

Module 14

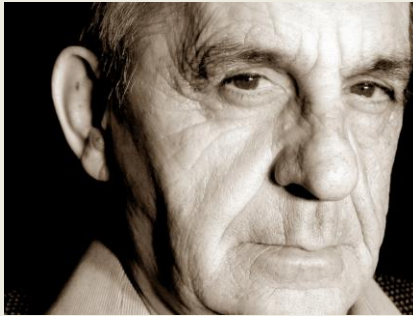
NUTRITION

Objectives

- At the end of the module, the nurse aide will be able to:
 1. Explain the ChooseMyPlate guide to healthy eating
 2. Identify positive and negative food safety practices
 3. Shop and prepare healthy meals for patients
 4. Discuss the importance of hydration
 5. Explain how to avoid dehydration in patients

Nutrition

- Each patient is different
- Nutritional status is based on many factors



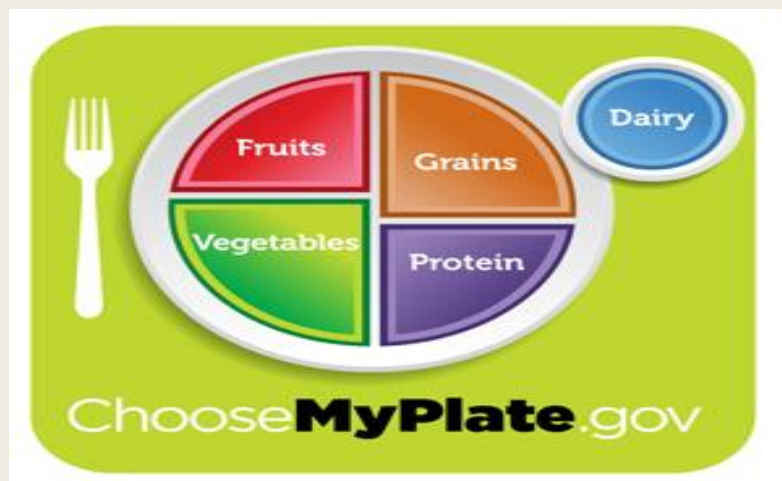
Nutrition

- *There could be physiological and/or psychological factors which may affect a patient's nutritional practices.*

