



FEEDING ASSISTANT TRAINING SESSION #7



Vanderbilt Center for Quality Aging & Qsource

Presenter



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

Feeding Assistant Training Session 7

- Safety & Emergency Procedures
- Infection Control

Safety & Emergency Procedures

1. Review environmental hazards and resident emergencies
2. Illustrate basic principles in responding to emergency situations
3. Identify risks and signs of choking
4. Demonstrate proper steps to take when resident is choking

Environmental Hazards

What hazards were you trained on when hired?

Have you seen anything this week that might pose a danger to the resident(s)?



F-Tags Associated with the Physical Environment: F0454 - F0469 & F0483

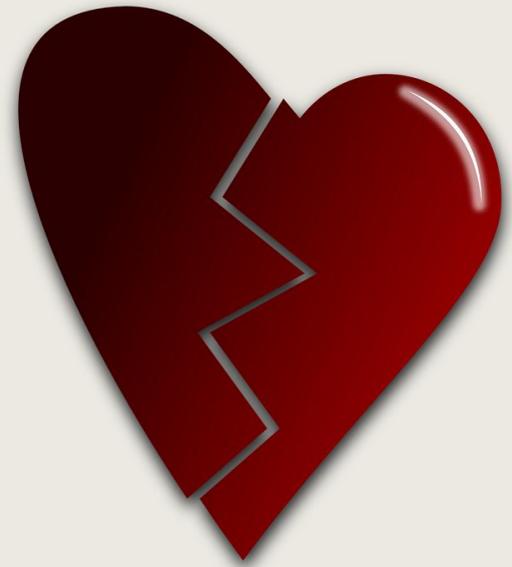
Environmental Hazards

- Non-functioning call lights
- Cluttered hallways
- Spills/ slippery surfaces
- Unsafe equipment
- Meal time hazards
 - ▣ Wrong tray given to wrong resident
 - ▣ Food that is too hot



Resident Emergencies

- Seizure
- Stroke
- Heart Attack
 - ▣ Signs & Symptoms
- Choking



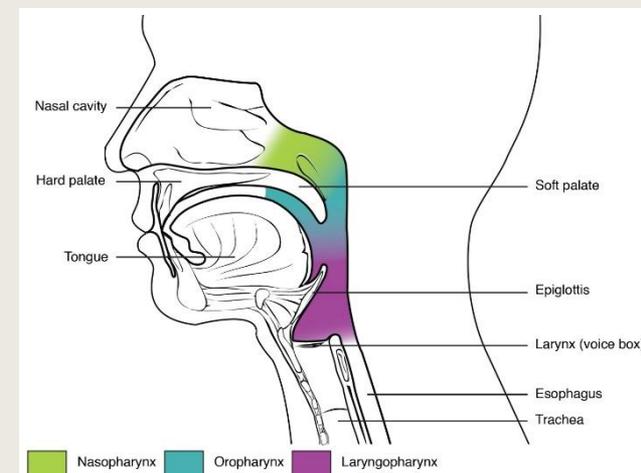
Rules for Emergency Situations

- Remain calm
- Call for Help
- Quickly evaluate the situation
 - ▣ Is the environment safe?
 - ▣ What is the resident's condition?
- Know your limitations
- Reassure the resident



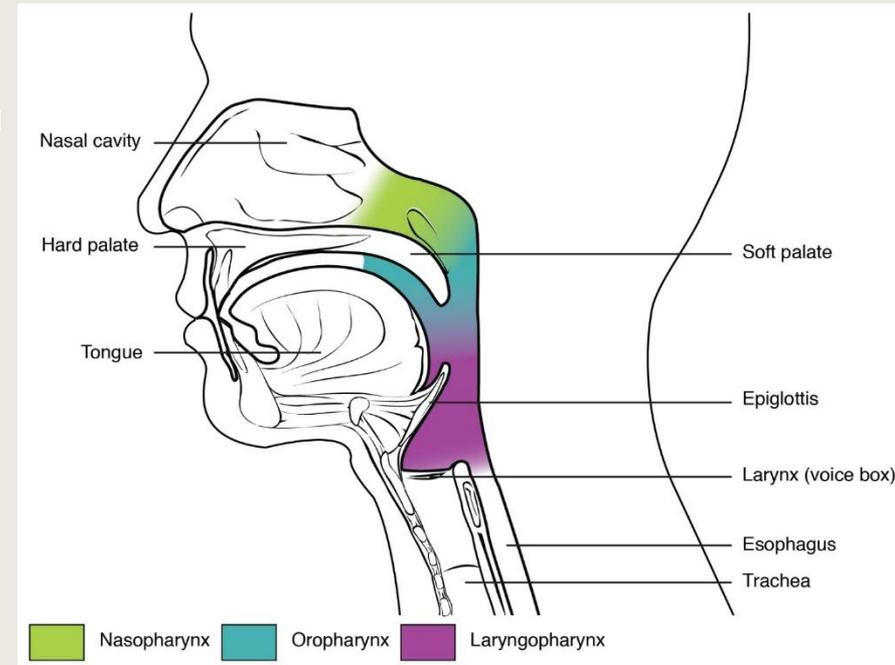
Choking: What is it?

