

APPENDIX A

INSTRUCTIONAL OBJECTIVES AND PERFORMANCE CHECKLIST SUMMARY

Instructional Objectives and Performance Checklist Summary

Student Name: _____ **Instructor's Name:** _____

Note: Upon completion of this Feeding Assistant course, all information should be completed and placed in the Feeding Assistant's file.

Column A: Date taught

Column B: Date skill successfully demonstrated, when applicable

Column C: Instructor's initials

A	B	C
The Role of the Feeding Assistant		
		1. Explain the role of a Feeding Assistant
		2. List course requirements to become a Feeding Assistant
		3. Explain the role and responsibilities of facilities who choose to use Feeding Assistants
		4. Describe three feeding problems that a resident might have that would <u>not</u> allow feeding by a Feeding Assistant
Communication and Interpersonal Skills		
		5. Define terms important to the study of Communication and Interpersonal Skills.
		6. Describe effective communication skills.
		7. List elements that influence relationships with others.
		8. Describe the importance of developing good listening skills.
		9. Identify positive listening skills that can be used.
		10. Recognize barriers to effective communication.
		11. Give examples of situations in which the Feeding Assistant must modify his/her behavior in response to the resident's behavior.
		12. Define sympathy, empathy, tact, and anger.
		13. Demonstrate effective non-verbal communications.
		14. List examples of nonverbal communications.

			15. Describe effective communication with the resident's family and visitors.
			16. List specific factors to consider when communicating with hearing impaired residents.
			17. List factors to consider when communicating with residents that have decreased vision.
			18. List ways to communicate with residents with memory loss.
			19. List factors to consider when communicating with a resident that has difficulty speaking.
			20. Demonstrate effective communication with residents who have hearing, vision, speaking or memory loss difficulties.
			21. Identify techniques that can be used to help the resident to communicate.
			22. List techniques to communicate with residents based on their developmental stage.
			23. List the elements in the Senses Method of observation, giving an example of each.
			24. Describe behaviors that are inconsistent with normal resident behavior.
			25. Define objective and subjective data.
			26. Explain the elements essential for reporting to the supervisory nurse.
Resident Rights			
			27. Define terms important to the study of Resident Rights.
			28. Describe the laws that protect the resident's right to make personal choices.
			29. Give examples of behavior that would infringe on resident rights.
			30. Describe the Resident's Bill of Rights and HIPPA and how they are used in resident care.
			31. Identify behaviors that help maintain resident rights.
			32. List the advantages of explaining feeding assistance to a resident prior to starting.
			33. Identify important elements defined in Federal and State definitions of mistreatment of the elderly.
			34. List signs of abuse of the elderly.
			35. List examples of abusive behavior.
			36. Identify individuals that might be at risk for being abused.
			37. Describe important elements to observe when reporting suspected abuse.

Safety and Emergency Procedures			
			38. Define important terms used in Safety and Emergency Procedures
			39. List rules of general safety.
			40. Identify safety measures that prevent accidents.
			41. Discuss key elements that might block the airway of a resident.
			42. Enumerate the key steps for assisting to clean an obstructed airway to include the Heimlich maneuver.
			43. Correctly perform the Heimlich maneuver.
			44. Explain the responsibilities for assisting with a resident who may have an emergency involving the heart.
			45. Discuss and explain the responsibilities when assisting the resident with seizures.
			46. List important elements to observe when reporting emergency situations.
Infection Prevention			
			47. Define key terms important to Infection Prevention.
			48. Discuss general principles that guide Infection Prevention techniques.
			49. List the components of the chain of infection, giving examples of each.
			50. Identify practices that promote medical asepsis.
			51. Demonstrate a basic understanding of standard precautions.
			52. List reasons for washing hands frequently.
			53. List key steps to proper handwashing.
			54. Correctly demonstrate handwashing.
Nutrition and Hydration			
			55. Correctly define Nutrition and Hydration terms.
			56. Discuss the purpose of good nutrition and the functions of food.

			57. Discuss factors influencing dietary practices.
			58. List examples of foods avoided by various religious denominations.
			59. Cite age-related changes that affect the resident's nutritional status.
			60. Identify signs of good nutrition.
			61. Describe results of poor nutrition.
			62. List the basic food groups.
			63. List purposes of therapeutic diets.
			64. List types of therapeutic diets.
			65. Recognize and describe adaptive devices used in feeding assistance.
			66. Demonstrate the use of adaptive devices used in feeding assistance.
			67. Identify Feeding Assistant responsibilities in serving resident meals.
			68. List steps in preparing the resident for feeding assistance.
			69. List techniques used when assisting with feeding.
			70. Demonstrate feeding techniques.
			71. Discuss the various types of Supplementary Nourishments.
			72. Identify when Supplementary Nourishments are usually served.
			73. Correctly demonstrate Serving Supplementary Nourishments
			74. Identify how often fresh water should be provided to a resident each day and the amount to be encouraged.
			75. Identify and describe special fluid orders that the physician could write for a resident.
			76. Correctly demonstrate Providing Fresh Drinking Water
Nutrition and Hydration (continued)			
			77. Identify normal changes in the digestive system as they relate to the aging process.
			78. Discuss the signs and symptoms of dysphagia.
			79. Identify feeding techniques to be used with residents who have had a stroke

			80. Identify feeding techniques to be used with residents who are blind.
			81. Correctly demonstrate Feeding a Resident.
			82. Correctly define Nutrition and Hydration terms.
			83. Discuss the purpose of good nutrition and the functions of food.
			84. Discuss factors influencing dietary practices.
			85. List examples of foods avoided by various religious denominations.
			86. Cite age-related changes that affect the resident's nutritional status.
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			97. Demonstrate feeding techniques.