

Chapter 11

SERVING, FEEDING, AND MONITORING

PROCEDURE FOR FEEDING A CLIENT:

1. Wash hands according to procedure.
2. Provide before-meal care and position the client in an upright and sitting position.
3. Wash your hands.
4. Place the meal in front of client on the table or over bed table.
5. Allow the client to give thanks if he wishes.
6. Explain that you will help the client to eat.
7. Spread a napkin, towel, or clothing protector to protect clothes and linen.
8. Sit down in a chair facing the client.
9. Prepare the food: cut up meat, butter bread, pour tea or coffee, etc.
10. Season the food as client wishes within dietary guidelines.
11. Ask client in what order he wants food served; name each mouthful of food as you offer it.
12. Encourage the client to do as much as possible.
13. Use assistive devices per service plan.
14. Use a spoon to give small bites (fill spoon half full) and feed slowly, allowing time for chewing, swallowing, and breathing.
15. Alternate liquids and solids.
16. Wipe the client's mouth as needed.
17. Warn the client when giving something hot.
18. Take the dishes away as soon as client is finished.
19. Note foods and amounts eaten.
20. Provide after-meal care.

21. Make client comfortable.
22. Wash your hands.
23. Record your observations and report anything unusual to supervisor/nurse.

Chapter Review

1. What should you do to prepare clients for mealtime?
2. How do you serve meals?
3. How do you assist a client to eat?
4. How do you feed a client?
5. What is after-meal care for a client?
6. How can you meet the needs of clients with special eating problems?
7. What observations do you need to report for clients receiving feedings by tubes?
8. How can you help prevent choking?