Managing Patients with Dysphagia – Wexford, 25th February 2014
Agenda

6.00 pm  Registration and Fork Buffet

6.30 pm  Welcome Address
         Katie Bermingham, Dietitian, Nutricia Medical

6.50 pm  Managing Patients with Dysphagia
         Kate Higgins, Speech and Language Therapist,
         Wexford General Hospital

7.10 pm  Nutritional Guidelines, Menu Planning and
         How to Meet HIQA Requirements
         Andrea O’Callaghan, Nutricia Medical Dietitian

7.30 pm  Adapting Current Meal Plans for Patients with Dysphagia
         Neil Palliser Bosomworth, Consultant Diet Chef

8.10 pm  Questions & Answers

8.30 pm  Close
Introduction
Nutricia Medical

Ireland’s No. 1 Medical Nutrition Company

We are committed to:

Innovation:
- Nutilis Range: Salivary Amylase Resistant for patient safety
- Nutilis Complete: low volume, pre-thickened supplement
- Fortisip Compact: first low volume 2.4kcal to the market
- Widest range of disease specific products

Supporting Healthcare Professionals:
- Sample request service (online, freephone)
- Dietetic Advice Line
- Educational events
- Educational resources
- MUST training
- Dedicated medical nutrition website www.nutricia.ie
The NUTILIS Thickener Range

Nutilis Powder
300g tins, 670g tin and sachets

Nutilis Complete Stage 1
Grade 2 Consistency
125ml bottle
Nutilis Powder

- Nutilis Powder is a food and fluid thickener
  - Number 1 choice of Irish hospitals
  - Contains patented salivary amylase resistant ingredients

**What does this mean?**

- The food and fluids are not broken down by the saliva in the mouth
- Nutilis maintains the required thickness as directed by the SLT

**Patient benefits:**
- Neutral taste
- Mixes easily
- Maintains safe consistency
Nutilis Powder – Cost Saving

Compares the monthly cost of one dysphagia patient requiring 1.5l of regular fluids per day

<table>
<thead>
<tr>
<th>Consistency</th>
<th>Thick &amp; Easy per month</th>
<th>Nutilis Powder per month</th>
<th>Monthly saving per patient with Nutilis Powder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 1</td>
<td>€49.00</td>
<td>€24.00</td>
<td>€25.00</td>
</tr>
<tr>
<td>Grade 2</td>
<td>€73.00</td>
<td>€32.00</td>
<td>€41.00</td>
</tr>
<tr>
<td>Grade 3</td>
<td>€97.00</td>
<td>€47.00</td>
<td>€50.00</td>
</tr>
<tr>
<td>Grade 4</td>
<td>€122.00</td>
<td>€63.00</td>
<td>€59.00</td>
</tr>
</tbody>
</table>

Please note the monthly saving is based on 30 days and the annual saving is based on 365 days.
1. Different scoop sizes between products and different numbers of scoops needed to thicken a fluid to a certain stage

2. Difference in price (Nutilis Powder is less expensive)

3. Nutilis Powder is the only thickening powder that is **Salivary Amylase Resistant**
   - Combines starch with a gum coating to prevent salivary amylase from breaking down the starch
   - Food and fluids thickened with standard starch-based thickeners fail to maintain consistency on contact with saliva
Prethickened Supplement – Nutilis Complete

Nutilis Complete Stage 1
Grade 2 Consistency
125ml bottle
Nutilis Complete Stage 1

- Suitable for patients requiring Grade 2 consistency.

- Features
  - 125ml
  - 306kcals, 12g protein and 4g of fibre

Patient benefits:
- Low volume- 125ml bottle – easy for patients to consume
- Saves on preparation time
- Maintains safe consistency in the presence of saliva.
- 2 great tasting flavours: strawberry & vanilla.
Nutilis Complete Stage 1

GMS LISTED

Nutilis Complete Stage 1 = €1.50

Delivers greater cost savings - 38% less than other standard 200ml pre-thickened supplements.
Nutilis Patient Starter Packs - NOW AVAILABLE

Each Nutilis Patient Starter Pack contains:

- 1 individual Nutilis Powder sachet and scoop
- Nutilis Shaker
- Scoop chart
- Patient information booklet
- Letter for doctor

Packs can be ordered through www.dysphagia.ie
Thickening Guidelines - NOW AVAILABLE

Nutilis Powder Thickener

How do you use Nutilis Powder?

