



# FEEDING ASSISTANT TRAINING SESSION #6



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 6

1. Define dysphagia & identify the symptoms
2. Define aspiration & identify the symptoms
3. Describe changes in resident behavior that should be reported
  - Review the INTERACT and other reporting tools
4. Identify who to report changes to

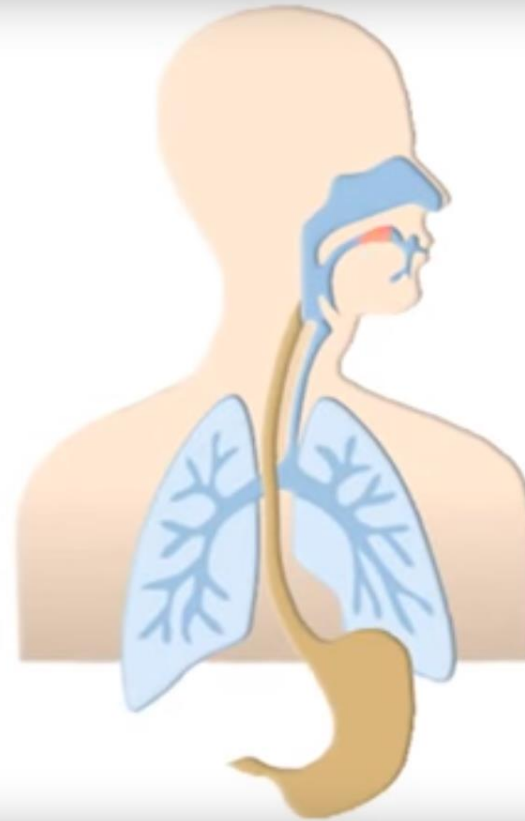
# Review

- Session 2: Diet Types
  - Malnutrition
  - Texture Modified Diet (mechanical soft, puree)
  - Liquid Consistency (thin, nectar, honey)
  
- Session 3: Feeding Techniques
  - Positive dining environment
  - Proper positioning
  - Small manageable bites (1 tsp or less)

# Overview of Dysphagia & Aspiration

*Nestle dietitian will review diet types as well as provide an overview of dysphagia and aspiration*

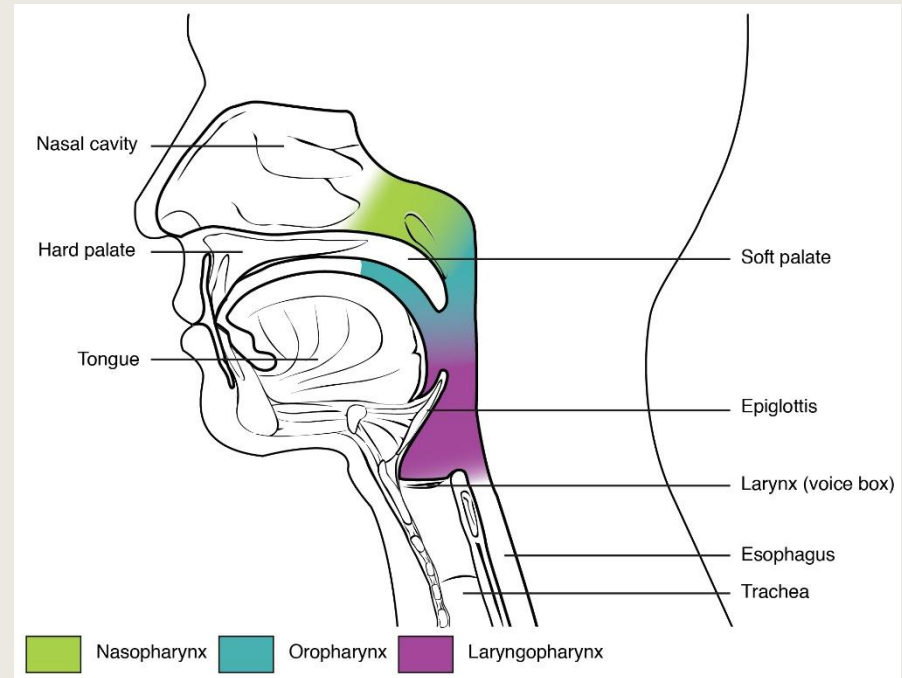
## Understanding Dysphagia



<https://www.youtube.com/watch?v=jK1o3LSQmB0>

# Dysphagia

- Any change in the normal swallowing process
- Swallowing difficulties



<https://www.youtube.com/watch?v=YMXV8HKvXCQ>

# Signs & Symptoms of Dysphagia

- Pocketing food
- Coughing
- Needing to swallow 3-4 times per bite
- Food or liquid falling from the mouth
- Watering eyes after eating/ swallowing
- Noticeable extra effort in chewing or swallowing

