Modified Texture “Dysphagic” Diets

Time: 15 – 20 minutes

How to use this interactive toolbox talk
To get the most out of this toolbox talk managers should follow the preparation advice. Let those attending know the aims and reasons for the talk.

Go through the toolbox talk with your teams, you will note we have included four posters for display. When you reach the Activity Section let everyone have an opportunity to contribute and note down their feedback.

Check everyone's understanding of the talk and summarise actions.

For good practice please record everyone's attendance and the date of the talk.

Preparation
Please read the ISS Healthcare: Implementation of IDDSI before starting this Toolbox talk.

Be ready with all paperwork including printing of posters to ensure a smooth delivery.

Identify all staff that are involved in meal provision (remember to include back of house staff receiving deliveries/storage of meals, pickers & packers, hosts/hostesses/PMOS menu takers (may be Trust staff), cleaners/porters (that deliver the out of hours meal service).

Obtain examples of current apetito and Medina modified texture meals and if already on site any of the new meals with dual labelling.

Aim
To increase understanding and awareness of the IDDSI framework (The International Diet Standardisation Initiative) for all staff involved.

To educate staff on the changes that have taken place to modified texture “Dysphagic Diets” (name, labelling and texture of new meals) to ensure they are IDDSI compliant.

To maintain patient safety.

Reason
IDDSI will help us to provide a safe meal for thousands of patients we serve across our hospitals every day requiring some level of texture modification to their diet. The current descriptors B, C, D & E that you are familiar with are very subjective and so there is risk to patients which IDDSI is designed to avoid. Standardised terminology and definitions will be used to describe modified texture food and thickened liquids reducing any risk of harm to people with swallowing difficulties (Dysphagia).
Changing dysphagic diet labelling

From: National Descriptors for Texture Modification in Adults

To: IDDSI

What Everyone needs to know

The labelling and texture of the current ‘Dysphagic’ Diet meals B, C, D & E for people with swallowing difficulties is changing from UK national descriptors to IDDSI.

IDDSI stands for International Dysphagia Diet Standardisation Initiative (you are not expected to remember this). IDDSI will help us to provide a safe meal for thousands of patients we serve across our hospitals requiring some level of texture modification to their diet.

The current descriptors B, C, D & E that you are familiar with are very subjective and so there is risk to patients which IDDSI is designed to avoid. Standardised terminology and definitions will be used to describe modified texture food and thickened liquids reducing any risk of harm to people with swallowing difficulties (Dysphagia).
Poster 1 - IDDSI Framework

FOODS

1. SLIGHTLY THICK
2. MILDLY THICK
3. MODERATELY THICK
4. EXTREMELY THICK
5. MINCED & MOIST
6. SOFT & BITE-SIZED
7. REGULAR

DRINKS

0. THIN

IDDSI
International Dysphagia Diet Standardisation Initiative
www.iddsi.org

ISS UK 2018
As you can see, the IDDSI framework provides levels and descriptors for drinks and foods. You may already be aware of the changes that have taken place with the drinks. It is still our policy that ISS staff should never thicken drinks for any patients. This is a clinical duty that requires training and if done incorrectly can put a patient’s health at risk. You must however inform a nurse when you are about to start your beverage round so they can thicken drinks as required for patients. Under no circumstances should you leave a drink unattended on the patients table.

The important changes we wish to focus on today are those within the IDDSI Food framework (Point to triangle.)
Poster 2 – Mapping Modified Texture “Dysphagic” Diet

Old textures B to E map to IDDSI Levels 3 to 6 after adding detail and measurement.

- **Fork Mashable**
  - Define **how soft**.
  - Limit size of lumps to reduce choking risk

- **Pre-Mashed**
  - Define **moistness** and particle size

- **Thick Puree**
  - Define **moistness and cohesiveness**

- **Thin Puree**
  - Define **flow properties** (IDDSI flow test)
You can see down the left hand side of this poster the letter and descriptor of the modified texture meals that we currently provide B, C, D and E. We check these letters and descriptors match those ordered for the patient when picking & packing, cooking and on serving to ensure the patient receives the correct texture of meal to prevent harm (choking and food going into the lungs).

If you follow each colour coded arrow the old textures B to E map to IDDSI Levels 3-6 after adding detail and measurement. Go through each one in turn Example: C thick puree maps across to Pureed level 4

To ensure we comply with the new framework our suppliers have been working really hard to reformulate their products to comply with the new descriptors. The category C products have been easier to change whereas the category E Fork Mashable diet for example has been harder to change to the new descriptor (soft and bite-sized) due to the size restriction of the foods used for this level.

