

## 3.) ASSIST A DEPENDENT CLIENT WITH A MEAL IN BED

	Knock on the door.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the client.	
	Read the diet card aloud to ensure the client has received the correct tray.	
	Position the client in an upright position, <i>at least</i> 45 degrees.	
	Sit next to the client while assisting with the meal.	
	Describe the foods being offered to the client.	
	Offer fluids frequently. ( <i>There are two glasses.</i> )	
	Offer small amounts of food at a reasonable rate.	
	Allow the client time to chew and swallow.	
	Wipe the client's hands and face during the meal as needed.	
	Leave the client clean and in a position of comfort.	
	Record the intake of total solid food eaten as a percentage on the recording form.	
	<b>The candidate's recorded intake percentage must be within 25 percentage points of the RN Test Observer's recorded intake percentage.</b>	
	Record the sum total fluid intake in mls on the recording form.	
	<b>The candidate's recorded sum total fluid intake must be within 40mL of the RN Test Observer's recorded sum total fluid intake.</b>	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Leave the call light or signaling device within easy reach of the client.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	