
Learning Objectives

MedBridge

Management of Nutrition and Metabolic Needs in Rehabilitation

Kristen L. Mauk, PhD, DNP, RN, CRRN, GCNS-BC, FAAN

Course Objectives:

Upon completion of this course, learners will be able to:

- Discuss the components of a nutritional assessment
- Name the major phases of swallowing
- Recognize various patients commonly seen in rehabilitation who may have dysphagia
- Describe screening tools for dysphagia that rehabilitation nurses can use
- Understand several key strategies to promote safe swallowing in persons with dysphagia
- Distinguish between different types of stomach and NG tubes across rehabilitation settings
- Explain the insertion process, use, and appropriate care of a PEG tube

Chapter 1: Nutritional Needs and Normal Swallowing

This chapter presents the basics of nutritional assessment, the normal swallowing process, and diagnostic testing for dysphagia. Issues such as endocrine disorders and obesity are briefly reviewed.

Chapter 2: Management of Dysphagia

This chapter describes dysphagia and nursing interventions to address this problem. Use of adaptive equipment for eating is also discussed.

Chapter 3: Tube Feeding Basics

This chapter provides content on feeding tubes used for enteral nutrition and hydration. The difference between feeding tubes is explained. Practical examples of how to care for G-tubes and PEG tubes are provided.