

## Volunteer Programs to Support Standard Care

The chart below provides a few examples from More-2-Eat of mealtime volunteer programs that could be used for standard nutrition care.

| Recruitment  | Training   | Role  | Time with each Patient   | Eating Assistance Provided |
|--|--|---|--|----------------------------|
| New or existing volunteers                                   | By the dietitian   | To check with <b>all</b> patients on the unit to see if anyone requires assistance opening packages etc.  | As needed by each patient on the unit.   | No                         |
| New or existing volunteers                                   | By the dietitian   | Any hospital staff member can enrol a patient as per established criteria. Each volunteer visits at least one patient and provides social support, assistance with meal tray set-up, opening packages etc.                        | Varies with number of patients enrolled and volunteer availability but generally, longer time with each patient. | No                         |
| Existing volunteers, interns, trainees, students etc.        | By the volunteer coordinator (education developed with nutrition & food services team) | To follow the food service worker as they deliver the trays and check to see that each patient has everything they need, open packages etc.   | Short. Typically 20 minutes in total following all the trays then returns to their usual volunteer role.         | No                         |
| Students in Speech and Language Therapist (SLP) or Nutrition | By an SLP or dietitian   | Volunteers check with the nursing staff to see which patients require eating assistance (low risk for choking/not dysphagia patients). Volunteers open packages encourage intake and provide eating assistance (only if trained). | Long. Typically 1 hour per patient.  | Yes                        |

*This resource is a result of the collaboration of the hospital sites, researchers and stakeholders participating in the More-2-Eat study.*