

NHS Training for
Occupational Therapy Support Workers

Kitchen Practice



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Aim

The aim of this training package is to provide the Health Care Support Worker (HCSW) with the understanding, knowledge and skills to safely and effectively work with a patient in the kitchen.

Learning Outcomes

By the end of this workbook you will be able to:

- Understand local Occupational Therapy Service Food Safety and Food Hygiene Guidelines and how these relate to kitchen practice
- Describe and demonstrate initial preparation required to carry out a successful kitchen practice
- Undertake risk assessment and address identified risks appropriately
- Address hygiene issues adequately when working with people in the kitchen
- Contribute to the selection of appropriate equipment for use in the kitchen
- Safely and effectively carry out practice of tasks in the kitchen with a person, using equipment correctly and providing the person with appropriate feedback
- Report results of the kitchen practice to the multi-disciplinary team and document these results appropriately

As therapy staff, one of our roles is to facilitate independence. To do this, we need to enable people to practice tasks of daily living in a safe, supervised environment. Achieving independence in the kitchen may be a rehabilitation goal that the person is working towards with the occupational therapist. As support staff, you may be involved in assisting someone to practice a range of tasks in the kitchen to promote independence.

Initial Preparation for Kitchen Practice

Careful preparation is key to the safety and success of kitchen practice. In preparing for this, you will need to do the following:

- **Liaise with the Occupational Therapist (OT);** the OT will have assessed them and will identify key tasks that they need to practise. You may also need to liaise with the family to establish what they were previously able to do
- **Organise porter and inform nursing staff** ((For in-patients only)
- **Check current clinical notes;** Review any clinical multidisciplinary notes prior to commencing a practice session – this is important because you will be able to determine if the person has been unwell, or if there are reasons why they may not be suitable for intervention at this time.
- **Obtain information about the person's mobility requirements;** the OT will provide you with information about the person's mobility such as what equipment they use and whether there are any precautions you should be aware of
- **Obtain information about the person's cognitive state;** the OT will provide you with information about the person's mental ability at it is important that you know if the person has memory or other cognitive issues
- **Ensure that the correct equipment is available** (if appropriate)
- **Obtain consent**

Evidence

For a patient in your care, describe the initial preparation you made before assisting a person to undertake kitchen practice. Describe:

- What you did,
- What went well?
- What could have been better? and
- What you would do differently next time?

Taking the Patient into the Kitchen

Risk Assessment

Risk assessment of the environment and the capability of a person is essential before you do anything with them in the kitchen.

Here are some points to consider – there may be other things that you observe that are not included here:

Physical hazards

- Is the person clear about what they have to do, and can they communicate with you?
- Has the person's condition improved or deteriorated?

For people with noted physical needs

- Can they move themselves from sitting to standing if required? What help might they need?
- Are there effective brakes on the wheelchair?
- Is the chair or stool to be used stable?

For person themselves and the environment

- Is the person appropriately dressed?
- Are they wearing appropriate footwear?
- Are there any obstacles that would be hazardous?
- Is the floor wet?
- Is there enough space for you, the person and any equipment to move around?
- Are there other people around - if so, are they using any of the equipment that you may require?
- If the person already uses specialised equipment, e.g. adapted cutlery, is it available?
- Is the equipment in good working order?

Manual handling techniques

Are there any specific manual handling techniques or equipment that you would need to know about or consider that are relevant to the person you are working with? You should discuss these with the OT prior to the session.

Infection control risks

You should be aware of infection control risks e.g. MRSA status and any blood borne diseases present and take any Health and Safety precautions as required, i.e. plastic apron and gloves may need to be worn. If someone has had diarrhoea, they will not be allowed in the kitchen until they have been clear for 48 hours. Please check with the nursing staff.

Violence and Self Harm

Check with nursing staff or with your OT if there are any documented issues regarding violence or self-harm. This could include any previous history of this or any instability in their current presentation. There may be precautions you need to take e.g. not using sharp kitchen implements with this person. Procedures related to mental health settings such as staff cover to carry out kitchen work, procedures for locked drawers, checklist for beginning and end of each session etc.

Risk issues to consider within mental health:

- Specific risk assessments for identified individuals (e.g. level of access to equipment/ level and/or type of support required)
- Awareness of triggers for behaviours (e.g. obsessive hand washing, thought patterns related to food/eating etc)
- Within community settings, awareness of environmental hazards and general hygiene.

Once you have undertaken your risk assessment, you need to address any risks that you have identified that might make the kitchen session unsafe.

Evidence

For a patient in your care, describe the risk assessment that you undertook prior to kitchen practice.

- What potential or actual risks did you identify?
- How did you address them?
- Any procedures you must follow?
- Would you do anything differently next time?

