



# milestone HCQU Northwest

## Speaker of the Month

**Warren State Hospital, Israel Building**

677 Hospital Drive, North Warren, Pennsylvania

**May 15, 2019**

9:00AM – 12:00PM

(Registration begins at 8:30)

**Class limited to the first 25 registrants**

## Food Consistency

*presented by*

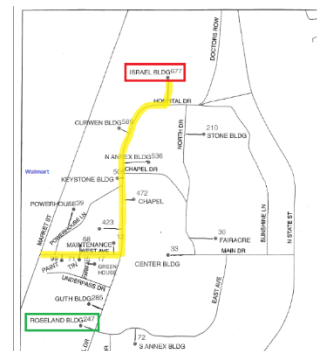
**Julie Goff and Heather Peterson**

Julie Goff and Heather Peterson will provide an educational program on altered food consistencies - what are they, why are they needed and how do you make them??? After a short in-service there will be an opportunity to break up into small group and practice what was learned.

### Objectives of this Course:

Participants of course will be able to:

- 1) ID signs/symptoms and risks of aspiration pneumonia & choking
- 2) ID standard aspiration precautions and facilitative feeding strategies
- 3) Increase knowledge of adaptive feeding equipment available to allow for self-feeding
- 4) ID the 4 diet levels approved by the Dietetic Association, and what is included/excluded in each
- 5) ID the 3 levels of thickened liquids
- 6) Make modified diets including thickened liquids



Warren State Hospital Campus

Heather Peterson, RDN/LDN is a Registered Dietitian Nutritionist & Licensed Dietitian Nutritionist. She is currently a Clinical Dietician at Warren State Hospital. She graduated from Edinboro University in 2004.

Julie Goff, MS, CCC-SLP is a Speech Language Pathologist. She currently works in the Home Health arena for Darling's Home Care. Julie graduated from the University of Pittsburg in 1982 and from the University of Wisconsin, Iola, in 1984.

**Seating is limited to 25.** To register for this **free** event, please visit our Learning Center at <http://northwesthqu.learnupon.com>. If you have any difficulties enrolling in this training, or creating an account, please contact [lcarnahan@MilestonePA.org](mailto:lcarnahan@MilestonePA.org) or call 814.728.9400 ext. 203.

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