

The Administration of Blended diet in a care setting: Training Plan

Names and roles of those present at the training session:

Date training initiated:

Learning objective	Rationale	Actions	Record of training
1. Be competent in using gastrostomy for feeding prescribed enteral feeds.	To ensure that care giver is able to administer a standard feed via the gastrostomy tube prior to administering blended diet.	Confirmation of previous training by the community children's nurses on feeding prescribed feeds via the gastrostomy	Community nurses have documentation of previous training.
2. Be aware of the individuals nutritional requirements	To avoid individuals having a blend administered that contains certain food that should be avoided (e.g. for religious reasons/ food allergies etc)	Dietitian in collaboration with the family to provide a list of foods that need to be avoided	Documentation on record of training sheet. Specific patient care plan
3. Understand the potential benefits of giving blended diet	Care giver is aware of the reason for a blended diet	To discuss with care giver	Documentation that discussion has taken place.
4. Demonstrates appropriate food handling and hygiene and hand washing practice.	To minimise the risk of the risk of food borne infection.	Care giver to be signposted to the on line link for basic food hygiene and handling training Trainer to provide a copy of the six steps of hand washing procedure	<ul style="list-style-type: none"> • Completion of basic food hygiene and handling training • Hand washing demonstration to be documented on the record of training sheet Observation and documentation on

<p>5. Understands the equipment used in the preparation of blended diet ready for feeding.</p>	<p>To minimise the risk of the risk of food borne infection.</p>	<p>To discuss:</p> <ul style="list-style-type: none"> The different preparation methods of blended diet. 	<p>record of training sheet.</p>
<p>6. Be aware of required consistency of the blended diet required.</p>	<p>Single cream consistency is required to reduce risk of tube blockage</p>	<p>Discussion/demonstration of the correct consistency of blended diet</p>	<p>Observation and documentation on record of training sheet.</p>
<p>7. Safe storage of blended diet.</p>	<p>To minimise the risk of the risk of food borne infection.</p>	<p>Care giver to be signposted to the on line link for basic food hygiene and handling training</p>	<p>Completion of basic food hygiene and handling training</p>
<p>8. Understand the equipment required for administering the blended diet.</p>	<p>Only 60 ml single use enteral syringes are to be used to administer a pureed diet. The larger the syringe sizes the lower the internal pressure on the feeding tube, thus the risk is reduced for tube rupture and reduces the force the food enters the stomach</p> <p>Single use syringes should be rinsed and thrown away</p>	<p>Care giver can identify a 60ml single use enteral syringe</p>	<p>Observation and documentation on record of training sheet.</p>
<p>9. Understands and demonstrates an ability to confidently administer blended diet via gastrostomy.</p>	<p>To ensure that this can be confidently delivered on a daily basis</p>	<p>To discuss that:</p> <ul style="list-style-type: none"> Pureed diet must be given slowly over a 20-40 minutes (dependant on amount), using small, slow pushes. The duration of the meal would normally follow that of a normal length of time for an individual's meal. 	<p>Observation and documentation on record of training sheet.</p>

<p>10. Demonstrates an ability to confidently complete the feeding procedure and has an awareness of any potential damage to gastrostomy tube.</p>	<p>To reduce the risk of a build-up of food being left in the feeding tube where micro-organisms can grow.</p>	<ul style="list-style-type: none"> • 5-20mls of puree food is given at a time, followed by a pause. Pausing between pushes mimics the act of oral eating and swallowing <p>To discuss that:</p> <ul style="list-style-type: none"> • Following the pureed diet the feeding tube will require a warm water flush • Extension sets need to be washed in warm soapy water rinsed thoroughly with clean warm water using a syringe to push through and then left to air dry and store in a sealed plastic container. • Extension set may need to be changed more frequently if food is visible in the tube. 	<p>Observation and documentation on record of training sheet.</p>
<p>11. Recording of amount and contents of blended diet.</p>	<p>To ensure accurate communication between care setting and home</p>	<p>To identify a communication book for documentation.</p>	<p>Documentation on record of training sheet.</p>
<p>12. Reporting/ documentation of any concerns appropriately.</p>	<p>To ensure accurate communication between care setting and home</p>	<p>To identify a communication book for documentation.</p>	<p>Documentation on record of training sheet.</p>

I the above named carer certify that I have received training in the procedure detailed in this document and consider myself safe and confident to undertake this procedure. I will only use this training in respect of the individual specifically named on the front of this form and I will not carry out procedures, which are contrary to or not covered by this training.

**NAME:
DATE:**

SIGNATURE:

EMPLOYERS OF NON NHS TRAINEES.

We will use our best endeavours to ensure that our employee /staff member delivers care to the person named within the boundaries of this competency as outlined above.

**NAME :
SIGNATURE:**

**DESIGNATION:
DATE:**