Picture 1 (on next page) may demonstrate this a little better – This is an example of a new Level 6 Soft & Bite-Sized meal and the current meals in this category (E) have much larger pieces of potato and vegetables as you can probably see.

All products will require new labelling and it is this change that we need you to focus on and remember. We have also changed the Special Diet Order Form to reflect the new descriptors, see next page
Level 6 - Soft & Bite-sized

Category E – Fork Mashable

Updated Special Diet Order Form

<table>
<thead>
<tr>
<th>Special Diet Order Form</th>
<th>Ward:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
<td>Bed Number</td>
</tr>
</tbody>
</table>

Diet Key:

- B = Thin Purée
- C = Thick Purée
- D = Pre-mashed
- E = Fork Mashable
- 1 = IDDSI Level 1 - Liquidised
- 2 = IDDSI Level 2 - Pureed
- 3 = IDDSI Level 3 - Liquidised
- 4 = IDDSI Level 4 - Pureed
- 5 = IDDSI Level 5 - Minced & Moist
- 6 = IDDSI Level 6 - Soft & Bite Sized

NBM = Nil
GF = Glut
Vg = Veg
RS = Renal
H = Ha
Poster 3 - apetito New Dual Labelling

Purée Petite Sausage & Mash served with peas

Cook from frozen. Cook until piping hot. Once cooked do not reheat.

MICROWAVE
800 Watt/Category: E
HALF POWER
Step 1: Cook for 10 mins
Stand for 2 mins
Step 2: Remove film lid
Cook for 2 mins 30 secs
Stand for 2 mins
50 mins or longer if required

OVEN
Pierce film lid with a fork.
Pre-heated oven:
170°C/325°F/Gas 3-4.
Fan oven: 150°C/300°F

275g e 217079

Store at -18°C, do not refreeze once thawed.
apetito, Canal Road, Trowbridge, Wiltshire BA14 8RJ

Ingredients:
Water, peas, pork (14%), rapeseed oil, SOYA protein, dried potato, emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), inulin, maltodextrin, tomato puree, thickener (methyl cellulose; xanthan gum, guar gum); carrot juice; salt, starch; natural flavourings (with EGG), garlic, caramelised sugar, sugar, MUSTARD seed; onion, yeast extract, concentrated onion juice, spirit vinegar, pepper, brown sugar, sunflower oil, lemon juice, sage, thyme, spices, turmeric, nutmeg; preservative (sodium nitrite).

Allergy Advice: For allergens see ingredients in capital letters.
Gluten Free.

Nutrition information (as consumed)
Typical values Per 100g Per Meal
Energy: 756kJ 182kcal
Fat: 13g 35g
of which saturates: 1.7g 4.5g
Carbohydrate: 7.7g 21g
of which sugars: 1.5g 4.0g
Protein: 8.0g 22g
Salt: 0.69g 1.9g

Best before: L 04.07.2018

ISS Classification: Unrestricted

ISS UK 2018

THE POWER OF THE HUMAN TOUCH
Guidance

As you can see on this label to the left the old letter and descriptor (C – Puree) have been clearly labelled and to the right the new descriptor Level 3 Pureed.

Please pay attention to the changes to the labelling in red the ringed areas. It will now state the level and name and will also have the level number in an inverted triangle.

Compare to current apetito meal (C Puree) and then revisit the new labelling on poster 3 to aid those visual learners.
Poster 4 – Medina New Dual Labelling
Hold up poster 4 – Medina New dual labelling

As you can see Medina have added an extra label to communicate the change. In this example Level 3 with descriptor (Pureed) and below in the product label the old letter and descriptor.

Compare to current Medina meal and revisit the new Medina labelling poster.

Dual labelling

Dual labelling of these meals will continue for the next 12 months so there is no need to worry and you will be very familiar with the new labelling and terminology by the time it is removed. Dual labelling is important to allow time for the changes to be communicated and understood by all NHS and ISS staff and to ensure patient safety remains a priority through the transition period.

Our suppliers have until April 2019 to make their products IDDSI compliant. The changeover will happen over a period of time so not all modified texture meals will have the new labelling straight away.