**Thickening drinks...**
1. Add the prescribed amount of Nutilis Powder to the drink in a shaker preferably, or else a beaker / glass / mug.
2. Shake or stir vigorously for approximately 10-20 seconds until all the powder is dissolved.
3. Remove the lid.
4. Allow to stand for a few minutes until the desired consistency is reached.

**Thickening puréed foods...**
1. Purée the food you wish to thicken so that it is completely smooth and free from any lumps. Ideally sieve the purée, especially for foods with ‘lumps’ e.g. peas and sweetcorn.
2. Add the necessary number of scoops of Nutilis Powder to the purée and stir it well.
3. Allow the food to stand until it reaches the required consistency.
4. The food can now be served or chilled / frozen for later use.

Do not add additional Nutilis during standing time as the liquid is continuing to thicken.

Recipe book, shakers and moulds are available now – please contact our customer care team on Freephone (ROI) 1800 923 404

Which consistency for which patient?

A Speech and Language Therapist will advise the recommended consistency for a patient.

Number of scoops required for each thickness stage (based on 200ml liquid)

<table>
<thead>
<tr>
<th>Number of scoops required for each thickness stage (based on 200ml liquid)</th>
<th>Grade 1</th>
<th>Grade 2</th>
<th>Grade 3</th>
<th>Grade 4</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Very mildly thick</td>
<td>Mildly thick</td>
<td>Moderately thick</td>
<td>Extremely thick</td>
</tr>
<tr>
<td>Also known as</td>
<td>Naturally thick fluids</td>
<td>Syrup</td>
<td>Custard</td>
<td>Pudding</td>
</tr>
<tr>
<td>Regular fluids</td>
<td>1½</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Hot drinks</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Milk</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Fortisip (200ml)</td>
<td>1½</td>
<td>3</td>
<td>Forticreme Complete</td>
<td>Forticreme Complete</td>
</tr>
<tr>
<td>Fortijuce (200ml)</td>
<td>2</td>
<td>4</td>
<td>Forticreme Complete</td>
<td>Forticreme Complete</td>
</tr>
<tr>
<td>Fortisip Compact (125ml)</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Pre-thickened supplements</td>
<td>Fortisip Compact</td>
<td>Nutilis Complete Stage 1</td>
<td>Forticreme Complete</td>
<td>Forticreme Complete</td>
</tr>
</tbody>
</table>

Additional Tips...

**Mixing hot drinks (temperature > 60°C):** Please allow hot drinks to cool for 8 minutes prior to thickening. The use of the shaker is not recommended for hot drinks. However, if using the shaker for hot drinks, please make sure the lid is securely tightened, shake lightly and remove the lid immediately after shaking. If desired or needed, drinks may be heated in the microwave after the addition of Nutilis. If reheating thickened hot drinks please ensure they are reheated immediately.

**Mixing cold drinks (temperature < 7°C):** Allow the cold drink to stand for a few minutes prior to thickening. Let the prepared liquid stand for a few minutes to achieve the desired thickness.

**Mixing carbonated drinks:** Please use caution when thickening carbonated drinks, and stir to reduce fizz before mixing with a fork. The use of a shaker is not recommended for carbonated drinks. If a shaker is used, make sure the lid is securely tightened, shake lightly and remove the lid immediately after shaking.

