

Module 2 – Nutrition, Hydration, and Therapeutic Diets
Checkpoint: To be completed by learner with onsite/facility instructor

Your instructor will review with you the nutritional approaches for weight loss and pressure ulcers that are used by your facility. The instructor should refer to the facility's Diet Manual and policies to ensure all facility approaches are reviewed here.

These are the approaches for weight loss and pressure ulcers that might be used in this facility:

The instructor should refer to the facility's Diet Manual and policies to ensure all facility terms are reviewed here.

The terms used in this facility to describe mechanically modified foods are:

Our facility's texture-modified Diets are:

The terms used in this facility to describe thickened liquids are:

Our facility's thickened liquids are:

All diets that are used by the facility should be reviewed here. The instructor should refer to the facility's menus and Diet Manual to ensure all facility diets are reviewed.

These are the diets used in this facility:

Our facility's therapeutic diets are:

Describe your facility's special or therapeutic diets.

Why is it important for residents to receive adequate nutrition and hydration?

Describe your facility's texture-modified diets and liquids.

Why is fluid intake in older adults important?

What is dysphagia?

What is aspiration?

TRUE OR FALSE?

The primary goal of feeding assistants is to help prevent weight loss in residents.

TRUE

FALSE