

## [Day 4] Nursing care skill exercise table (procedure manual) answer example meal care

Jiro Sato uses a wheelchair to eat breakfast and sits on a chair.

She eats using a thick spoon as shown in the picture, but since her hands are difficult to move in the morning, she eats with full assistance only at breakfast.

While checking Mr. Sato's condition, please assist him with breakfast.

Main support procedures	Points to keep in mind and main points/points in support procedures	Reason for Action (Basis)
<p>① Observe the user's health condition</p> <p>(2) Explain the assistance that will be provided from now on and confirm the patient's intentions</p> <p>③ Finish excretion and clean your hands</p> <p>④ Appropriate selection of meal means, confirmation and preparation of goods.</p> <p>⑤ Consider the position of serving</p>	<p>① Say hello by name</p> <ul style="list-style-type: none"> <li>• Observe the tone of the person's face and voice to see if they slept well.</li> </ul> <p>(2) Explain that it is time for breakfast and that you will help him because his hands are difficult to move.</p> <ul style="list-style-type: none"> <li>• Confirm the person's intention so that they can answer "yes" or "no"</li> </ul> <p>③ Encourage excretion before meals</p> <p>wash hands</p> <ul style="list-style-type: none"> <li>• Have the patient wash themselves</li> <li>• Help the healthy side and wipe off the moisture</li> </ul> <p>④ Prepare a spoon with a thick handle.</p> <p>⑤ Check the medicine bag if you have a meal tag or internal medicine</p> <ul style="list-style-type: none"> <li>• Communicate the menu</li> </ul>	<p>① To provide safe and secure nursing care according to the condition</p> <p>You can prevent aspiration and suffocation by keeping yourself awake when eating.</p> <p>(2) I provide full assistance at breakfast, but I explain this to him and confirm his intentions every morning.</p> <p>I have aphasia.</p> <p>Because short questions are possible</p> <p>③ By adjusting the meal environment, you can eat comfortably.</p> <p>To eat clean.</p> <p>Take care not to stop eating for the reason of excretion</p> <p>(4) I usually eat with a spoon with a thick handle. Even if a caregiver assists, prepare an environment where the person can eat by themselves.</p> <p>⑤ Easy to see and easy to use</p>

<p>⑥ Check the posture of the user.</p> <p>⑦ Providing support for self-reliance</p> <p>⑧ Observe the condition of the user after eating</p>	<ul style="list-style-type: none"> <li>• To make it easier for Mr. Sato to eat, Check the serving position.</li> </ul> <p>⑥ Adjust your eating posture</p> <ul style="list-style-type: none"> <li>• Are you sitting deeply in your chair?</li> <li>- Are the soles of your feet on the floor?</li> <li>• Is the distance between the chair and the table appropriate?</li> <li>-Put your right hand on the table</li> <li>• Make sure you are sitting so that your upper body does not fall down.</li> </ul> <p>⑦ Although it is full care, I will tell you to eat what you can eat by yourself.</p> <ul style="list-style-type: none"> <li>• The caregiver sits side by side with the front left side slanted side by side to provide assistance.</li> <li>-Take a sip of water before eating.</li> <li>• Assisting while watching the meal content</li> <li>• One serving is one spoon</li> </ul> <p>•face to face</p> <ul style="list-style-type: none"> <li>• No hurry</li> </ul> <p>After confirming swallowing, put the next food in the mouth. Be careful not to fill your mouth with food</p> <p>(8) Observe eating conditions such as appetite, eating habits, and intake.</p> <ul style="list-style-type: none"> <li>• Observe the general condition of the patient for vomiting or feeling unwell.</li> </ul>	<p>Arrange the tableware so that it is easy to reach</p> <p>⑥ To prevent aspiration Minimize fatigue</p> <ul style="list-style-type: none"> <li>• For smooth chewing and swallowing</li> </ul> <p>⑦ <b>When eating by yourself</b> , the caregiver is positioned on the affected side of the user. <b>When providing assistance</b> , the caregiver is positioned on the healthy side where the user can easily eat.</p> <ul style="list-style-type: none"> <li>• In order to make swallowing smoother, the secretion of saliva is promoted, making it easier to chew and swallow.</li> <li>• Aspiration prevention</li> <li>• Confirm Mr. Sato's intentions, such as the explanation of the menu and the order in which you want to eat. Awareness also helps prevent aspiration.</li> </ul> <p>In order to have them enjoy eating, we take the approach of trying to eat by themselves.</p> <p>When talking to someone during a meal, make sure they have swallowed before talking to them</p> <p>(8) Observation of the eating situation leads to an understanding of the person's health condition, so</p>
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