Module 14-A

ChooseMyPlate

Nutrition

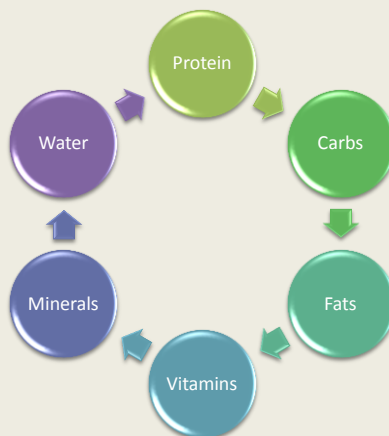


Nutrition

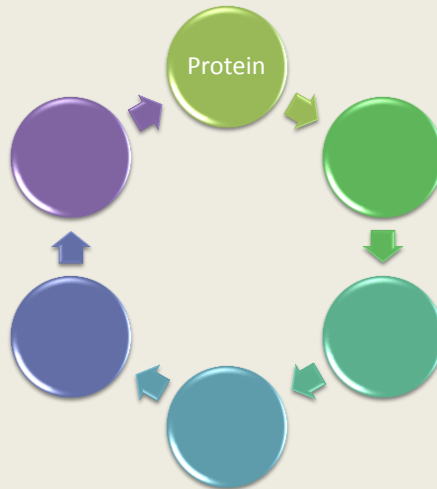
- Handout #1 – MyPlate



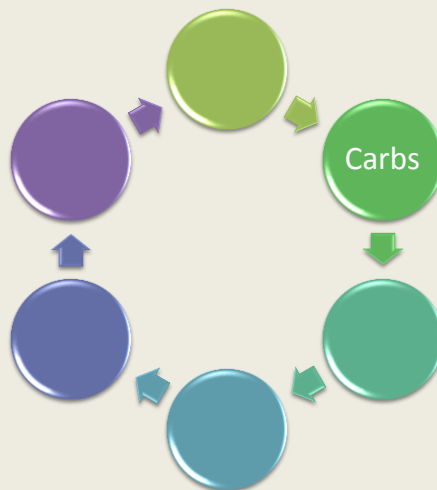
Nutrition



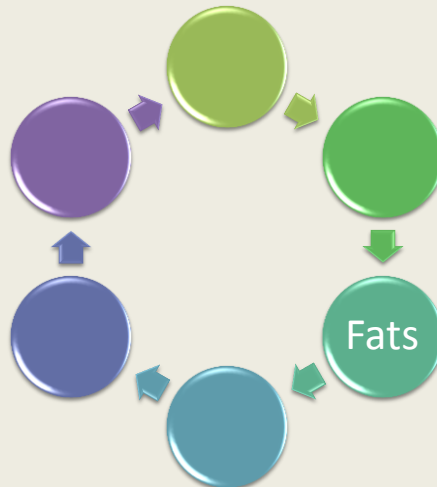
Nutrition



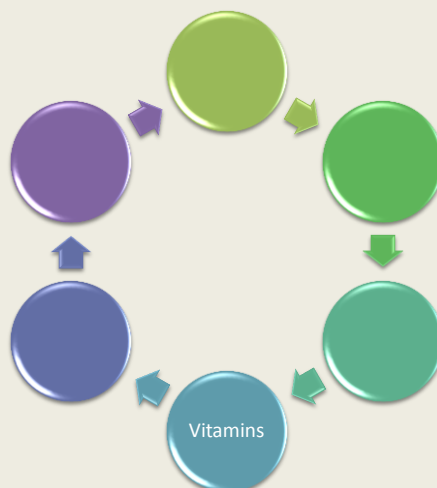
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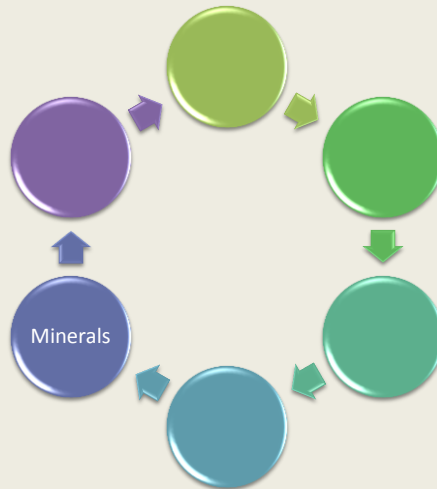
Nutrition



Nutrition



Nutrition



Module 14-B

SPECIAL DIETS & READING FOOD LABELS

Nutrition

- A special diet might be recommended for several reasons.
- Your nurse or supervisor will inform you if there is a special diet or dietary restriction.



Nutrition

- Handout #2 – Special Diets



Nutrition

- It is very important to read all of the labels on a food package.
- **The Nutrition Facts Label - An Overview**



Nutrition

- Handout #3 – High Sodium Foods



Module 14-C

FOOD SAFETY & MEAL PREPARATION

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Nutrition

- Safe handling of food
- Preparing food
- **Handout #4 –**
Food Temperature
- **Handout #5 –**
Cold Storage Chart



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Nutrition

- When preparing meals for a patient, the home care aide must be aware of potential dietary restrictions, food allergies, and, of course, patient preferences.
- If there is a special diet recommended, the nurse will inform the home care aide of those restrictions.
- It is not the role of the home care aide to suggest dietary changes or limitations to the patient.



Nutrition

- While it is ultimately the role of the nurse or supervisor to determine what recommendations to follow, the home care aide can offer support to the patient in other ways.



Nutrition

- If your patient has diabetes, high blood pressure, high cholesterol, etc., don't overreact if they cheat on their diet.
- They have the right to make occasional poor choices.



Nutrition

- Activity #1 – Food Safety



Module 14-D

GROCERY SHOPPING

Nutrition

- Your grocery list should include fruits, vegetables, grains, milk and milk products, meat, poultry, fish, eggs, dry beans and nuts.



Nutrition

- Classroom Activity



Nutrition

- Handout #6 – Becoming a Better Shopper



Module 14-E

HYDRATION

Nutrition

- Water is the most essential nutrient for life.



Nutrition

- A lot of home care patients will be at risk of dehydration.
- Older people sometimes drink less for various reasons.



Nutrition

- Handout #7 - Dehydration



Nutrition

- Forcing Fluids
- Restricting Fluids
- Nothing by Mouth



- The importance of nutrition, health, and hydration cannot be stressed enough. And while it is important to encourage our patients to eat healthy, well-balanced meals, we must also follow our own advice and do the same if we are to live up to our fullest potential each day!