Visit our website: [www.dysphagia.ie](http://www.dysphagia.ie)
Resources: For you and your patients

• Shakers, recipe books and moulds
• Nutilis mixing guidelines and guidelines on how to mix Nutilis with Movicol
• Nutilis Patient Starter Packs
• Dysphagia.ie
Fortisip Compact – 40% Less Volume*

40% Less **volume**

**same nutrition**

Both bottles contain...
- 300kcal
- 12g protein & are
- nutritionally complete

*Fortisip Compact Range compared to one 200ml bottle of 1.5kcal/ml standard milkshake style supplement (Ensure® Plus, Fresubin® Energy, Fortisip) and based on prices as of 1st Nov 2012.
Fortisip Compact: The Best Choice*

Benefits for **You...**
- Greater compliance¹ - so patients reach their nutritional goals faster
- A more cost effective treatment

Benefits for **Nurses/Carers...**
- Less time supervising a patient’s intake of their supplement

Benefits for your **Patients...**
- Fortisip Compact will not affect a patient’s appetite or intake of normal foods²

* Up to 97% of Fortisip Compact is consumed compared with 78% of a 200ml 1.5kcal product.
Fortisip Compact: Best Nutrition, Greater savings, Less Volume

A wide variety of great tasting flavours to suit every patient

Forest Fruit, Apricot, Strawberry, Banana, Mocha, Vanilla, Chocolate
Available to Public Health Nurses
Order via:
1. Freephone 1800 923 404 or on 01 289 0283
2. Post us your pack of choice on the sample request form (available on our stands)
3. Log onto www.nutricia.ie and request a sample online

**Fortisip Compact Pack** (All patients)
- Fortisip Compact x 3
- Forticreme x 1
- Patient information leaflet
- Top tips to using a nutritional supplement

**Cubitan Pack** (wounds)
- Cubitan x 2
- Cubitan patient information leaflet
- Top tips to using a nutritional supplement

**Diasip Pack** (Diabetes)
- Diasip x 2
- Patient information leaflet
- Top tips to using a nutritional supplement
Managing Patients with Dysphagia

Kate Higgins
Speech & Language Therapy Dept
Wexford General Hospital
February 2014
Quality of Life!

The quality of life is more important than life itself.
Alexis Carrel
Dysphagia is any problem that interferes with the normal flow of food/drink from the lips to the stomach.

Logeman 1998
Role of Speech & Language Therapist

Evaluation & treatment of swallowing disorders Dysphagia

- Assessment
- Modification
- Therapy
- Education
- Onward Referral
- MDT Management
The Normal Swallow
Eating, Drinking, Swallowing Definitions

- Dysphagia
- Aspiration
- Silent Aspiration
- Overt signs of Aspiration
- Penetration
- Xerostomia
- Halitosis
- NPO
Dysphagia & Associated conditions

- Progressive illnesses e.g.: MND, PD, MS
- Dementia
- Stroke and TIA’s
- Head Injuries
- Spinal Injuries
- Cancer of the head and neck
- Oesophageal Cancer
- Intellectual/physical Disability
- Poor medical status
- Side effects of medication
Signs & Symptoms of Dysphagia

- Weight loss
- Recurrent chest infections
- Coughing
- Eyes watering
- Change in colour of face
- Wet vocal quality
- Feeling of something ‘going down the wrong way’ or ‘something stuck in the throat’
- Anxiety evident in facial expression
- Changes in breathing
- Fatigue
Assessment

- Bedside Assessment of Oro-pharyngeal Dysphagia
- Videofluoroscopy of Oro-pharyngeal Dysphagia
- FEES
Management of Dysphagia

- Use of postures, maneuvers shown to be effective in VF
- Sensory information
- Diet Modification
- Rehab exercises
- Close liaison with nursing/medics re chest status, +/- pyrexia
MDT Management of Dysphagia

- Dietetics - ng, PEG, TPN
- Nursing - maintaining oral care
- Pharmacy - modifying medications
- Medical team, patient, family - decision re feeding.
Swallow care plan

- Level of supervision
- Consistencies recommended
- Positioning
- Strategies
- Sensory
- Medication
Diet Modification- IASLT Descriptors

Texture A (Soft/Finely chopped)

Texture B (Minced/moist/mashed)

Texture C (Smooth Puree)

Texture D (Liquidised)
Modified fluids

- Grade 1 (very mildly thick, 1-1/2 scoop Nutilis per 200ml)
- Grade 2 (Mildly thick, 2 scoop per 200ml)
- Grade 3 (Moderately thick, 3 scoop per 200ml)
- Grade 4 (Extremely thick, 4 scoop per 200ml)

(As per regular fluids)
Why thicken fluids?