- Blockage of the upper airway that prevents a person from breathing effectively
- Can be a complete blockage of the airway and lead to death
- Requires a fast, appropriate action



Choking: the anatomy

- Two openings in the back of the mouth:
 - ▣ Esophagus: leads to the stomach
 - ▣ Trachea: opening to the lungs
- When swallowing the trachea is covered by a flap that prevents food from entering the lungs
- Any object that enters the trachea will become stuck



Choking

RISKS

- ❑ Dysphagia
- ❑ Poor chewing ability
- ❑ Bites that are too large
- ❑ Talking/ laughing while eating
- ❑ Poor fitting dentures
- ❑ Certain illnesses

SIGNS & SYMPTOMS

- ❑ Sudden inability to speak
- ❑ Wheezing
- ❑ Turning blue
- ❑ Resident clutching his throat



Choking: Emergency Response

- Call for Help!
 - ▣ Push Call Light
 - ▣ Call for Nurse

- Ask the resident “Are you choking?”
 - ▣ *If the resident is speaking or coughing, encourage him/her to continue to cough.*
 - Do not give fluids
 - Do not hit resident on back
 - ▣ *If the resident cannot speak or answer, then his airway is completely obstructed and he needs emergency attention*

Choking: Emergency Response

- Heimlich Maneuver/ Abdominal Thrusts: should only be used for a complete airway obstruction
 1. Stand behind resident
 2. Wrap your arms around the resident's waist
 3. Make a fist and place the thumb-side of the fist at the midline of the abdomen just above the navel but below the ribcage
 4. Grab fist with your other hand and press inward with quick upward thrust
 5. Avoid pressure on ribs and breastbone

Choking: Emergency Response

- Video of Heimlich



Infection Control

1. State goals of infection control
2. Distinguish between different types of transition
3. Examine best methods for preventing spread of infection
4. Describe infection control measures for meal/
snack time

Goal of Infection Control

Infection prevention and control measures aim to ensure adequate protection of those who might be vulnerable to acquiring an infection both in the general community and while receiving care due to health problems...the basic principle of infection prevention and control is hygiene.

World Health Organization

- ❑ Policies to prevent the spread of infection from resident to resident and from staff to residents.
- ❑ Residents in long-term care are at high risk for infection.
- ❑ Weaker immune systems mean infections can be much more dangerous for them.
- ❑ Asepsis: the absence of bacteria or other microorganisms that cause disease

Types of Infection Transmission

- Direct Contact
 - ▣ Direct contact with resident

- Indirect Contact
 - ▣ Contact with contaminated objects/ surfaces

- Airborne
 - ▣ Airborne droplet nuclei 5 microns or smaller
 - ▣ Measles, tuberculosis

- Droplets
 - ▣ Droplets larger than 5 microns
 - ▣ Pneumonia, influenza, mumps, rubella, pertussis

Proper Hand Hygiene & Other Precautions

- If staff is sick, she should stay home
- Handwashing video (CDC)
- Cover mouth and nose when sneezing or coughing
- Don't sit on resident's bed



Proper Hand Hygiene

BEFORE

- Assisting a resident
- Handling food or drink



AFTER

- Using the restroom
- Sneezing
- Touching your face, hair
- Eating/ drinking
- Smoking
- Handling garbage, used utensils or dishes
- Contact with resident's mouth or body
- Assisting resident

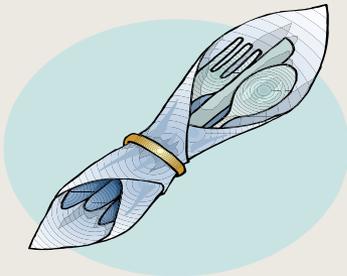
Proper Hand Hygiene

1. Turn on water
2. Wet hands, apply soap & rub together
 - Pay close attention to nails and between fingers
 - Rub hands together for 20 seconds
3. Rinse thoroughly under hot water
4. Use clean paper towel to dry hands
5. Dispose of paper towel without touching trashcan
6. Use clean paper towel to turn off faucet and open the door
 - *Do not touch the sink*

Food Related Infection Control

UTENSILS

- Touch only the handles or outsides
- Replace dropped utensils with clean ones



CUPS/ GLASSES

- Carry one in each hand
- Use a tray when serving more than two cups
- *Do not put fingers in glasses or near the rim*

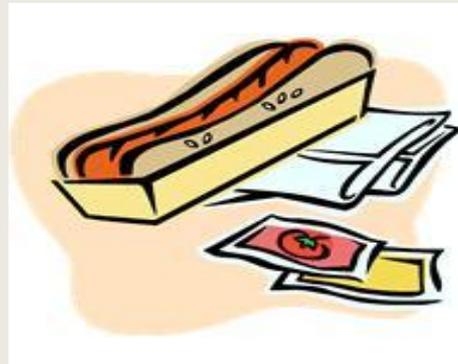
Food Related Infection Control

CONDIMENTS

- Open with scissors or tear with hands
- *Do not open with teeth or mouth*

HANDLING BREAD

- Use napkin or glove
- *Do not carry/ handle with bare hand*



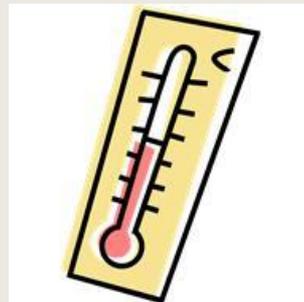
Food Related Infection Control

FOOD TEMPERATURE

- ❑ Look for steam rising
- ❑ Place hand above plate/ food
- ❑ *Do not put fingers in resident's food*
- ❑ *Do not blow on resident's food to cool*
- ❑ Cool food by stirring

PERSONAL HYGIENE

- ❑ Carry trays away from your body
- ❑ Avoid touching your face and hair
- ❑ *Do not chew gum or eat while assisting residents*



Session Summary

- Know what to do in case of emergencies to protect the residents, other staff, and yourself
- Proper hand hygiene is best way to prevent spreading infection
- Proper food handling can also prevent spreading infection