

# 台灣護理之家失智長者進食問題探討

## Feeding problems of dementia elderly in a Taiwanese nursing home

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### 摘要

失智老人有高機率發生進食問題行爲且進食時常需要他人的協助，台灣護理之家對於失智長者進食問題之研究很少。本研究採用觀察研究法，藉由三個月的參與式觀察探討失智長者之進食問題。研究結果分析失智長者的進食問題呈現多樣化且需要個別化之協助；而缺乏有訓練之照顧人員是影響機構失智住民營養照顧之屏障。提供相關的在職訓練以協助失智長者成功的進食是未來要努力的方向。

### Abstract

People with dementia have a high probability of eating problems and require extensive assistance during mealtimes. Little is known about mealtime situations in Taiwanese nursing homes especially. Therefore this study explored eating problems among elderly with dementia in a nursing home by using an observational method. The study found that eating problems among dementia patients varied, did assistance. Several barriers to nutritional care for dementia patients were identified, including insufficient staffing and time. Nursing assistants lacked knowledge and skills to assist dementia patients with eating, and they held negative attitudes toward feeding dementia patients. More qualify and well trained nursing assistants are needed to promote better mealtime care.