Undertaking Kitchen Practice

Before allowing someone to work in the kitchen, it is important to ensure that they have washed their hands effectively.

Activity

- How would you ensure that a person washed their hands effectively before working with you in the kitchen?
- What do you need to find out to ensure that their technique is good?
- Write here what steps you would take

What other hygiene considerations might you make when working in the kitchen with someone? Write here what you think is important.

- Consider cuts and abrasions on hands
- Consider good hygiene – what do you need to be aware of?
- Consider worktop hygiene – what do you need to be aware of?

Evidence

Describe the steps that you took to ensure that hygiene was properly addressed when working with a person in the kitchen.

- What went well and what could have been better?
- Would you do anything differently next time?

Safety

Person safety in the kitchen is very important, and there are many potential hazards.

Activity

Consider the hazards that exist in the kitchen that you need to be aware of. List them here. You might include risk of falls, hot water, etc.

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Occasionally a person may become unwell or even aggressive during a kitchen assessment. Describe how you would deal with this.

Evidence

Using an example from your own practice, describe how you identified and dealt with kitchen hazards during a kitchen practice session with someone.

Carrying out Kitchen Practice

The OT will have carried out an assessment of an individual's ability in the kitchen, and you should know what areas of difficulty they have and what is expected of you and the person concerned when practising tasks in the kitchen.

You should already know from risk assessment the level of the person's Mobility, any difficulties they are likely to have and have determined what assistance is required.

You may also be involved in selecting equipment and assisting the person to use it.

Remember too that if the person becomes ill in the kitchen, you need to know what action to take.

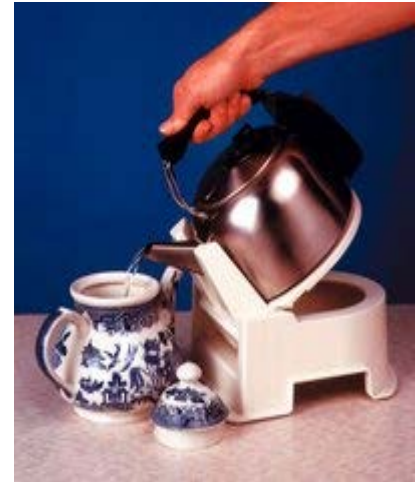
Activity

Find out what to do if the person becomes unwell, loses balance, falls or becomes injured. Write here what you would do.

Selecting Equipment

A variety of equipment exists to assist people to be independent in the kitchen.

Trolleys Perching Stools Kettle Tipplers



Activity

Find out and describe why it might be appropriate for a person to use the following equipment:

- A trolley
- A perching stool
- A kettle tipper

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Find out about any other equipment that might be used in the kitchen. Describe why it might be used.

Details of the task

- You need to now find out details of the task:
- What components of the task are to be practised?
- How complex is the task – exactly what do they need to do?
- Is the activity to be carried out in sitting, standing or a combination of both?
- What equipment is required, e.g. gas or electric cooker, type of kettle, other specific equipment?
- What degree of supervision or assistance does the person require during the kitchen practice?
- How will you give the person feedback of the effectiveness of what they are doing?

Activity

Evidence

Describe details of a task you carried out in the kitchen with a person and your role in selection of kitchen equipment for the specific individual.

- Why was the equipment chosen?
- What precautions or safety checks were undertaken prior to using the equipment?
- How did you provide the person with feedback about progress?
- What went well, what could have been better?
- Would you do anything differently next time?

Reporting the Results of Kitchen Practice

You need to report the outcome of the practice to the OT, to other members of the multi-disciplinary team and to carers. You are also required to document the outcome of the intervention.

Following a kitchen practice session, describe how you reported the results to the OT and the rest of the team. Provide a copy (anonymous) of the documented record you made following the practice.

- What went well?
- What could have been better?
- What would you do differently next time?

Kitchen Practice		
Objective	Occupational Therapist's Signature	Date
Explain local Occupational Therapy Service Food Safety and Food Hygiene Guidelines and how they relate to kitchen practice		
Describe and demonstrate initial preparation required to carry out a successful kitchen practice		
Identify risks prior to kitchen practice and address appropriately		
Demonstrate knowledge of hygiene issues in the kitchen and ability to address these		
Effectively and safely carry out tasks with a patient in the kitchen		

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Demonstrate your ability to select appropriate equipment for use in the kitchen		
Feedback and document the outcome of your intervention		

Your Supervising therapist will sign your portfolio to indicate that you have completed this workbook successfully.

Name of Support Worker.....

Signature of Support Worker.....

Name of Therapist.....

Signature of Therapist.....


Date.....

REFLECTION – Kitchen Practice
Meets KSF Dimensions:

Date module completed.....

What did you learn from this module?



<i>How has this influenced your work?</i>	

This form should now be placed in the appropriate section of your portfolio.

