

ASSIST A CLIENT TO EAT



[HTTPS://WWW.YOUTUBE.COM/WATCH?V=Q5MMSWYM0WE](https://www.youtube.com/watch?v=Q5MMSWYM0WE)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=J3KQWCG45EM](https://www.youtube.com/watch?v=J3KQWCG45EM)

For the HCA skills test the client is sitting at a table when care begins for this skill.



TO SUCCESSFULLY DEMONSTRATE THIS SKILL YOU NEED

- Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills

- Assemble appropriate equipment
- Wash hands
- Identify yourself
- Provide privacy
- Explain the procedure to the patient

- Plan your actions well
- Put bed in a flat position (for test, client is sitting)



Ensure client is sitting upright in chair before assistance begins





Offer client a clothing protector

Sit at client's eye level to assist the client to eat



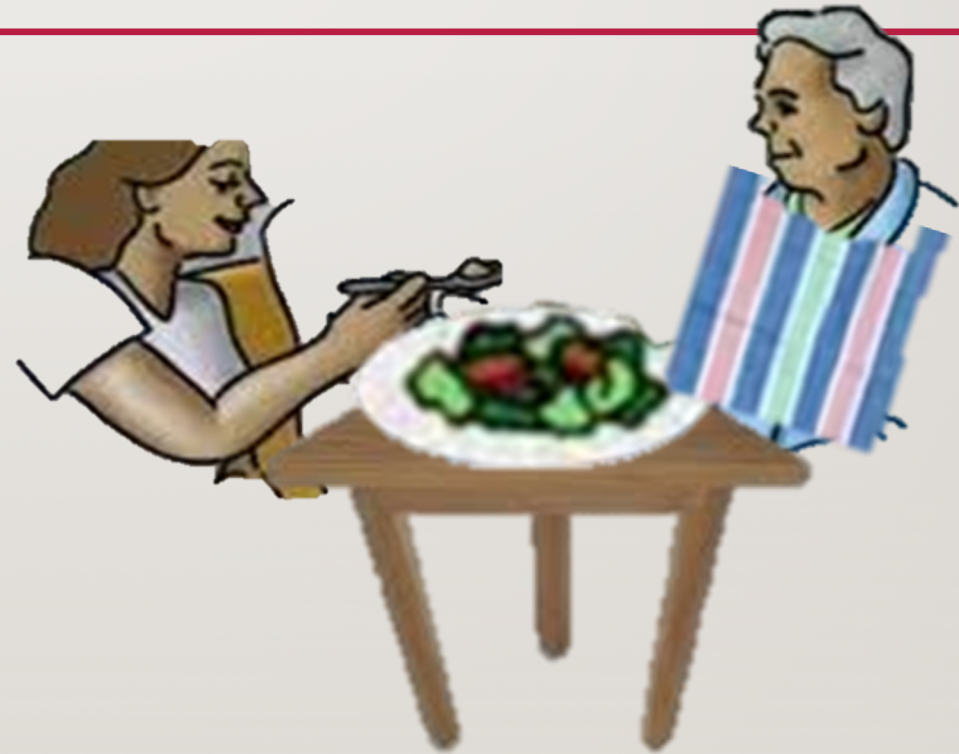


Offer food in
bite-size
pieces,

ALTERNATING TYPES OF
FOOD OFFERED OR ASK
CLIENT'S PREFERENCE FOR
EACH BITE
OFFER A BEVERAGE TO THE
CLIENT DURING THE MEAL



Make sure the client's mouth is empty before offering the next bite or sip of beverages





Engage client in conversation throughout the meal

Wipe food from client's mouth and hands as necessary and

at the end of the meal
Remove clothing protector, if worn,
and dispose of in proper container

Remove leftover food
Leave table clean, dry, and clear of
food items





Wash hands

REFERENCES

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