

Chapter 20	Assisting with Nutrition & Fluids				
Define IV (intravenous)					
NPO					
House / general diet					
define a liquid					
anorexia					
regurgitation					
what is included in a clear liquid diet?					
aspiration					
	substance ingested, digested and absorbed - used by the body				
contains 9 calories					
contains 4 calories - 2 answers					
calorie					
3 things not included in a soft diet					
dysphagia					
describe 5 levels of thickness					
edema					
peripheral edema					
enteral nutrition					
name 4 things grains do for you					
name 4 things vegetables do for you					
name 4 things fruits do for you					
name 4 things dairy products do for you					
name 4 things protein does for you					
name 4 things oils / fats do for you					
	process of giving a tube feeding				
describe intake and what is included?					
describe how a nutrient is different from nutrition					
describe output and name 4 things that would be measured as output					
NG (nasogastric)					
GI (gastrointestinal)					
list 5 factors that influence eating and nutrition					
name 3 changes in older residents that affect their eating & nutrition					
name 6 things that OBRA requires facilities to do regarding food / preparation / serving					
Na+ (sodium) controlled diet -- what is it?					
What health conditions require Na+ controlled diets?					
What is the common name for NaCl+					
How is a full liquid diet different from a clear liquid diet?					
What is a mechanical soft diet?					
What is included in a bland diet? Who would need a bland diet?					
What does calorie controlled diet mean?					
Who would need a calorie controlled diet?					
What is the difference between low residue and high residue diets?					
What is a low fat diet?					
Who would need a low fat diet?					
Who would need a high calorie diet?					
What is your role during a calorie count?					
List 6 things that you will be able to find on a resident's diet card					
name 6 things that are HIGH in Na+					
Describe a diabetic meal plan					
What is your responsibility for a diabetic at meal times?					
What about your role with diabetics at snack time?					
Are CNAs allowed to check diabetic's urine for sugar?					
What is glycosuria?					
What type of urine specimen is required to check urine of diabetic?					
Name 5 aspiration precautions for residents with dysphagia					
Name 5 signs & symptoms for dysphagia					
	1500mL				
Explain "encourage" fluids					
Explain "restrict" fluids					
what is dehydration?					
do older persons need more or less fluids during the day?					
Are older residents more or less thirsty during the day?					
Why might an older resident be hesitant to drink adequate fluids					
What is your role BEFORE taking resident to dining room					
Name 5 types of dining programs					
Name 5 guidelines for serving meal trays					
Can you reheat a cold tray?					
What utensil is used for feeding a resident? how full should above utensil be?					
What do you need to know BEFORE feeding a resident?					
List 5 things you can do to assist with feeding for a resident with Alzheimer's disease					
How frequently should fresh water be delivered to residents?					
If resident is on a fluid restriction - what is removed from the room					
Name 5 observations you should make with your resident after a tube feeding (TF)					
What position are residents placed in during a TF?					
How long should above position be maintained after the TF is finished?					
Name 3 comfort measures you need to provide for a resident with an NG					
where is the IV drip chamber?					
3 observations you can make when an IV is in place?					
at what height does an IV bag need to be maintained?					
what is flow rate?					
When removing the gown from a resident with an IV -- which arm is removed first?					
When putting on a new gown with a resident who has an IV -- which arm goes in first?					
what is cyanosis?					
another word for vomit?					
how many mL in 1oz?					



