

Nutrition for Seniors Eat Smart Live Smart (v9)

9.1 Safety Tips on Feeding 安全餵食錦囊

If it is necessary to feed someone, the helper should sit in the line of sight of the person being fed.

如果有必要協助長者餵食，照顧者應該坐在被餵食的人的視線中。

- Ensure that the elder is fully alert during feeding.
確保長者在餵食期間完全清醒。
- Ensure proper positioning of the elder.
確保置長者於正確餵食體位。
- Sitting with head slightly flexed and chin down which reduced the risk of choking.
坐著，頭略屈曲下巴向下，以減低哽噎風險。
- Serve food at the right temperature, e.g. not too hot
食物溫度適中，例如，不太熱。
- Do not rush, allow plenty of time for feeding.
不要匆忙，要給予足夠時間進行餵食。
If the elder refuses to eat, try to find out the reason and assist accordingly.
如長者拒食，嘗試找出原因並提供相應幫助。
- Observe any signs of swallowing difficulties such as cough, dribbling, aspiration of food back into the nose.
觀察有否吞嚥困難徵狀，例如咳嗽，垂涎，食物吸入至鼻腔。
In case of choking or aspiration, keep calm and call help at hospital.
如出現哽噎或誤吸現象，保持鎮靜，通知醫院人員協助。
- Signs and Symptoms of Aspiration:
誤吸的徵狀：
 - Breathing difficulty
呼吸困難
 - Engorged face and neck veins
面部和頸部靜脈腫脹充血
 - Face turning blue, loss of consciousness in severe cases
嚴重時，面色變藍，失去知覺
 - Ensure adequate fluid intake for elders who cannot feed themselves so as to prevent dehydration
確保飲食無法自助的長者攝入足夠水分，防止脫水

9.2 Dehydration 脫水

Older people may present differently than younger people, symptoms can be subtle.

長者的表現可能與年輕人不同，症狀可能很輕微。

The presentations may be in the form of irritability, confusion, lightheadedness, change in mental status, headache, loss of appetite, lethargy or fatigue, low urine output or dark urine, constipation, fecal impaction, infection, muscle weakness

表徵可能是：煩躁，混亂，頭暈眼花，精神狀態改變，頭痛，食慾不振，嗜睡或疲乏，排尿量少或尿黑，便秘，糞便阻塞，感染，肌肉無力。

If a senior who presents with poor skin turgor, dry mouth and lips, and subtle change in baseline, check the senior's orthostatics.

如果長者表現出較差的皮膚飽滿程度，嘴及唇乾燥及與基線比較出現變化，量度長者體位性血壓。

A fall in blood pressure of 20mm Hg systolic from lying to standing; and/or a rise in pulse by 15 beats per minute often means a person is dehydrated

從躺臥到站立收縮壓下降 20mmHg，和／或每分鐘脈搏加快 15 次，意味著一個人脫水。

Alleviate dry mouth by:

緩解口乾的方法：


- **Avoiding caffeine, dry, spicy, salty foods**
避免含咖啡因、乾燥、辛辣、咸的食物
- **Sugarless hard candy or chewing gum to stimulate saliva. However, it is not for person with dementia or dysphagia**
咀嚼無糖硬糖或香口膠刺激唾液分泌。但患腦退化症或吞嚥困難者則不宜
- **Applying petroleum jelly to lips**
將凡士林塗抹在嘴唇上
- **Frequent small mouthfuls of water**
經常小口喝水

Drinking water should always be available to older adults.

長者應可隨時獲取飲用水。

If an older adult has an impairment that affects their ability to drink, carers may need to offer a straw or small sips and assist them to drink.

如果長者有喝水能力的缺損，照顧者需要提供吸管或小口喝，以協助他們。

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