



# FEEDING ASSISTANT TRAINING SESSION #7



Vanderbilt Center for Quality Aging & Qsource

# Presenter



## **Linda Beuscher, PhD, GNP-BC**

- 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

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- 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**

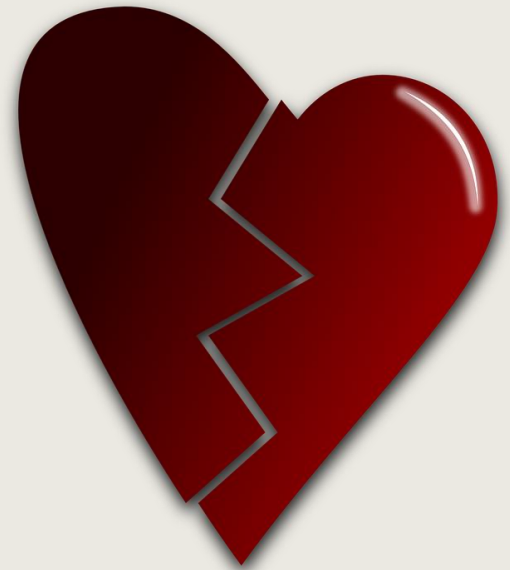
# Environmental Hazards

- 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

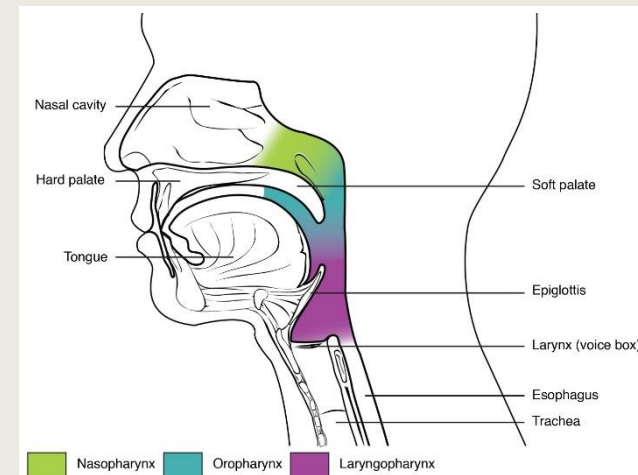
- Remain calm
- Call for Help
- Quickly evaluate the situation
  - ▣ Is the environment safe?
  - ▣ What is the resident's condition?
- Know your limitations
- Reassure the resident





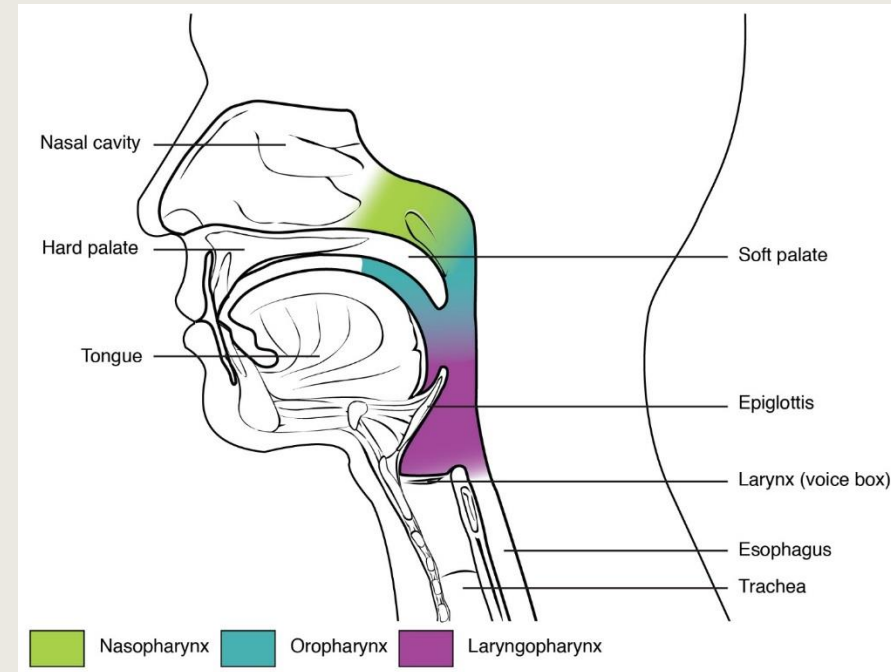
# Choking: What is it?

- 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

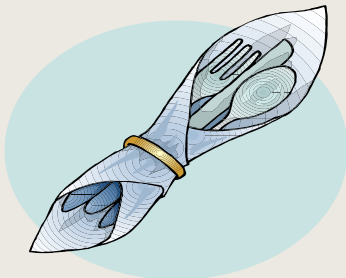
# Proper Hand Hygiene

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*



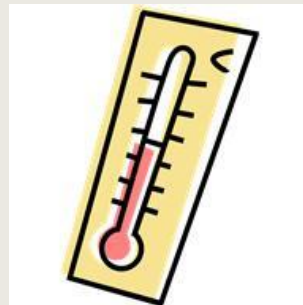
# Food Related Infection Control

## 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



# 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/>)
  
- Final live webinar scheduled for:  
August 10<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

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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](#)