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?