

Comfort-Guided Nutrition Care

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Comfort-Guided Nutrition Care

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Comfort-Guided Nutrition Care

Instructions

This inservice provides many of the tools you need to educate staff on the role of adequate nutrition in the prevention and treatment of pressure in your facility:

Slides for the Inservice:

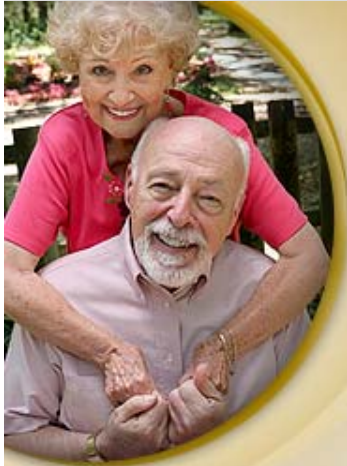
- The slides can be shown on computer or projected on a screen using a data projector.
- You can show the slides directly from the Acrobat file by simply clicking on the icon that looks like a computer screen. Or you can go to the tool bar and click on “View” and “Full Screen” to show the slides on your screen.
- Then click the down arrow button or the page down button on your keyboard.

Presenter’s Notes for the Inservice:

- Review the presenter’s notes prior to presenting the slides.
- The presenter’s notes offer additional information not included on the slides, suggestions for how to present some of the information, and activities you may want to incorporate.

Handouts for the Inservice:

- Simply copy the handouts and the pre- post-tests for participants.
- Do not provide the answer key for the pre-post tests.
- You can choose to give the test before and after the training, or just after the training to determine the effectiveness of your inservice and whether or not additional training is needed.



Objectives


1. Verbalize the importance of correctly reporting individuals' food and fluid intake
2. Demonstrate how to estimate percentage of food and fluid consumed
3. Demonstrate ability to record information accurately and consistently
4. Identify appropriate meal substitutions for inadequate meal consumption



What is Comfort-Guided Care?

- An individual has decided not to pursue aggressive medical interventions such as tube feeding
- The goal of care is comfort rather than “cure”
- The person may or may not be enrolled in Hospice
- Caregivers and family should focus on providing the best possible quality of life

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Sometimes the terms “comfort-guided care” and “palliative care” are used interchangeably.

Comfort guided care is used when:

- An individual has decided not to pursue aggressive medical interventions such as tube feeding.
- The goal of care is comfort rather than “cure”.


The person may or may not be enrolled in Hospice. Caregivers and family should focus on providing the best possible quality of life.

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Objectives

1. Participants will understand goals of comfort-guided care
2. Participants will learn how food can contribute to quality of life
3. Participants will determine ways to manage symptoms that might affect nutrition care near the end of life




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Hospice

- Initiated when a patient has less than 6 months to live
 - Manages the individual's pain and symptoms
 - Assists the individual with the emotional, psychosocial and spiritual aspects of dying
 - Provides needed drugs, medical supplies, and equipment
 - Coaches the family/caregivers on how to care for the patient



Hospice

- Makes short-term inpatient care available when pain or symptoms become too difficult to manage at home, or the caregiver needs respite time.
- Delivers special services like speech, physical or occupational therapy when needed.
- Provides bereavement care and counseling to surviving family and friends.



Comfort-Guided Nutrition Care

- Goals of nutrition care should be directed at managing symptoms rather than correcting nutritional problems
- Management of symptoms of illness (such as dry mouth) can improve a patient's quality of life