**Suggested Answers to Discussion Topics Chapter 24, Basic Nutrition**

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| Suggested Answers for Topics for Discussion | Learning Objectives |
| 1a. Students’ responses should include the following:  * Marie may have a decreased appetite due to disability or depression. * They may be feeling fear and frustration, both of which interfere with appetite. * They are grieving their losses. * They are embarrassed at needing to be fed, and feel worthless and helpless. * They don’t like the foods being offered.  1b. Students’ responses should include the following: You can create a pleasant mealtime experience.   * Make sure they are clean, dry, and well-groomed for their appearance in the dining room. * When you serve their tray, tell them what foods are on it. * Place yourself so you are at or below their eye level. * Allow them choices about how they want the food fed to them. * Offer fluids in between solids per their request. * Take time. Do not rush. * Feed them small amounts. * Keep your focus on Marie, converse with Marie, and include Marie in any conversation you are involved in at the table. * Try to discover what their food preferences are, and report these to the nurse or dietitian. * Listen actively and allow them time to talk about their situation. Empathize with them. * Avoid referring to those needing feeding assistance as “feeders.” | 4 6 |
| 2a. Students’ responses should include the following:  * They should be given protein for use in building new body tissue. * Fats are needed for the absorption of vitamins and for fatty acids required for tissue growth and repair. * Vitamin A for healthy skin and mucous membranes. * Vitamin C necessary for healing tissues.  2b. Students’ responses should include the following: You should follow the guidelines of Mrs. Barker’s diabetic diet requirements. Following the guidelines, you could consider including the following foods:   * Their protein requirements might be met with meat, poultry, dried beans, eggs, nuts, milk, yogurt, cheese, or fish. * The fats they require might come from salad dressings, oils used for cooking, cream in coffee, and butter. * Fortified milk, carrots, and egg yolks would provide vitamin A. * To obtain needed vitamin C, their diet might include citrus fruits, broccoli, green peppers, strawberries, or green leafy vegetables. | 2, 3, 5 |
| 3a. Students’ responses should include the following:  * Measures that a nursing assistant can take to monitor fluid intake such as accurate measurement of all liquids the resident drinks. * Measures that a nursing assistant can take to monitor output such as accurate measurement of all urine voided by the client.  3b. Students’ responses should include the following:  * Describe the purpose of an I&O flow sheet. * Discuss how to document the resident’s fluid intake and urine output. | 9, 10 |