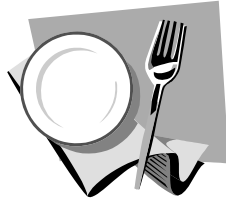


Feeding Techniques

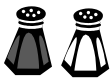
Be pleasant and unhurried



Preparing the Patient for Mealtime



- Offer bedpan/urinal or assist pt. to bathroom.
- Assist with washing hands and face.
- Assist with oral hygiene.
- Proper positioning in bed or chair.
- Clear overbed table and anything unpleasant.



Assisting with meal

Encourage independence.

- Deliver meal quickly. ■ Assist prn by:
- Knock and pause ■ 1. Cutting meat (small)
- Check armband/diet. ■ 2. Buttering bread
- Remove plate covers ■ 3. Pouring liquids
- Arrange tray for use. ■ 4. Opening packets.

Feeding the helpless patient



- Seat yourself facing resident if possible.
- Allow as many choices as possible.
- Give as much independence as possible.
- Use a spoon filled half full, test temperature.
- Alternate between solids and liquids.



Feeding residents prone to choking



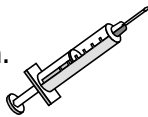
Avoid straws, use nose cups or paper cups.

Place food on non-paralyzed side of mouth.

- Have patient swallow twice with each bite.
- Avoid soups (other than creamed), rice.
- Liquids without consistency are difficult..
- Try tomato juice, nectars, etc.

Things to Remember

- Obtain alternatives from kitchen.
- Notify nurse if refusal to eat (esp. diabetics)
- Inform nurse of food preferences (dislikes)
- Thicken liquids if ordered to applesauce.
- Calculate and record intake according to policy.



Age-related changes



- Fewer calories needed.
- Digestive disturbances.
- Vitamins and Minerals.
- Interfering Medications.
- Poor dentation.
- Poor oral hygiene.
- Diminished senses.
- Common Diseases.
- Social Isolation.
- Slower digestion.