It is likely that you will see the puree C meals change to dual labelling first followed by the D (soups), E Fork Mashable and D pre mashed around December 18 - January 19.

all of our modified texture meals will be IDDSI compliant and dual labelled By April 19

Please note: you will continue to follow the cooking instructions as per packaging.
apetito IDDSI Poster

What is IDDSI?
IDDSI is a new global standard that describes Texture Modified foods and liquids. It is the result of a collaboration between a range of industry professionals, including dietitians, speech and language therapists and occupational therapists.

What is the aim?
The aim is to have a common language that can be used for technical, cultural, professionals and non-professional use.

The new IDDSI framework
The IDDSI framework will replace the current national descriptors. The framework consists of eight levels and combines food and drink on one framework.

How it compares to the National Descriptors


Label Info
All our Texture Modified meals will include new labels once the meals are compliant to help you during the transition.

What are the implications of getting it wrong?
The risk to patient safety and wellbeing from overeating or underfeeding can be very serious. If a patient is given food not suitable for their condition it can cause choking of their windpipe or for the patient to aspirate food and liquid into the lungs, leading to infections and aspiration pneumonia. In both instances this can, in the most severe cases, cause death.

What should you do if you are unsure?
If you are in any doubt about a patient’s condition or which meal is suitable for them, please consult your Speech & Language team. For any questions please contact your apetito catering consultant or visit: www.apetito.co.uk/food/

apetito IDDSI – z-cards

What is IDDSI?
The International Dysphagia Diet Standardisation Initiative is a new global standard that describes Texture Modified foods and liquids. It is the result of a collaboration between a range of industry professionals, including dietitians, speech and language therapists and occupational therapists.

What are the changes?
IDDSI has been developed to replace the current national descriptors for texture modified foods and liquids. It simplifies the process for patients, carers and professionals and improves safety and identification.

Why is this important?
An uncoordinated approach to all ages is not effective. Following national guidelines is crucial. It is vital with the elderly, who can be a group often over looked. By ensuring the right meal is selected it can significantly improve quality of life. Providing all with the national descriptors helps to ensure the best outcome for the patient every time.

What are the national descriptors?
The descriptors ensure a meal suitable for the patient is selected every time. Combining the descriptors ensures individual needs are considered.

Why is it important?
Eating and drinking helps us to stay healthy, enjoy life and feel good. This affects all ages. By ensuring the right meal is selected it can significantly improve quality of life. Providing all with the national descriptors helps to ensure the best outcome for the patient every time.

What are the institutional getting frames?
It is a national standard for eating nutritional meals for all ages. It means the right meal is selected every time.

Poster 5 – apetito IDDSI Poster & z-cards
Guidance

Hold up poster 5 - Every ward kitchen and catering department will have this apetito IDDSI poster on display. Apetito Pocket Z cards will also be available and will be a quick reference guide to support this training session.
**Modified Texture “Dysphagic” Diet:**

**Feedback Form**

<table>
<thead>
<tr>
<th>Feedback</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>
Modified Texture “Dysphagic” Meals

Checking your awareness and understanding...

Q - Looking at the mapping poster what new IDDSI level and descriptor will you see for a current E Fork Mashable meal?
A - Level 6 Soft and Bite-sized

Q - Looking at the mapping poster what new IDDSI level and descriptor will you see for a current C – Puree?
A - Level 4 Pureed

Q - How does the new apetito label differ to the one currently used?
A - Now contains dual labelling displaying the old letter and descriptor alongside the new colour coded triangle for the IDDSI compliant level i.e. 4

Q - How does the Medina label differ to the one currently used?
A - Medina have added an additional Label to their packaging with the new IDDSI level and descriptor i.e. Level 4 Pureed

Q - If a member of the clinical team demands you thicken a patient’s drink or they will put in a complaint about you what should you do?
A - Inform them it is company policy not to thicken drinks as it would put the patient at risk however that you are happy to provide your Catering Manager’s name should they wish to discuss further.

Q - If you are asked to leave the drink on the patients table as the nurse will be along in a minute to thicken the drink?
A - Never leave a drink unattended as this could put the patient at risk if swallowed because they may be confused or do not understand the consequences of their actions.

Next Steps

Everyone should......

Make themselves fully familiar with new ordering form and labelling system, so they are able to give a seamless service the patient and hospital.
**Modified Texture “Dysphagic” Diets**

*We need to keep a record ……*

Once you have received and understood this information please sign and date in the area set out below.

<table>
<thead>
<tr>
<th>Name</th>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Note: Some of the images used in this document are reproduced from originals published by the HSE*