

Module 9
Final Reminders and Next Steps

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Just to Review ...

- A feeding assistant must work under the supervision of a registered nurse (RN) or licensed practical nurse (LPN)
- In an emergency, a feeding assistant must call a supervisory nurse for help on the resident call system
- Feeding assistants should feed only those who have no complicated feeding problems
 - You should receive training on any residents who have specialized instructions

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Supervision of Feeding Assistants

The supervisory nurse should monitor the provision of the assistance on an ongoing basis:

- Use of appropriate feeding techniques
- Whether they are assisting assigned residents according to their identified eating and drinking needs
- Whether they are providing assistance in recognition of the rights and dignity of the resident
- Whether they are adhering to safety and infection control practices

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State Survey Interviews

- What training did you successfully complete in providing feeding assistance?
- What information did you receive about this resident's needs for assistance (type of assistance needed, any precautions)?
- In what manner and by whom are you supervised while assisting residents?
- What issues/problems do you report (such as coughing, choking, changes in the resident's usual responses, or level of alertness) and to whom do you report?
- What would you do if an emergency occurred while you were assisting a resident to eat or drink? Who would you contact and how would you contact them if you are not near the resident call system?

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Practicum

- You will be assigned to feed residents at meals
- A licensed nurse will evaluate the feedings
- Looking for:
 - Hand washing
 - Feeding a resident
 - Serving trays
 - Correct resident
 - Correct eating and adaptive equipment
 - Correct diet
 - Correct fluids

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After the Practicum

- What things went very well?
- Did anything go wrong?
- Why did the things that did not go well, do so?
- What did you find difficult?
- What can you do differently to make it easier next time?
- Were you able to talk to your resident? If so, what kind of things did you talk about?
- Were you worried about anything? If so, what?
- Did you know who to go to if there was an emergency?

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Competency Assessment

Heimlich Maneuver

- Asks the resident if he or she can speak. If resident can speak, does not interfere.
- Calls for help.
- If asked to demonstrate the Heimlich Maneuver from seated or standing:
 - Stands behind the resident and wraps arms around him or her.
 - Puts the thumb side of one hand on the resident's abdomen (thumb should be tucked into fist). Places fist, thumb side in, against the resident's abdomen between the navel and tip of sternum.
 - Grasps hand with the other hand while bending the resident forward slightly and presses it into the abdomen with a quick upward movement.
 - Repeats until the foreign object or material is expelled (6 to 10 times) or until the resident becomes unconscious.
 - Keeps calling for help.

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Competency Assessment

- If resident is lying down:
 - Places or ensures resident is flat on his or her back.
 - While facing the resident, kneels astride the resident's hips.
 - With one of your hands on top of the other, places the heel of the bottom of the hand on the resident's abdomen.
 - Places the bottom hand over the navel and just below the sternum.
 - Presses into the resident's abdomen with a quick upward thrust (toward sternum).
 - Repeats until the foreign object or material is expelled (6 to 10 times) or until the resident becomes unconscious.
 - Keeps calling for help.

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Competency Assessment

Sanitation and washing hands

- Assembles equipment.
- Turns on faucet with paper towel held between hand and faucet.
- Wets hands with fingertips pointing downward.
- Applies soap to hands.
- Holds hands downward and lower than elbows while washing.
- Rubs hands together vigorously for at least ten seconds.

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Competency Assessment

Sanitation and washing hands

- Works up a good lather. Spreads lather over the entire area of hands and wrists (two inches above the wrist). Gets soap under nails and between fingers. Adds water while washing.
- Rinses thoroughly, from wrists to fingertips, keeping fingertips down.
- Dries hands thoroughly with a clean paper towel.
- Uses a paper towel to turn off faucet. Does not touch inside of sink with clean hands.
- Discards paper towel in wastebasket. Does not touch wastebasket.
- Does not lean against sink or splatter clothes.

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Competency Assessment

Serving a Meal Tray

- Washes hands (in accordance with correct hand-washing procedure).
- Greets resident and identifies self. Addresses resident in pleasant manner by Mr. or Ms. (or preferred name).
- Identifies resident and checks to be sure resident has correct tray, correct diet and any special instructions.
- Checks to make sure tray has everything needed (utensils, condiments, napkin, straw, etc.)
- Checks for food that looks or smells spoiled.
- Serves promptly. Food should be attractively served and placed within reach. Placed according to need of the resident (weakness or paralysis on one side).

