

Chapter 23 Nutrition Needs and Chapter 24 Fluid Needs Study Guide

1. What is nutrition? Why is it important that we have good nutrition?
2. What is a calorie? How many calories are in a gram of fat, a gram of protein, and a gram of carbohydrate?
3. Think of a clever way to remember the difference between the definitions of dysphasia and dysphagia- you will need it for the rest of this class.
4. What nutrition and exercise suggestions does the MyPlate food guidance system encourage?
5. Each of the 5 food groups can help our bodies in different ways. What are three healthy things that can happen by eating the proper amount of:
Grains-

Vegetables-

Fruit-

Dairy-

Protein-
6. Why is it essential that our bodies also ingest enough fats, vitamins, and minerals? Which vitamins must be ingested daily? Do you think you get enough vitamins?
7. What facts are important for a CNA who cares for elderly people to know?
8. How does aging affect our nutrition?
9. Give 3 examples of ways that your clinical site meets or does not meet the OBRA dietary requirements for food served to residents.

10. Fill out the following chart:

Diet- Define what it means	Who would be given this diet?	What food can they eat?
Clear Liquid-		
Full Liquid-		
Mechanical Soft-		
High Fiber-		
High Calorie-		
High Iron-		
Low Cholesterol-		
Sodium Controlled-		

11. Proper management of diabetes includes nutrition planning. Why do you think it is important that the person eats a consistent amount of fats, protein, and carbohydrates each day? What should you do if someone refuses to eat enough to maintain that consistent amount?

12. What is the difference between a slow swallow and an unsafe swallow in a patient with dysphagia? What is the biggest risk a person with dysphagia encounters when eating?

13. Review the signs and symptoms of dysphagia and place yourself in the shoes of someone who has dysphagia. What sorts of things could a CNA do during meal times that could help you be more comfortable?

14. Review the five types of dysphagia diets. How do they eat each one? How does it help prevent aspiration?

15. Review the box for Aspiration Precautions. What do you think are the three biggest precautions a CNA should remember to do when feeding a person at risk for aspiration?

16. What is edema and what patients typically have edema? What is dehydration and what patients typically show signs of dehydration?

17. How much fluid must we ingest daily in order to survive?

18. There are four types of special fluid orders. For what patients might a doctor order:
Encourage Fluids-

Restrict Fluids-

NPO- (What does NPO mean?)

Thickened liquids-

19. Explain the differences in the five types of dining programs.

20. What should you do if you don't get a resident their tray within fifteen minutes of it being ready?

21. What sorts of things do you need to check before feeding a person? In what order should you serve different foods?

22. What safety considerations are met by sitting to face the person when feeding them rather than standing or facing away from the person?

23. If someone is visually impaired, what can you do to help promote independence during meal times?

24. What is enteral nutrition? What sorts of tubes may be used for enteral nutrition?

25. What could make a person with a feeding tube more at risk for aspiration? What can you do as a CNA to help prevent aspiration and regurgitation? What should an RN do before every tube feeding that a CNA is *never* allowed to do?

26. How can you help a person with a nasogastric tube be more comfortable?

27. How do you calculate a flow rate on an IV? What are you *never* allowed to do with an IV? What *can* you do for the person with an IV?