

In-service: Food Drug interaction

Materials: copies of sample food/drug interaction sheets, copies of menus and corresponding food/drug interaction sheets for activity 1, pens, copies of post-test

Learning Objective: the workers will be able to successfully adjust specific patient trays when there is a food-drug interaction

Target Audience: Tray-line workers

Evaluation: Review and post-test

Assess background knowledge:

Does this sheet look familiar to you?

What is it? Who can explain to me what its purpose is?

Today we are going to be reviewing the food/drug interaction sheets.

Have any of you ever been on a medication where you were not allowed to eat certain foods? Was that difficult? (Discuss this and the possible consequences if these restrictions are not followed)

Several of the patients at our hospital have to deal with this. As food-service workers you have the important responsibility to make sure that the food they are served meets those restrictions!

Content and Learning Activities:

Pass out a food/drug interaction sheet to each employee

Go down the list, discussing each one.

Points to emphasize:

1. **No dairy products within two hours of medication:** Dairy items are still okay to include. Patient will just have to make sure it has been two hours since taking medication or is more than two hours before taking again.
2. **Broccoli and spinach- limit portion to ½ cup:** This does not mean the patient can not have broccoli or spinach; it is just limited to ½ cup or less.
3. **No cranberry juice**
4. **Salad dressing- no ranch, blue cheese, parmesan type:** Any salad dressing not listed is okay!
5. **No coffee, tea, chocolate, or cola (diet or regular):** Emphasize that diet and regular are both not allowed
6. **No sour cream, yogurt, cheese casseroles, aged cheese (cheddar, parmesan type):** Be aware of dishes that may include these. Cheese that are not aged are okay (processed cheeses like American are okay).
6. **No broad beans (fava and Italian):** other types are okay!
7. **No broth, salami, pepperoni, ham, bacon, sausage, hot dogs:** Be aware of dishes that may include these, such as soups, pizza, etc.
8. **No soy sauce, miso, teriyaki sauce, tofu:** Again, be aware of foods, sauces that may include these.
9. **No sourdough bread:** Other breads okay

Gather up the food/drug interaction sheets

Activity 1: Split the class into 2-3 groups (depending on number attending).
Pass out sample menus and food/drug interaction sheets. (See attached materials labeled menu 1, 2, 3 and corresponding food/drug interaction sheets labeled 1, 2, 3)
Have each group work together to identify food that would not be permitted on their specific menu according to the food/drug interaction sheet given to them. (provide highlighters or pens)

Time permitting, have each team talk about their findings (Ask them to read the restrictions and then share some of the foods they found that fit these restrictions)

Collect all of the papers

Evaluation:

Pass out the post-test and give a few minutes for them to complete. Collect them and then go over the answers