- People with swallowing problems may find it particularly difficult to swallow thin fluids such as water, milk, tea, coffee etc. Thin fluids do not hold together well in the mouth, and can be easily passed into the lungs (aspirated). Thickened drinks are safer because they move around the mouth more slowly and allow better control of swallowing.
Thickened fluids

- Shaker
- Nutilis
- 200ml
- Hot drinks
- Fizzy drinks
- Milk
- Supplements

How do you use Nutilis Powder?

Thickening drinks...

1. Add the prescribed amount of Nutilis Powder to the drink in a shaker preferably, or else a beaker / glass / mug.
2. Shake or stir vigorously for approximately 10-20 seconds until all the powder is dissolved.
3. Remove the lid.
4. Allow to stand for a few minutes until the desired consistency is reached.
Postures & Strategies

- Chin tuck
- Head turn
- Head back
- Effortful swallow
- Liquid wash
- Little & often
- Alternate Food_drink
- Bolus control
Sensory-larger bolus/taste/temp

- Sweet
- Sour
- Hot
- Cold
Nursing Home Residents

- It has been recognised that 40-60% of the institutionalised elderly have identifiable signs and symptoms of oro-pharyngeal Dysphagia. (Steele at al, 1997)
- Nursing staff and/or caring staff have a major role in feeding patients, providing up to an estimated 90% of direct care. (Pettigrew & Daunt 2010)
- Community acquired pneumonia is a major cause of comorbidity and mortality in the elderly and the leading cause of death among residents in Nursing Homes. (CHEST, 2003)
- The management of Dysphagia should be a multidisciplinary approach.
Dysphagia & Cognitive Impairment

- Reduced independence results in reduced weight.
- Memory-forgetting when they last ate, when next meal is.
- Difficulty recognizing food & utensils.
- Difficulty using knife & fork.
- Food holding & difficulty moving food to the back of the mouth.
- Difficulty expressing food preferences
- Eating too quickly, cramming food, preference for sweeter foods, inappropriate mealtime behaviour.
Feeding tips & Dementia

- Quiet environment – reduce distractions, play calming music in the background
- Sensory information – use strong flavours, temperature and fizzy drinks to increase awareness of food/drink in mouth
- Self feeding – encourage self-feeding if possible e.g.: hand over hand
- Describe it – Draw person’s attention to the food, describes its taste, appearance
- Prompts & Cues – Give verbal prompts, physical prompts or indirect cues to keep the person focused
Good feeding practice

- **Level of Alertness**
  Do not feed if drowsy, agitated or drifting in/out of sleep i.e.: the person needs to be VERY alert.

- **Positioning for feeding:**
  Sit the person as upright as possible (90° is best) ideally in a chair with head tilted slightly forward.
  The person should not be leaning to one side.
  The person should remain in an upright position for 20-30 minutes after eating/drinking

- **Dentition**
  Well fitting dentures are essential for chewing and eating a variety of foods.

- **Oral Hygiene**
  Patient’s with poor oral hygiene are at a greater risk of aspiration pneumonia given the high content of bacteria in their saliva.

- **Medications**
  Crushing medication should only be done in consultation with a Pharmacist.
  For patient’s with PD the timing of medications with regard to mealtimes is extremely important given the on/off period.
Importance of oral care

- Oral Hygiene is critical in the dysphagic population.
- Food particles remaining in the mouth may be aspirated.
- Anaerobic bacteria colonize oro-pharyngeal secretions.
- Aspiration of bacteria laden secretions puts the patient at risk of developing a respiratory tract infection.
- A clean mouth feels good.
When to refer?