# Aspiration

- Occurs when food or fluids goes into the lungs instead of the stomach
- It is the most serious health risk of dysphagia
- It can potentially lead to pneumonia



# Aspiration

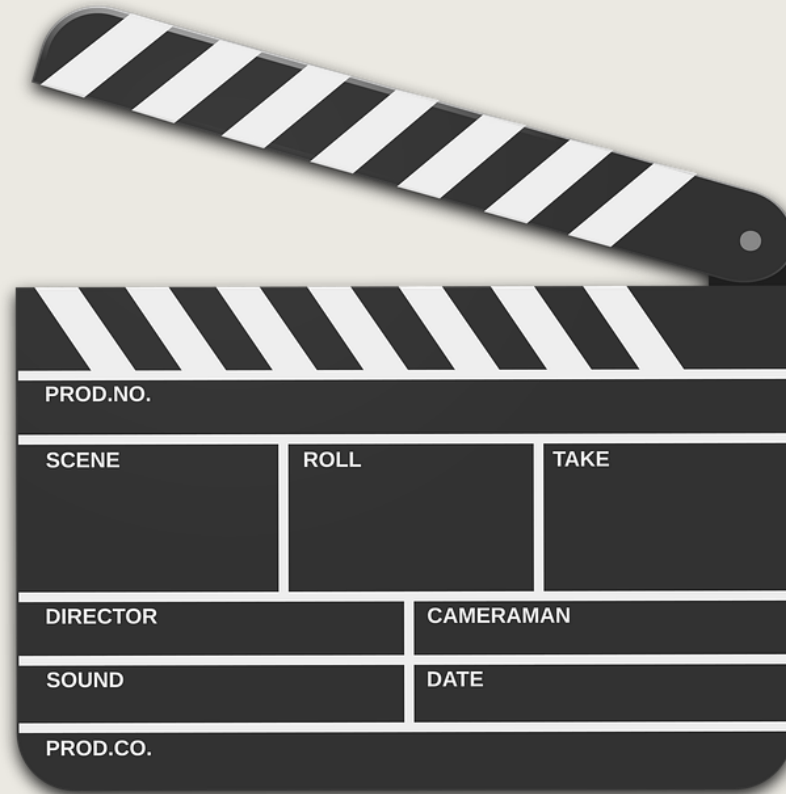
## SIGNS & SYMPTOMS

- Constant coughing or clearing throat
- Wet sounding voice
- Gurgling

## PRECAUTIONS

- Ensure resident is properly positioned
- Provide small bites/sips
- Ensure foods and fluids align with resident's diet order

# Dysphagia & Aspiration



New Jersey Department of Human Services  
<https://www.youtube.com/watch?v=VHQUsIFEBgs>

# Dysphagia & Aspiration

- What to do if you suspect a resident is experiencing dysphagia or aspiration:
  - ▣ Alert nurse or nursing supervisor immediately
  - ▣ Alert speech therapist if you suspect resident has swallowing difficulty

# Other Situations to Report

- Loss of dentures or glasses
- Broken tooth
- Resident, staff, or visitor accident/ injury
- Complaints from resident or visitor
- Events that do not fit the resident's normal routine, behavior, or condition

# INTERACT: Stop and Watch

## Stop and Watch Early Warning Tool



If you have identified a change while caring for or observing a resident, please **circle** the change and notify a nurse. Either give the nurse a copy of this tool or review it with her/him as soon as you can.

- S** Seems different than usual
- T** Talks or communicates less
- O** Overall needs more help
- P** Pain – new or worsening; Participated less in activities
- a** Ate less
- n** No bowel movement in 3 days; or diarrhea
- d** Drank less
- W** Weight change
- A** Agitated or nervous more than usual
- T** Tired, weak, confused, or drowsy
- C** Change in skin color or condition
- H** Help with walking, transferring, toileting more than usual

Name of Resident \_\_\_\_\_

Your Name \_\_\_\_\_

Reported to \_\_\_\_\_ Date and Time (am/pm) \_\_\_\_\_

Nurse Response \_\_\_\_\_ Date and Time (am/pm) \_\_\_\_\_

Nurse's Name \_\_\_\_\_



## EARLY WARNING TOOL "Stop and Watch"

If you have identified an important change while caring for a resident today, please circle the change and discuss it with the charge nurse before the end of your shift.

