



Nursing Level III

NTQF Level III

Learning Guide # 30

Unit of Competence: Perform Basic Nursing Care Procedures and Techniques

Module Title: Performing Basic Nursing Care Procedures and Techniques

LG Code: HLT NUR3 M03 L04-LG-4

TTLM Code: HLT NUR3 TTLM 0919v1

LO 6: Feed helpless patient

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This learning guide is developed to provide you the necessary information regarding the following content coverage and topics –

4. Feed helpless patient

Patient/client feeding

4.1.1. Purposes of feeding a helpless patient

4.1.2. Types of feeding

4.1.3. Instruction and precautions

4.1.4. General principles and methods

This guide

will also assist you to attain the learning outcome stated in the cover page.

Specifically, upon completion of this Learning Guide, you will be able to –

- Use work instructions to determine job requirements, including method, material and equipment.
- Read and interpret job specifications following working manual.
- Use OHS requirements, including dust and fume collection, breathing apparatus, eye and ear personal protection throughout the work.
- Select and prepare materials for work which are appropriate to application.
- Identify and check safety equipment and tools for safe and effective operation.

Learning Instructions:

1. Read the specific objectives of this Learning Guide.
2. Follow the instructions described in number 3
3. Read the information written in the “Information Sheets ”. Try to understand what are being discussed.
4. Accomplish the “Self-check”
6. If you earned a satisfactory evaluation proceed to “Information Sheet 2”. However, if your rating is unsatisfactory, see your trainer for further instructions or go back to Information sheet 1.
7. Submit your accomplished Self-check. This will form part of your training portfolio.

Objective

- Trainees able to:-
 - ✓ define Patient condition and purpose of feeding
 - ✓ Identify Types of feeding
 - ✓ Explain General principles
 - ✓ Describe method of feeding
 - ✓ Apply General instructions and precautions
- **Purpose**
 - ✓ To be sure that the patient receives adequate nutrition
 - ✓ To promote the patients well-beings

1.1. General Principle and methods

- Nutrition is the study of nutrients and how the body utilizes the nutrients in food. Nutrition has a great impact on human well-being, behavior, and the environment. The body can make some nutrients if adequate amount of necessary precursors (building blocks) are available. Essential nutrients are those that a person must obtain through food - b/c, the body can not make them in sufficient quantities to meet its needs nutrition.
- **Healthy Diet:** A healthy diet is one that provides an adequate amount of each essential nutrient needed to;
 - ❖ Support growth and development,
 - ❖ Perform physical activity and
 - ❖ Maintain health
- Therapeutic nutrition is a modification of nutritional needs based on the disease condition or the excess or deficit of a nutrition status. Combination diets, which include alterations in minerals, vitamins, proteins, carbohydrates, fats as well as fluid and texture, are prescribed in therapeutic nutrition.
 - ✓ During illness, trauma or wound healing, the body needs more nutrients than usual.
 - ✓ Many peoples, because of weakness, immobility and/or one or both upper extremities are unable to feed themselves all or parts of the meal.
 - ✓ Therefore, the nurse must be knowledgeable, sensitive and skillful in carrying out feeding procedures.

Step 1: Prepare patient units

- ✓ Remove all unsightly equipments; remove solid linens and arranging bedside tables.
- ✓ Control unpleasant odors in the room by refreshing the room.
- ✓ Odor free environment makes eating more pleasant and aids digestion.

Step 2: Prepare the patients

- ✓ Offers bedpan and urinals ⇒ To comfort pt and avoid interruption by elimination needs.
- ✓ Assist pt to wash hands, face and oral care
- ✓ Position patient comfortably ⇒ Mid or high Fowler's position is recommended
- ✓ Protect the bed using suitable protective cover

Step 3: Prepare the food tray

- ✓ Identify the types of diet ordered.
- ✓ Assess any special conditions in which the pt delayed or omitted (e.g. Lab, radiologic examination or surgery)
- ✓ Assess any cultural or religious limitations, specific likes or dislikes.
- ✓ Obtain any special utensils that you planned to use

**Step 4: Comfort patient**

- ✓ Assist hand washing and oral care

Self check	Written test
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✓

fer bedpan and commodes, if indicated

- ✓ Comfort patient, provide quite environment so that the pt may relax after meal, which also promote good digestion.

Step 5: Care of equipment

Step6: Document feeding and any assessment

Choose the best answer

1. Obtain any special utensils that you planned to use Which one are building blocks of human body
 - a. Food
 - b. nutrient
 - c. diet
 - d. meal
2. Healthy Diet help to
 - a. Support growth and development,
 - b. Perform physical activity and
 - c. Maintain health
 - d. All
3. Which one is step of Preparing the food tray ?
 - a. Identify the types of diet ordered.
 - b. Assess any special conditions in which the pt delayed or omitted
 - c. Assess any cultural or religious limitations, specific likes or dislikes.
 - d. Obtain any special utensils that you planned to use
 - e. All
4. During illness, trauma or wound healing, the body needs more nutrients than usual.
 - a. True
 - b. false

Answer Sheet

Name: _____

Date: _____

Short Answer Questions

- 1.
- 2.
- 3.
- 4.

Score = _____

Rating: _____

Learning Guide for Eliminate and Preventing Middle Level Illnesses and Version 4.0 Author: EKI/MoE Date: July 2015 Revision: 10TT	Author: EKI/MoE Date: July 2015 Revision: 10TT	Page No. Page 7	Page 16 of 23
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List of Reference Materials

1. Introduction to Professional Nursing and Ethics (LECTURE NOTES For Professional Nursing Students)
2. An overview of Integrated Care Models (World health Organization, 2016)
3. Providing compassionate, respectful and caring services learning module (HLT MLS4 MO 16 1017)