

Performance: Assist to Eat (C1030)

Directions: The following table lists the steps that are expected of you in order to properly assist the patient to eat. The table also provides rationales that explain why you perform some of these steps.

You will be expected to demonstrate these steps in the same order as presented in this table. An observer will be grading your performance using the competency assessment observation form on page 2.

Step		Rationale
1	Perform initial steps (i.e. greets patient by name, explains procedure to patient, washes hands, wears gloves)	
2	Assist patient with elimination if necessary	Patient will be more comfortable when eating
3	Assist patient to wash hands	Promotes good hygiene and prevents spread of infection
4	Help patient into comfortable sitting position	Puts patient in more natural position
5	Check meal card for name and diet. Check tray for correct food, condiments and utensils	Since patient's diet is ordered by the doctor, tray should contain foods permitted by the diet
6	Serve tray with main course closest to patient	
7	Offer patient napkin	Protects patient's clothing
8	Cut and season food, butter bread, and open cartons as requested	Patient should do as much as possible to improve independence and self-esteem
9	Check patient every 10-15 minutes	Allows you to assist patient if needed and provides for patient's safety
10	Perform final steps (i.e. ask patient if anything else is needed, thank patient, wash hands, document procedure)	

Competency Assessment Observation Form: Assist to Eat (C1030)

Performer: _____

Observer: _____ **Date:** _____

Step		Is Correct?	
1	Perform initial steps (i.e. greets patient by name, explains procedure to patient, washes hands, wears gloves)	<input type="radio"/> Met	<input type="radio"/> Not Met
2	Assist patient with elimination if necessary	<input type="radio"/> Met	<input type="radio"/> Not Met
3	Assist patient to wash hands	<input type="radio"/> Met	<input type="radio"/> Not Met
4	Help patient into comfortable sitting position	<input type="radio"/> Met	<input type="radio"/> Not Met
5	Check meal card for name and diet. Check tray for correct food, condiments and utensils	<input type="radio"/> Met	<input type="radio"/> Not Met
6	Serve tray with main course closest to patient	<input type="radio"/> Met	<input type="radio"/> Not Met
7	Offer patient napkin	<input type="radio"/> Met	<input type="radio"/> Not Met
8	Cut and season food, butter bread, and open cartons as requested	<input type="radio"/> Met	<input type="radio"/> Not Met
9	Check patient every 10-15 minutes	<input type="radio"/> Met	<input type="radio"/> Not Met
10	Perform final steps (i.e. ask patient if anything else is needed, thank patient, wash hands, document procedure)	<input type="radio"/> Met	<input type="radio"/> Not Met
Comments			