

# FEEDING ASSISTANT TRAINING SESSION #3

Vanderbilt Center for Quality Aging & Qsource

# Presenter



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- Assistant Professor
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- Research Interests: quality of life and quality of care in long-term care; dementia care

# Feeding Assistant Training Session 3

1. Review features of positive dining environment
2. Demonstrate proper resident and staff positioning for feeding assistance
3. Illustrate the various types of assistance
4. Explain specific feeding techniques
5. Discuss the Performance Evaluation, which is required to receive your certificate

# Positive Dining Environment

Imagine the  
last great  
meal you ate.

What made it  
memorable?

Atmosphere  
Aromas  
Ambience



# Positive Dining Environment

## □ Reduce noise and distractions

- Turn down television or radio
- Limit staff-to-staff discussions
- Limit how often staff get up and down from the table



## □ Remove excess clutter from the table

- Trash such as wrappers, plastic lids, etc.
- Ensure centerpieces/ table decorations do not interfere with resident's access to food

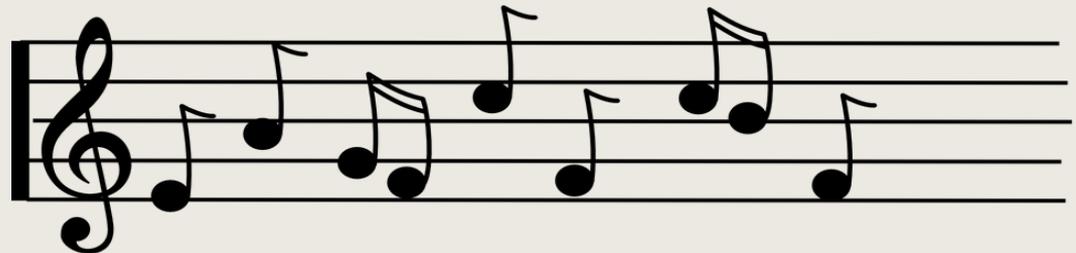


# Positive Dining Environment

- Appetizing/ appealing aromas

- Good lighting

- Soft music



# Dining Environment: Resident Readiness

- Has the resident received the necessary care?
  - **Incontinence care**
  - **Medications given**
- Does the resident have assistive devices?
  - **Glasses, hearing aids, dentures**
- Does the resident have a sweater if she is cold?
- Are the resident's hands clean?
- Would the resident like a clothing protector?
- Is the resident seated at his preferred table?

# Proper Positioning: Resident

- Resident should be sitting upright
- Seated in wheelchair
  - ▣ Ensure resident isn't slumped to one side
- Lying in bed or Geri-chair
  - ▣ Resident's head should be raised between 60°-90°
  - ▣ Resident's head should be in the midline
  - ▣ Prop with pillows as necessary

*If resident needs pulled up in her chair or bed, find a CNA or nurse to reposition the resident. If in doubt, ask a licensed nurse about the resident's positioning.*

# Proper Positioning: Staff

- Staff should be seated next to or across from the resident
  - ▣ Be aware of the resident's sensory deficits
    - E.g., if the resident doesn't hear well on the left side, try to seat yourself directly across from the resident or on his right side
  - ▣ Staff should never stand (over) the resident
    - How do you feel when someone is standing over you?
    - Physical strain for resident

# Feeding Clip #1

- Real residents and Certified Nurse Aides
- Notice the interaction between residents and staff
  - ▣ What did the staff do well?
  - ▣ How could staff better assist the resident?

# Assistance Type: Tray/ Snack Set Up

- Ensure items are accessible to residents
  - ▣ Within reach
  - ▣ Open
- Examples:
  - ▣ Open milk cartons
  - ▣ Place straw in drink
  - ▣ Butter bread
  - ▣ Cut meat
- When did the CNA provide tray set-up in the clip?



# Assistance Type: Verbal

## VERBAL CUEING

Verbal cues are:

- Words that signal the resident that it is time to eat
- Prompts to encourage the resident to eat

## SOCIAL STIMULATION

Social stimulation is:

- Conversation with the resident unrelated to the meal or snack being provided

# Assistance Type: Verbal Cues

1. Orient the resident to mealtime
2. Describe the food being served
3. Ask the resident what food they would like first
4. Prompt resident to open mouth or swallow
5. Provide encouragement
6. Offer alternative foods/ fluids

*What types of cueing did the CNA in the video provide?*

# Assistance Type: Social Stimulation

- ❑ Engage the resident in conversation
- ❑ Ask about their day
- ❑ Limit staff to staff conversations

*What types of social stimulation did the CNA in the video provide?*

# Assistance Type: Physical

## PHYSICAL GUIDANCE

- Sometimes referred to as “Hand Over Hand”
- Boosts residents’ independence when paired with verbal cues
- Place your hand over the resident’s hand and guide the utensil or cup towards the mouth

## PHYSICAL ASSISTANCE

- Sometimes referred to as “spoon to mouth feeding”
- Typically what staff think of when they here a resident needs assistance
- The most intensive type of assistance provided

# Specific Feeding Techniques

- ❑ Provide manageable bites
  - ❑ 1/2-1 teaspoon of food
  
- ❑ Feed at a slow rate
  - ❑ Allow time to chew and swallow
  - ❑ Allow for pauses/ breaks during the meal
    - ❑ Food may need reheated periodically
  
- ❑ Techniques for voluntary swallowing
  - ❑ Provide fluids between bites
  - ❑ Gently touch resident's cheek
  - ❑ Place food on resident's 'good' side
  - ❑ Touch residents lips with something cool

# Feeding Clip #2

- Real residents and Certified Nurse Aides
- Notice the interaction between residents and staff
  - ▣ What did the staff do well?
  - ▣ How could staff better assist the resident?
  - ▣ What types of assistance were provided?

# Feeding Assistance from Start to Finish

	Did Staff Member...	YES	NO	N/A
	Wash hands or use hand sanitizer before assistance			
<p><u>Performance Evaluation:</u></p> <ul style="list-style-type: none"> <li>* Snack Time</li> <li>* Meal Time</li> <li>* Completed at the end of training series</li> </ul>	Greet the resident by name			
	Introduce Self and/or resident to snack			
	Offer resident choice of at least 2 fluids			
	Offer resident choice of at least 2 foods			
	Ensure snack items are within the prescribed diet			
	Ensure resident is sitting upright, to greatest extent			
	Seat themselves beside or across from resident			
	Social interaction with resident			
	Provide verbal instruction or orientation			
	Offer alternatives if resident is eating < 50%			
	Offer resident second serving if eating 100%			
	Provide manageable bites			
	Spend at least 5 minutes or until resident finishes			

# Assistance After the Meal or Snack

- Communicate with nursing staff
- Ensure resident has transportation from the dining room back to his/ her room



# Session Review

1. Reviewed features of positive dining environment
2. Discussed proper positions for both the resident and staff while providing feeding assistance
3. Illustrated the various types of assistance
4. Discussed specific feeding techniques