

Chapter 27: Nutrition and Fluids

Assisting a Client to Eat Meals From a Food Tray			
		Name:	
		Date:	
<i>Remember to promote:</i>			
Dignity • Independence • Individualized Care • Preferences • Privacy • Safety			
Pre-Procedure	S	U	Comments
1. Identify the client, according to employer policy.			
2. Perform hand hygiene.			
3. Prepare the client for the meal. Provide explanation if needed. Assist with handwashing.			
4. If indicated in the client's care plan or if requested by your client, provide for privacy.			
5. Make sure the tray contains everything needed. Make sure special utensils are included, if needed.			
Procedure	S	U	Comments
6. Help the client to a sitting position.			
7. Place the tray on the overbed table or other table.			
8. Remove lids from dishes. Open milk cartons and cereal boxes, cut the meat, and butter the bread, if indicated in the care plan (FIGURE 27.7).			
9. Place the napkin, clothes protector (if needed), and utensils within the client's reach.			
10. Note the amount and type of foods eaten. Measure and record intake, if ordered (see FIGURE 26.6 on page 582) or fluid intake (see page 616).			
11. Check for and remove any food in the client's mouth (pocketing). Wear gloves.			
12. Remove the tray.			
13. Assist with handwashing. Offer oral			

hygiene. Wear gloves for this step.			
14. Clean any spills, and change soiled linen.			
15. Help the client to return to bed if indicated.			
Post-Procedure	S	U	Comments
16. Provide for safety and comfort.			
17. Place the call bell within reach.*			
18. Follow the care plan for bed rail use.*			
19. Perform hand hygiene.			
Report and Record your actions and observations, according to employer policy. Include the amount and kind of food eaten.			
<i>*Steps marked with an asterisk may not apply in community settings.</i>			