



Service Priorities and Programmes Electronic Presentations

Convention ID: 1082

Submitting author: Miss Sin Yee Ivy Wong

Post title: Senior Speech Therapist, TMH, NTWC

Feeding and Swallowing Challenges in the Older Adult with Dementia- Hand Feeding Skills Training Workshop for Community Geriatrics Assessment Team(CGAT) nurses

Wong I(1), Kwan C(1), Ling C (1), Lee E(1), NTWC Community Geriatric Assessment Team (CGAT) (2)

(1) Department of Speech Therapy, Tuen Mun Hospital, (2) New Territories West Cluster Community Geriatric Assessment Team, Hospital Authority, Hong Kong SAR

Keywords:

Dementia

Hand Feeding Skills

Introduction

Hong Kong is now facing challenges of rapid population growth and aging. By 2039, it is projected that 11% of persons aged 60 and above would be suffering from dementia. Feeding and swallowing problem are common in older adult with dementia which may result in a substantial risk of malnutrition and dehydration. Aversive feeding behaviors in moderate to late stage of dementia also make mealtime management challenging for frontline staff. In view of many pitfalls with tube feeding, careful hand feeding has been advocated as an alternative feeding option for advanced dementia adults. Education and training of health care team members are crucial in managing feeding issues in dementia. Community Geriatrics Assessment Team(CGAT) nurse acts as an important role in guiding, monitoring and supporting to OAH staff upon discharge from hospital. However, there is no specific dementia-related feeding training program for CGAT nurses.

Objectives

The program aims to improve CGAT nurse's knowledge and management in swallowing & feeding disorders in dementia.

Methodology

In 2017, dementia-specific hand feeding skills training workshops were held for CGAT nurses in New Territories West Cluster (NTWC). The program consisted of : 1. Lecture which focused on the overview and update on the swallowing and feeding management of dementia population; 2. Practicum which included careful hand feeding skills and hand feeding skills to enhance feeding in dementia population. A knowledge based written quiz was used to evaluate the effectiveness of the hand feeding skills training program in improving the participants' knowledge on understanding the swallowing & feeding management of dementia population. Furthermore, satisfaction survey was also used to collect participants' opinion on the workshop.

Result

A total of thirty-six CGAT nurses from NTWC joined the hand feeding skills training program for dementia. A comparison of the participants' pre and post-workshop knowledge based written quiz were performed. The score of post- test (Mean = 10.25) was higher than pre-test score (Mean = 7.81). Wilcoxon Signed-Ranks Test indicated the improvement was statistically significant $Z = -5.070$, p