dedication and determination of an effective team, the residents living in any facility can enjoy greater control over their own bowel care while staff experience the numerous benefits of this dietary intervention.

As a Professional Chef and Registered Dietitian, I have been developing and supporting the natural bowel care program using flax flour for over 15 years. In this time, several hundred long term care facilities have implemented the program. Success appears to be closely associated with the creation of a strong positive environment through the development of an implementation team and positive discussion about the benefits of flax among staff and residents. One strong negative voice can create a lot of dissention among both staff and residents. Tracking and publicizing success is critical, therefore, to the ongoing maintenance of your program. Great results help to encourage residents and staff to remain focused on the benefits which the program provides.

Flax flour is very easy to incorporate into the daily menu plan. It can be added at breakfast to hot and cold cereals, muffins, bread, juice, yogurt and apple sauce. Throughout the day, small amounts can be added to a variety of foods, including soups and gravies, smoothies, stuffing, bread-ing, and baked goods.

Some facilities have found that offering muffins and cookies, which have been made with the addition of 10 to 15% flax flour, is a good way to en-courage staff to try the product.

Flax flour is a source of both soluble and non-soluble fibre. Flax also con-tains several other nutrients which can contribute to over all well being. These include omega-3 fatty acids, anti-oxidants and phytoestrgoen.

| Comparative Fiber Content of Selected Foods | | | |
|---|----------|-----------------|-------------------|
| Grains | Quantity | Total Fiber (g) | Soluble Fiber (g) |
| Flax Flour | 2 Tbsp | 4 | > 1 |
| Bran, Wheat, dry | 2 Tbsp | 3 | Trace |
| Fiber One | 2 Tbsp | 3.5 | 1 |
| All-Bran | 2 Tbsp | 2.5 | 1 |
| All-Bran with extra fibre | 2 Tbsp | 3.5 | 1 |
| 100& Bran | 2 Tbsp | 3 | 1 |

A **NATURAL BOWEL CARE PROGRAM[©]** Implementation kit is available to help set up the program. If you would like additional information about the complete Resource Kit, which includes a resource binder with deci-sion algorithm and sample tracking tool, a 15 minute in-service video and additional resources, you can do so by contacting me directly at howard.selig@flaxflour.com or 1-866-825-8256.

Thank you for your interest in our

NATURAL BOWEL CARE PROGRAM[©].

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