Name of Resident \_\_\_\_\_

- S** seems different than usual
- T** talks or communicates less than usual
- O** verall needs more help than usual
- P** articipated in activities less than usual

- A** te less than usual (Not because of dislike of food)
- N**
- D** rank less than usual

- W** eight change
- A** gitated or nervous more than usual
- T** ired, weak, confused, or drowsy
- C** hange in skin color or condition
- H** elp with walking, transferring, toileting more than usual

Staff \_\_\_\_\_

Reported to \_\_\_\_\_

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Time \_\_\_\_\_

# Generic Reporting Form

RESIDENT: \_\_\_\_\_

STAFF: \_\_\_\_\_

DATE: \_\_\_\_\_

MEAL PERIOD: \_\_\_ Breakfast \_\_\_ Lunch \_\_\_ Dinner

SNACK PERIOD: \_\_\_ Morning \_\_\_ Afternoon \_\_\_ Evening

Resident was experiencing (Check all that Apply):

- Refusing to eat
- Difficulty chewing or swallowing
- Pocketing food
- Coughing associated with swallowing
- Increased drooling
- Changes in speech
- Nausea/ vomiting
- Increased confusion
- Increased agitation
- Unusual drowsiness
- Pain (Indicate Location: \_\_\_\_\_)
- Other (Describe): \_\_\_\_\_

*Please give this form to the charge nurse who will decide if it needs to be shared with others such as the dietitian, speech therapist, occupational therapist, etc.*

# Reporting Procedure



- Who:
  - ▣ Nursing Supervisor
  - ▣ In some instances, the social services director should be notified (resident rights issues, etc.)
  
- When:
  - ▣ Immediately
  
- How:
  - ▣ Best to provide information both written and verbally
  - ▣ Your facility may have a specific form such as STOP and WATCH

# Important Role of Feeding Assistants in Recognizing Changes

- You have a different interaction with residents than the nursing staff
- If you consistently assist the same residents, you may spend more time with residents and notice changes other staff haven't
- Examples



# Next Session and Contact Us

- Recording of this session will be available via atom Alliance's Learning On Demand (<http://atomalliance.org/webinars/on-demand-webinars/feeding-assistance-webinar-series/>)
- Next live webinar scheduled for:  
August 3<sup>rd</sup> at 2PM CST/ 3PM EST
- In the meantime, if you have questions or comment, contact us at:  
Phone: 615-936-2718  
Email: [centerforqualityaging@Vanderbilt.edu](mailto:centerforqualityaging@Vanderbilt.edu)  
Fax: 615-322-1754

# www.vanderbiltpfa.org

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### Other Links

[Vanderbilt Center for Quality Aging](#)

[Qsource, a member of atom Alliance](#)

[atom Alliance On-Demand Webinars](#)

### Training Series Overview

This joint project between the Vanderbilt Center for Quality Aging and Qsource, a part of atom Alliance, a five-state quality improvement initiative in Alabama, Indiana, Kentucky, Mississippi and Tennessee will enroll nursing homes throughout the state in a web-based program designed to train non-nursing personnel to assist with daily feeding assistance care.

This training curriculum is consistent with the Centers for Medicare and Medicaid Services (CMS) regulation "Requirements for Paid Feeding Assistants in Long Term Care Facilities" (CMS C.F.R. §483.16), which allows facilities to hire single task workers and/or cross-train existing, non-nursing personnel (e.g., activities, dietary, housekeeping, volunteers) to help with daily feeding assistance care during and/or between regularly-scheduled meals (i.e., supplement and snack delivery).

The webinar-based training curriculum will be led by experts in gerontology, nursing, social work and nutrition within the Vanderbilt University Medical Center and guide staff through an eight-hour curriculum that meets both federal and state requirements.

If your facility is interested in participating, please contact Vanderbilt Center for Quality Aging at [centerforqualityaging@vanderbilt.edu](mailto:centerforqualityaging@vanderbilt.edu) or 615-936-1499.

The webinars will be held during the Summer of 2016. After the initial sessions broadcast live, the webinars will be hosted on atom Alliance's Learning On Demand for facilities to utilize at their convenience.

[Feeding Assistant Training Schedule](#)

[View Sessions on atom Alliance Learning On Demand](#)

[Vanderbilt CQA YouTube Channel](#)