



Service Priorities and Programmes Electronic Presentations

Convention ID: 241

Submitting author: Mr W K TANG

Post title: Advanced Practice Nurse, United Christian Hospital

Enhanced Training Program for Frontline Nursing Staff in Comfort Feeding Always (CFA) patients with Severe Cognitive Impairment and under End-of-life (EOL) Care.

Chan SWA (1), Ng, YB (1), Tang SK (1), Tang WK (1), Tse KW (2), Yim TK (1), Yung CY (1).

(1) Medicine & Geriatrics Department, United Christian Hospital, (2) Speech Therapy Department, United Christian Hospital.

Keywords:

Comfort Feeding Always
Swallowing problem
severe cognitive impairment
End-of-life (EOL) care
Enhanced training program

Introduction

Persons with severe cognitive impairment often experience the problems of eating leading to malnutrition and weight loss. For feeding those patients with dignity and comfort, a new interventional program "Comfort Feeding Always" is introduced to End-of-life persons with severe cognitive impairment and eating problems since 2012 in United Christian Hospital Geriatrics Ward S-11B. Hence, equipping the frontline Medicine & Geriatrics (M&G) Nursing staff with concept of the new alternative CFA program and feeding skills is the key of a highly-prioritised training program.

Objectives

Upon completion of the program, the participants should be able to:

- 1.) Understand the new alternative Comfort Feeding Always program,
- 2.) Provide quality care to Comfort Feeding Always patient,
- 3.) Understand the feeding techniques of Comfort Feeding Always patient.

Methodology

All M&G Ward Managers nominated their frontline nursing staff, who interest to Comfort Feeding Always program, to attend training lecture which were held on a regular basis. It was a 1.5 hours training lecture co-run by Geriatrician, Speech Therapist and Geriatrics Nurse. Geriatrician provided the concept of Feeding decisions in advanced dementia and Medical Aspect of Comfort Feeding Always. Speech therapist launched lecture on the basic knowledge of swallowing disorder, diet and liquid consistencies, roles and responsibilities of feeding staff followed by a hands on lecture on feeding skills. Geriatrics Nurse provided the workflow of Comfort Feeding Always program and Comfort Feeding Always case sharing. On the other

hand, developed a leaflet on “Introduction of Comfort Feeding Always”. Nurses could use it as educational material for caregivers. Pre- and post-lecture quiz were conducted.

Result

1.) Since 2014-2016, 6 training sessions in total were arranged with total 168 staff trained. There were pre and post training tests to assess the improvement in related knowledge. The result showed that post test score was significantly higher than the pre-test score. 98% of the participants were satisfied. Nursing staff expressed that the training improved their feeding skill and competence in managing Comfort Feeding Always patients. 2.) Caregivers had better understanding on management of dysphagia and food preparation with the educational materials provided. 3.) Feeding safety, with dignity and comfort, in severe cognitive impairment and End-of-life patients would therefore be promoted.