- Refer a patient if:
  
  Feeding habits change

  i.e.: appear to have deteriorated

  or

  appear to have improved
Dysphagia equipment
Pet peeves
Make food/drink appealing
Nutritional Guidelines, Menu Planning and How to Meet HIQA Requirements

Andrea O’Callaghan
Nutricia Medical Dietitian
The facts: Malnutrition in Ireland, under-recognised, under-detected, under-treated

About 1 in 4 patients in hospital \(^1\text{-}^7\)

More than 1 in 3 patients in care homes \(^2\text{;}^3\text{;}^8\text{-}^{10}\)

< 1 in 10 older persons living independently\(^{11}\)

143 000 adults
Disease Related Malnutrition
Consequences of malnutrition: for the Health Care System

- 65% more GP visits
- 80% greater chance of hospital admission
- 20-70% longer hospital stay
- Patients are far less likely to be discharged to their own home

UCD Institute of Food and Health held a policy seminar in December 2009
Topic: “Nutrition and Health in an Ageing Population”
Consequences of malnutrition: The Patient

- Increased risk of falls and fractures
- Susceptible to infection
- Depression
- Higher wound risk and delayed healing
- Decreased tolerance to medication
- Weakness, Poor mobility

Consequences of untreated malnutrition
From the start

- Assessment of nutrition/hydration and food preferences for each patient needs to be undertaken from admission.

- Comprehensive assessment includes:
  - Clinical review
  - Oral health review
  - Accurate weighing
  - Observation of eating habits/patterns, likes and dislikes
  - Signs of dysphagia
  - Nutritional screening using a validated screening tool
  - Monitoring and keeping accurate food/fluid charts
Nutrition Screening Tools

Must be:

• Well researched

• Validated

• Reliable – repeatable results

• Easy and quick to use
Nutritional Screening

- HIQA advise to use validated screening tool within 72 hours of admission, when there is clinical concern, at least three-monthly.

- Food charts – food and fluid needs to be assessed using a food diary/chart in the first week after admission.
Recap - The 5 steps of ‘MUST’

Steps 1-3: Take 3 measurements and score them against the scale provided:

- Body Mass Index (BMI)
- Unplanned weight loss
- Acute disease effect

Step 4: Add scores together to identify overall risk of malnutrition

Step 5: Form appropriate care plan in line with local policy
MUST Score \( \geq 2 \)

2 or more High Risk

Treat*

- Refer to dietitian, Nutritional Support Team or implement local policy
- Set goals, improve and increase overall nutritional intake
- Monitor and review care plan
  - Hospital – weekly
  - Care Home – monthly
  - Community – monthly

* Unless detrimental or no benefit is expected from nutritional support e.g. imminent death.
The role of nutrition at end of life

Primary objectives

Pleasure

Comfort

Good oral health - maintain the pleasure of oral feeding

Symptoms that may reduce the desire to eat or the pleasure of eating such as pain, nausea, glossitis and dryness of the mouth should be relieved
Standard 19: Meals and Mealtimes:

Each resident receives a nutritious and varied diet in pleasant surroundings at times convenient to them.
Standard 19: Meals and Meal times

19.1 The resident is provided with a nutritious and varied diet, which meets his/her individual and dietary needs and preferences.

19.2 The menu offers the resident a choice of meal at each mealtime. A choice is also available to residents on specific diets.

19.3 The resident is offered three full meals each day at conventional meal times. Hot and cold drinks and nutritious snacks are available at all times and offered regularly. Drinking water is readily accessible.
Have we got the right balance in our menu?
Understanding the Food Pyramid

Top Shelf foods are high in fat, sugar and salt, are not essential for health and taken in excess can be harmful.

Fats and oils are essential, but only in small amounts.

The foods and drinks on the bottom 4 shelves of the Food Pyramid are essential for good health.

A Guide to Measures
1 small glass = 100 ml
1 large glass = 200 ml
1 cup = 200 ml
A disposable cup is a good guide
1 teaspoon = 5g/ml
1 heaped teaspoon = 7g/ml
1 dessertspoon = 10g/ml

Maximum
Choose any
Choose any
Choose any
Choose any
Choose any
Choose any

1 2 2 3 5+ 6+

NUTRICIA
Advanced Medical Nutrition
Making things practical…

Scientific Recommendations for Healthy Eating Guidelines in Ireland

Portion Size Reference Guide

Portion Pack
A simple serving size description that people can visualise is the portion pack of fat spread or butter (5-10g) found in cafés and restaurants. People are advised to choose reduced-fat monounsaturated or reduced-fat polymunsaturated spreads more often.