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Competency Assessment

Serving a Meal Tray

- Assists resident as needed: assists with placement of clothing protector, cuts meats (per instruction from diet card or supervising nurse), pours liquids or opens container and places straw in drink, butters bread, opens containers/condiments, stirs food if needed, peels fruit if needed, assists with sugar/sweetener
- Encourages resident's independence to feed self as much as possible
- Has assistive devices ready (as directed): utensils with special handles, special plates with edges/guards, special cups or glasses
- For visually-impaired: tells resident location of foods in clockwise, asks resident if assistance is needed, aware of hot or cold food temps and advises resident of caution.

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Competency Assessment

Serving a Meal Tray

- If delivering tray to resident's room: knocks, identifies self, awaits permission to enter, adjusts over-bed table to correct height
- Removes tray when finished. Assists resident to clean hands and face.
- Notes and reports the amount of food eaten or not eaten per instruction from supervising nurse.
- Places call bell/signal within reach after removing tray (score only if performed in resident's room).
- Washes hands.

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Competency Assessment

Assistance with Resident Requiring Total Feeding

- Washes hands (in accordance with correct hand-washing procedure).
- Greets resident and identifies self. Addresses resident in pleasant manner using Mr. or Ms. (or preferred name). Explain the assistance being offered.
- Washes resident's hands and face (if not already done prior to coming to dining room).
- Makes sure resident is positioned correctly. Calls for assistance from trained staff to position.
- Obtains food tray. Checks to be sure resident has correct tray, correct diet or special instructions. Checks for food that looks or smells spoiled.
- Describes meal to resident. Checks to be sure tray has everything needed (utensils, condiments, napkin, straw, etc.).

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Competency Assessment

- Prepares as needed: placement of clothing protector, cuts meats (per instruction from diet card or supervising nurse), pours liquids, or opens and places straw in drink, butters bread, opens containers/condiments, stirs food if needed, peels food if needed, assists with sugar/sweetener per resident choice

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Competency Assessment

Assistance with Resident Requiring Total Feeding

- Unless ordered otherwise, seasoned food to resident's taste and allows the resident the choice of the order of food.
- Sits to feed the resident (if right-handed, sits on resident's right side; if left-handed, sits on resident's left side).
- Tells the resident what is served for each bite and allows the resident the choice of the next food item if resident is able to communicate and or respond. Obtains substitutes as requested or needed.
- Aware of hot or cold food temperature and advises resident of caution. (Does not blow on food).

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Competency Assessment

Assistance with Resident Requiring Total Feeding

- Feeding of the resident
 - Feeds alternate solids and liquids in a manner the resident prefers
 - Feeds slowly and does not offer more food until the last bite has been swallowed
 - Does not over-fill spoon
 - Takes care that spoon has cleared the teeth
 - Does not mix food items unless resident requests it
 - Does not rake food from lips and returns to mouth

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Competency Assessment

Assistance with Resident Requiring Total Feeding

- Wipes the resident's mouth and hands as necessary during feeding, using napkin.
- When serving liquids with a straw, holds the straw in place while resident drinks.
- Encourages resident to eat as much as possible without forcing.
- Removes tray as soon as resident is finished. Cleans resident's hands and face with napkin, towelette or washcloth.
- Notes and reports the amount of food eaten or not eaten per instruction of supervising nurse.
- Makes resident comfortable.
- Reports to the supervising nurse any other observations made about the resident (nausea, choking, decreased appetite, etc.).
- Washes hands.

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Competency Assessment

Serving Supplemental Nourishments

- Receives directions from supervising nurse regarding residents with special dietary needs.
- Washes hands (in accordance with correct handwashing procedure).
- Assembles supplies.
- Allows each resident to choose from available nourishments.
- Places nourishment, napkin and any eating utensils/aids within reach of resident.
- Provides assistance as needed or requested.
- Removes glasses or dishes after use and discards to designated area.
- Repeats for each resident assigned.
- Reports and records as directed by supervising nurse.
- Washes hands.

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Competency Assessment

Serving Fresh Drinking Water

- Receives directions from supervising nurse regarding residents with special needs (NPO, fluid restrictions, no ice).
- Washes hands (in accordance with correct handwashing procedure).
- Assembles supplies.
- Adds ice (use scoop) to pitcher of water, places on cart and delivers to each resident.
- Fills cup with fresh water, adds ice (using scoop) as requested by resident.
- If requested or needed, offers straw. Holds straw while resident drinks, if needed.
- Provides other assistance as requested or needed.
- Removes and discards cups/glasses when resident is finished.
- Reports and records as directed by supervising nurse.
- Washes hands.

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This concludes the Feeding Assistant Training Program
Thank you for your attention



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