

November 23, 2011

A “Thanks” for Each Feather in the Turkey

[Click here](#) to read a special Thanksgiving edition of Deb Bertrand’s *Wednesday Wisdom*. In it, she shares some of the things she is thankful for as a home care nurse (a few may make you laugh out loud). And **don’t forget** to leave a comment telling what you’re thankful for.



After Turkey Day: How About Some Diet and Nutrition Tools?

We don’t have a tool that tells you what to do if you’ve eaten **too much turkey** and stuffing. If we did, we’d use it ourselves. But the days after indulging may be the perfect time to **talk to your patients** about **healthy snacks** and potential **food/medication interactions**. Click on the names below to download tools that can help. And visit the [Tools section](#) of our Resource Library and select “Nutrition” from the ‘All Topics’ drop-down menu to find many more evidence-based tools related to food and nutrition.



[Satisfying Snacks](#)

This list of healthy and satisfying snacks can help patients replace unhealthy food choices.

[Healthy Living: Food Can Affect Your Medicines](#)

This easy-to-read fact sheet for older adults reviews foods and food groups that they may need to avoid when taking certain medications. [Click here](#) for this tool in Spanish.

[Drug-Food Interactions](#)

This tool for clinicians charts potential interactions between medications and foods and gives suggestions for educating patients about what to eat when taking each medication.

Free E-Presentations

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[Considerations in Geriatric Medication Management](#)

[The Model for Improvement: Small Tests of Change and Using PDSA Cycles to Drive Improvement](#)

[Clinical Coaching with CHAMP Tools](#)



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