



Best Practice Guidelines and Bowel Care

Improving quality of life for long term care residents through the sharing of Best Practices is being championed by interdisciplinary teams throughout the country. With every attempt being made to help residents enjoy their living experience and offer more opportunity for control over the decisions which affect them, individual quality of life improves.

Bowel function is one area where small, non-intrusive changes can have a great positive impact on the feeling of well being and sense of personal control for residents. Over 12 years of concept development, process improvement and documented results have gone into making our **NATURAL BOWEL CARE PROGRAM®** - “*as easy as eating*” an effective model for implementing a Best Practice intervention in your facility.



Valley Flax Flour enhances the

- Flavour
- Appearance
- Texture
- Freshness
- Nutritional value of your food products

Flax tastes great, adding a slightly nutty flavour to muffins, cakes and bread.

Using flax flour is as easy as adding a couple tablespoons to yogurt, applesauce or smoothie.

Add to pancake mix, spaghetti sauce, soup, stew, and hot or cold cereal.

Milled flax seeds are stable for several months at room temperature.

For recipes & serving suggestions, go to

www.valleyflaxflour.com

Natural Bowel Care

Bowel care is a legislated a priority for long-term care homes and facilities. Legislation in Ontario, under the Long-Term Care Homes Act, 2007, requires long-term care homes to have a continence care and bowel management program in place. This program is required to provide, among other things, treatments and interventions to prevent constipation, including nutrition and hydration protocols and strategies to maximize residents' independence, comfort and dignity. Regulations made under the Act also require that each home's menu provide adequate fibre based on the current Dietary Reference Intakes (DRIs). The recommended intakes for men and women over 50 years of age are 30 and 21 grams per day, respectively.

Flax Flour as a component of the NATURAL BOWEL CARE PROGRAM®

Flax is a traditional source of soluble and insoluble fibre, providing 4 grams of fibre per two tablespoons. Flax fibre helps to increase stool bulk while reducing hardness, transit time, and discomfort from constipation. The bulking effect of the fibre also helps to control diarrhea.

Valley Flaxflour Ltd's NATURAL BOWEL CARE PROGRAM® can provide you with the tools and resources to develop, implement, monitor, and evaluate a bowel management program. The Program is based on increasing fibre intake using flax and promoting fluid intake and regular physical activity – that is, on natural alternatives to bowel care medications. At Valley Flax Flour, we believe that bowel care can be “**as easy as eating®**”.

Our NATURAL BOWEL CARE PROGRAM® can be a key component in the delivery of best practice in your facility. Results have shown that the NATURAL BOWEL CARE PROGRAM® works; North Queens Nursing Home, in Queens County, Nova Scotia, reported a 60% reduction in the use of laxatives, suppositories, and enemas, with less than 30% of their 44 residents requiring any invasive treatment over a three year period. During a study in 2001 at Windsor Elms in Windsor, Nova Scotia, the number of bowel movements per week increased 66%, with 73% of study participants requiring a reduced number of bowel medications. More recent implementations in several hundred nursing homes have affirmed and support these amazing results. The NATURAL BOWEL CARE PROGRAM®, “**as easy as eating®**”, is designed to be adapted to your facility, its individual culture and method of food preparation and delivery. Resources, and professional staff to help you use them, are available to help you with each step of the development, implementation, monitoring, and evaluation of the program in your facility. Educational resources for staff and residents are also available.

Best Practices

“Best Practices are interventions, programs/services, strategies, or policies which have demonstrated desired changes through the use of appropriate well documented research or evaluation methodologies. They have the ability to be replicated, and the potential to be adapted and transferred. A best practice is one that is most suitable given the available evidence and particular situation or context.” Excerpt from: Best Practices Portal for Health Promotion and Chronic Disease Prevention, CBPI Working Group, Public Health Agency of Canada (2008).

Long-Term Care Homes Act, 2007

The Regulation under the Long-Term Care Homes Act, 2007 (LTCHA) is now effective and is the current legislation governing long-term care homes in Ontario. The Act requires that all long-term care homes develop and implement, among other programs, “a continence care and bowel management program to promote continence and to ensure that residents are clean, dry and comfortable.

Continence care and bowel management

51. (1) The continence care and bowel management program must, at a minimum, provide for the following:
1. Treatments and interventions to promote continence.
 2. Treatments and interventions to prevent constipation, including nutrition and hydration protocols.
 3. Toileting programs, including protocols for bowel management.
 4. Strategies to maximize residents’ independence, comfort and dignity, including equipment, supplies, devices and assistive aids.
 5. Annual evaluation of residents’ satisfaction with the range of continence care products in consultation with residents, substitute decision-makers and direct care staff, with the evaluation being taken into account by the licensee when making purchasing decisions, including when vendor contracts are negotiated or renegotiated.

“71 (2) The licensee shall ensure that each menu,
(a) provides for adequate nutrients, fibre and energy for the residents based on the current Dietary Reference Intakes (DRIs) established in the reports overseen by the United States National Academies and published by National Academy Press, as they may exist from time to time; and
(b) provides for a variety of foods, including fresh seasonal foods, each day from all food groups in keeping with Canada’s Food Guide as it exists from time to time.”
Excerpts from: Ontario Regulations 79/10 made under the Long-Term Care Homes Act, 2007. Published on e-Laws March 31, 2010, Effective July 1, 2010. Ontario Ministry of Health and Long-Term Care. Retrieved from www.e-laws.gov.on.ca/html/source/regs/english/2010/elaws_src_regs_r10079_e.htm#BK55



NATURAL BOWEL CARE[®] *can help you meet legislative requirements and improve the quality of life for your residents. At **Valley Flax Flour**, we believe that bowel care can be “**as easy as eating**”.*

Please contact us anytime if you have comments or questions.
We look forward to hearing from you.

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