

# NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST

Name: \_\_\_\_\_

## Assist with Dining-Feeding Resident - 6.01C

*This skill may be required during NNAAP® testing*

 This performance checklist must be used by the teacher and student during skill acquisition, guided practice, and independent practice.

 During skill check-off, the student must perform the skill unassisted with 100% competence. While the course is being taught, a skill performance summary document/chart *may* be used to verify skills that have been completed. However, verification that the student has demonstrated competency on this skill **MUST** be recorded on the NATS Part II by the conclusion of the course.

Equipment: Washcloth or hand wipes, and clothing protector if requested by resident and correct food tray for the resident

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|  | 1. Knock before entering room, address resident by name, and state your name and title.   |
|  | 2. Identify resident, explain procedure and obtain permission.  |
|  | 3. Wash hands.  |
|  | 4. Before feeding, look at name card from tray and <b><u>ASK RESIDENT TO STATE NAME.</u></b>  |
|  | 5. <b>Before feeding resident, elevate HOB to upright position (75-90 degrees)</b> <i>NNAAP® Tip: Have the client sit on the side of bed for NNAAP® testing.</i>  |
|  | 6. Position towel/napkin/clothing protector under chin <b><u>if requested by resident.</u></b>  |
|  | 7. Place tray where food can be easily seen by client.  |
|  | 8. Clean resident's hands with hand wipe before beginning to feed. <i>Tip: For NNAAP® testing, be sure that the caregiver washes the resident's hands. Caregiver must NOT offer the wash cloth and ask resident to wash their own hands.</i>  |
|  | 9. Prepare food by opening cartons, removing covers, cutting meat and/or buttering bread.   |
|  | 10. <b>SIT</b> facing client during feeding. <i>Tip: Put the post of the overbed table on one side of the bed, and then put chair on the other side of the bed. This will give the caregiver more room to work.</i> OR, have the client sit on the side of the bed with overbed table squarely in front of the client and caregiver sitting on the other side of the overbed table. |
|  | 11. Assist as needed, while encouraging resident to do as much as possible for his or her self.   |

- 12. Tell resident what foods are on the tray and ask resident what they would like to eat first.

**Assist with Dining-Feeding Resident – 6.01C cont.**

- 13. Allow hot foods to cool before offering.

- 14. Use tip of half-filled spoon to offer one bite, telling the contents of each spoonful before it enters the mouth. *“In your spoon is \_\_\_\_\_”*

- 15. Alternate solids and offering beverage, encourage eating as much as possible.

- 16. Provide time to chew making sure resident’s mouth is empty, not pocketed in the cheek, before offering next bite of food or sip of beverage.  
*Tip: For NNAAP® testing the candidate must say “are you ready for the next bite of food or sip of water”?*

- 17. Wipe mouth as needed during the meal.

- 18. At the end of the meal, wipe resident’s mouth and clean resident’s hands.

- 19. Provide for resident safety and comfort, with bed low locked and call signal in reach.

- 20. Remove tray from room and return tray to cart.

- 21. Wash hands when finished.

- 22. \*Provide or assist with oral hygiene as needed. Wash hands.

- 21. Record amount of food consumed and record liquids if Intake and Output is ordered.

- 22. Report any abnormal observations to supervisor.

Instructor’s Initials: \_\_\_\_\_ Date: \_\_\_\_\_

**NNAAP® Exam Teaching Tip:**

For NNAAP testing purpose, assist the client to **sit on the side** on the side of the bed. This will help prevent multiple interpretations of what 75 to 90 degrees looks like.