

# Feeding Assistant Training

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This curriculum was developed for use by participants in a feeding assistant training class. The goal is for residents to receive more assistance with eating and drinking to help reduce the incidence of unplanned weight loss and dehydration.

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- ## Modules
- Module 1 – Introduction
  - Module 2 – Nutrition, Hydration, and Therapeutic Diets
  - Module 3 – Communication and Interpersonal Skills
  - Module 4 – Resident Rights
  - Module 5 – Infection Control and Sanitation
  - Module 6 – Feeding the Resident
  - Module 7 – Appropriate Responses to Resident Behaviors
  - Module 8 – Safety and Emergency Procedures

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Module 1  
Introduction

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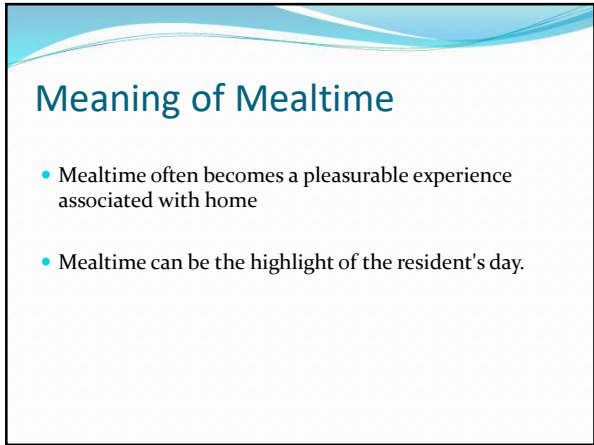
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Meaning of Mealtime

- Mealtime often becomes a pleasurable experience associated with home
- Mealtime can be the highlight of the resident's day.

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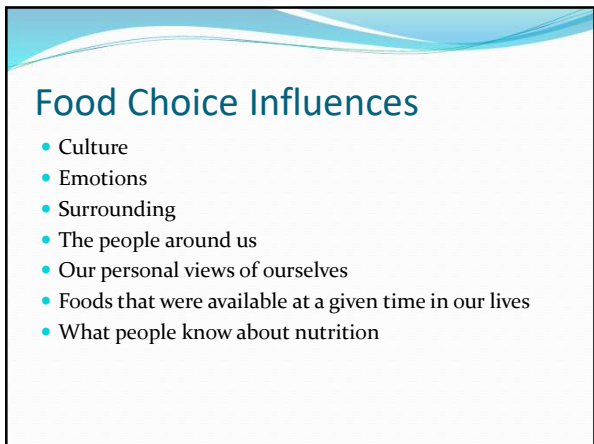
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Food Choice Influences

- Culture
- Emotions
- Surrounding
- The people around us
- Our personal views of ourselves
- Foods that were available at a given time in our lives
- What people know about nutrition

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## Impact on Dining Experience

- Lifestyle and physical changes with aging can impact dining ability and pleasure
  - Pleasant mealtimes can help with poor appetite
- Caregivers' attitudes directly affect how residents eat
  - Respect, kindness, encouragement are musts
  - Focus on the resident
- Feeding assistant's attitude sets the mood at mealtime and impacts meal acceptance
- Previous lifestyle may have a large influence on the residents' mealtime preferences and intake

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## History

- Growing care needs in long-term care
- Feeding assistance required by many residents
- Good quality assistance takes a lot of staff time
- Most homes don't have enough CNAs

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## Feeding Assistant Regulation

- CMS Regulation §483.16 allows for the cross training of non-nursing staff to assist with nutritional care
- Almost all states have also passed state-level regulations

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## Goals of Regulations

- Increase number of staff available to help with nutritional care tasks both during and between meals
- Improve the quality of care so that residents receive:
  - Amount of help they need during meals
  - Snacks and supplements between meals
  - Options

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## Feeding Assistant Regulation

- 8 - Hour Training Course
  - Assistance with Feeding & Hydration
  - Diet
  - Feeding Techniques
  - Communication & Interpersonal Skills
  - Appropriate Responses to Resident Behavior
  - Resident Rights
  - Recognizing Changes in Residents
  - Safety & Emergency Procedures
  - Infection Control
- Complete Written or Performance Evaluation

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## Things You Should Know

- Assistants cannot help residents with “complicated feeding issues”
  - A licensed nurse or Speech Language Pathologist in your facility should make this decision.
- Assistants should not provide care for which they have not been trained
- Training does not have to be repeated unless it’s been more than 1 year since you last worked as an Assistant

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## Role of Dining Assistant

- Most places have more residents who need help than they have CNAs to provide help
- The more staff who are trained to help, the better the care will be for all residents
- Each facility should decide how best to utilize assistants

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