

Promoting Healthy Nutrition in Older Adults with Cardiovascular Disease

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- Living with cardiovascular disease places a significant burden on one's life, particularly in older age. Decreased functional endurance, chest pain, breathing difficulties, and dizziness are just a few examples of symptoms that can manifest.
- Drastic lifestyle changes are often recommended in the form of taking medication, changing diet, and exercising.
- According to Yazdanyar & Newman (2009), "CVD is the second leading cause of disability among older adults (after arthritis) and accounts for more deaths in the U.S. than any other major cause." 80 million Americans are estimated to have some form of CVD, and half of these individuals are 60 years or older (pp. 2, 6).
- Research by Coll et al. (2020) suggests that important risk factors for the incidence of CVD include hypertension, hypercholesterolemia, and diabetes mellitus. Additionally, "race, socioeconomic status, and lifestyle choices, including diet, exercise, alcohol intake, and tobacco use, are additional risk factors" (p. 1098).

Occupational Therapy Treatment Approaches

- Client/caregiver education may include recommended diets, helpful exercises, and foods to avoid to prevent interactions with medications
- Recommendation of assistive technology such as apps that can provide helpful nutritional value information
- Practice meal planning and cooking healthy meals with client



Client/Caregiver Education

- According to Lo, Desai, Henderson-Kalb, & Moss (2016), the Dietary Approaches to Stop Hypertension (DASH) diet, a primarily plant-based diet rich in fruits and vegetables and low-fat dairy with low levels of saturated fat, total fat, and cholesterol has been shown to improve cardiovascular disease risk (p. 172).

THE DASH DIET
WHAT CAN I EAT?

✓ YES

- FRUITS
- VEGETABLES
- WHOLE GRAINS
- HEALTHY DAIRY
- LEAN MEATS
- NUTS, SEEDS, AND LEGUMES
- HEALTHY VEGETABLE-BASED OILS

✗ NO

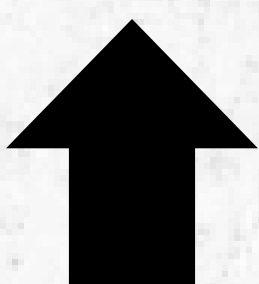
- SUGARY PRODUCTS
- FULL FAT DAIRY AND CHEESE
- ENRICHED GRAINS
- ELEVATED SODIUM LEVELS
- ALCOHOL

The infographic is a vertical poster with a light blue background. It is divided into two columns by a vertical line. The left column is headed 'YES' with a checkmark icon, and the right column is headed 'NO' with an 'X' icon. The 'YES' column lists seven food categories with corresponding images: Fruits (a plate of blueberries, strawberries, and orange slices), Vegetables (a plate of mixed greens and vegetables), Whole Grains (three loaves of bread), Healthy Dairy (a bowl of yogurt and a bottle of milk), Lean Meats (a piece of cooked fish), Nuts, Seeds, and Legumes (a bowl of mixed beans and nuts), and Healthy Vegetable-based Oils (a bottle of olive oil). The 'NO' column lists five food categories with corresponding images: Sugary Products (a cup of iced cola and a pile of colorful candies), Full Fat Dairy and Cheese (a wedge of Swiss cheese), Enriched Grains (a stack of white bread slices), Elevated Sodium Levels (a plate of food with a large portion of meat and sauce), and Alcohol (a martini glass with olives).

Client/Caregiver Education cont.

Link to cardiac exercises

- Home exercises

Click above! 

Recommendations to prevent food-drug interactions

- Foods and supplements to
avoid with heart
medications

Click above! 



Assistive Technology Recommendations

Click the links below to learn how to use the Yummly app

- Adding your food preferences
- Viewing your saved recipes and nutritional information



Click the link below to learn how to use the MyFitnessPal app

- Barcode scanning food item packing to track nutrition info

myfitnesspal 

Meal planning and healthy cooking

Click below for meal planning ideas

- Cost-effective tips



Click below to practice cooking healthy recipes

- 3 healthy recipes

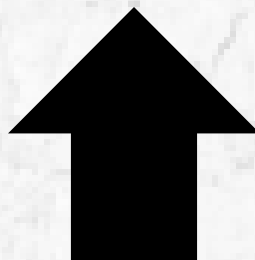


Helpful resources

Heart healthy tips

Click above! 

Mediterranean diet
information

Click above! 

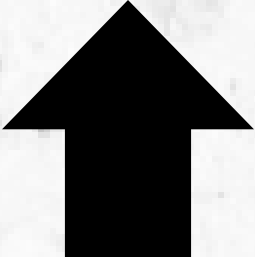
- According to Lo, Desai, Henderson-Kalb, & Moss (2016), "the Mediterranean diet has been found to improve cardiovascular health and reduce risk of cognitive decline and contains high amounts of fruits, vegetables, and legumes; moderate amounts of whole grains; and small amounts of red meat" (p. 173).

Mended hearts support
group

- About mended hearts

Click above! 

- Find your chapter

Click above! 

Interprofessional Resources

Dietician



Dietitians are healthcare professionals whom assist clients with dietary concerns. After completing an evaluation and taking the patient's medical condition into account, they can help set goals and create specialized diets to help obtain healthy nutrition

Cardiologist



Cardiologists are medical doctors who have received extensive training in the study/treatment of heart-related conditions. They serve as a knowledgeable resource for heart-related concerns

Exercise Physiologist



Exercise physiologists are health care professionals whom assist clients with medical conditions by creating specialized exercise programs to help support health and wellness

Occupational Engagement

- By adhering to recommended diets, staying physically active, tracking one's nutrition through apps, carefully planning meals, and learning how to cook healthy recipes, one can improve his or her heart health which can lead to positive outcomes in one's life. Furthermore, joining a support group can be beneficial as one can share his or her experience with other individuals who are undergoing similar health challenges and learn helpful tips.
- As an example, Lisa is a 60-year woman diagnosed with coronary artery disease. She has been experiencing shortness of breath, angina, depression, nausea, and lightheadedness when performing physical activity. She enjoys gardening, however, has recently been unable to do so due to her declining physical endurance.
- According to the International Classification of Functioning, Disability, and Health (ICF), Lisa's participation in the leisure activity of "gardening" has been negatively impacted. The ICF states that gardening falls under the code "d6505" and is described as "taking care of plants inside and outside the house, such as by planting, watering and fertilizing plants, and gardening and growing foods for personal use." By following the recommendations described within this resource, Lisa may be able to improve her heart health and reduce the severity of symptoms she is experiencing. In turn, her physical endurance may improve so that she is able to resume her hobby of gardening.

References

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- Medication Interactions: Food, Supplements and Other Drugs, 2014, www.heart.org/en/health-topics/consumer-healthcare/medication-information/medication-interactions-food-supplements-and-other-drugs.
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