

Name: _____ Date: _____

Safe Feeding and Swallowing Quiz – 2020

1. What is **NOT** the responsibility of health care aids and volunteers who assist with feeding?
 a. Checking the care plan.
 b. Making sure the resident is seated in an upright position.
 c. Tell a nurse if the food served to the resident does not match the diet order.
 d. Recommending a change in diet texture if the resident is not managing.
2. The **best** position for a resident/patient who is being fed is:
 a. Propped upright in bed, with forearms supported.
 b. Propped upright in bed, with extra pillows for support.
 c. Seated upright in a chair with hips and knees at 45 degrees.
 d. Seated upright in a chair with hips and knees at 90 degrees.
3. A resident/patient coughs a lot right after swallowing a large gulp of water. What is the most likely explanation?
 a. Choking
 b. Aspiration
 c. Pneumonia
 d. Chronic cough
4. What is “choking”?
 a. Irritation of the throat that results in coughing.
 b. A swallowing problem caused by weak muscles.
 c. The airway is blocked off and no air can come in or out.
 d. Food or liquid going down the “wrong way” and entering the lungs.
5. When preparing to feed a resident it is important to make sure:
 a. The meal is the correct diet texture.
 b. To check for resident-specific safe swallowing strategies.
 c. The resident/patient has dentures, hearing aids & glasses on if needed.
 d. All the above.
6. What is the **ideal** position for **the person assisting with feeding**?
 a. Seated at eye level beside the resident/patient.
 b. Standing beside the resident/patient, with good eye contact.
 c. Seated upright in a chair with hips and knees at 90 degrees.
 d. Seated slightly behind the resident/ patient to avoid being coughed on.
7. All of these are **general** safe feeding strategies, **EXCEPT**:
 a. Use a teaspoon to give small bites.
 b. Don't rush. Feed at the resident/patient's pace.
 c. Ask the resident to tuck the chin down when swallowing.
 d. Watch for the movement of the Adam's apple (larynx) so you know when the patient has swallowed.
8. When feeding a resident/patient, how can you make the dining experience more pleasant?
 a. Make light-hearted jokes about taste of the food.
 b. Mix all of the foods together, so the flavours blend.
 c. Take an interest in the resident/patient, asking questions about them.
 d. Describe some of your favourite foods to help encourage conversation.
9. What should you do if a resident starts gasping and has difficulty breathing when you are feeding them?
 a. Stop feeding and call a nurse.
 b. Stop feeding and rub their back.
 c. Check for pocketing of food in the mouth.
 d. Add some thickener to the liquids for extra safety.
10. Which would **NOT** be allowed on a pureed diet?
 a. Yogurt
 b. Pudding
 c. Ground beef
 d. Tomato soup