Palm of the hand
Consumers found the ‘palm of the hand’ as an indicator of meal serving size for meat, poultry and fish. The width and depth of the palm of a hand (without fingers and thumb) provides roughly the correct amount of these foods needed for a whole day. Most of this amount can be used for the main meal, with a smaller amount used for the light meal.

200ml Disposable Cup
Use a disposable plastic cup to guide portion sizes of cereals, cooked rice and pasta, and even vegetables, salad and fruit.

5ml teaspoon
This can guide your portion size for peanut butter, jam, marmalade or honey.

Matchbox Size Piece of Cheese
A matchbox can guide you on a serving. Low-fat options are best.
Carbohydrate
e.g. Breads, cereals and potatoes

3-5 portions daily
- Minimum of 1 portion with each meal

Main Function in the body:
- Energy
- Fibre

A serving of carbohydrate is:
- 1 ½ cups of cereal flakes
- 2 regular slices of bread
- 2 x whole wheat breakfast cereal biscuits
- 1 x cup of cooked rice or pasta (25g uncooked)
- 2-3 crackers
- 1 medium potato
- 3 scoops of mashed potatoes
What is a serving?
Fruit & Vegetables

5 + portions daily

Main Function in the body:
• Protective function
• Fibre
• Vitamins and minerals

A serving of fruit/vegetable is:
• A medium apple or orange
• ½ cup of grapes
• A cup of fruit juice (150ml)
• ½ cup of cooked vegetables e.g. carrots, peas, broccoli
• 1 bowl of homemade vegetable soup
• 1 medium banana
Milk, Yoghurt and Cheese

3 portions daily

Main Function in the body:
• Calcium
• Protein

A serving of milk, yoghurt or cheese is:
• 1 cup of milk (200ml)
• 1 portion of milk pudding made with a large glass of milk
• 1 carton of yoghurt (125ml)
• 30g (1oz) of cheese (about the size of a small matchbox)
• 2 slices of cheese
Protein
Meat, Fish, Eggs, Beans, Nuts, Seeds

2 portions daily

Main Function:
• Protein
• Vitamins and minerals e.g. iron

A serving of meat, poultry, fish, dry beans, eggs, nuts is:
• Cooked meat the size of the palm of your hand
• Cooked fish fillet the size of the palm of your hand
• 2 eggs
• A handful of nuts or seeds (25g)
Fluid

Recommendation: 6-8 cups of fluid per day

Elderly population at risk of dehydration due to:
  • Sense of thirst decreases with aging
  • Reduced mobility
  • Fear of incontinence

Signs of dehydration:
  • Drowsiness
  • Confusion
  • Headaches
  • Irritability
Menu Planning

To make sure your menu is nutritious and varied:

- Count the number of portions from each food group on the menu
- Compare this number to the recommended number of portions as per the food pyramid
- If there is one food group that is lacking incorporate an extra portion of this food into your menu
### Sample meal ideas

<table>
<thead>
<tr>
<th>Carbohydrate 3-5</th>
<th>Fruit &amp; Veg 5</th>
<th>Milk, cheese, yoghurt 3</th>
<th>Protein 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 slices of toast</td>
<td>1 medium apple</td>
<td>4 cups of tea with milk</td>
<td>1 piece of meat</td>
</tr>
<tr>
<td>2 whole-wheat biscuits</td>
<td>1 glass of juice</td>
<td>1 matchbox size of cheese</td>
<td>1 piece of oily fish</td>
</tr>
<tr>
<td>3 scoops of mashed potato</td>
<td>½ cup of baked beans</td>
<td>1 yoghurt</td>
<td></td>
</tr>
<tr>
<td>1 cup of cooked rice</td>
<td>4-6 strawberries</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 cup of lettuce</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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*Image source: NUTRICIA Advanced Medical Nutrition*
Standard 19: Meal and Mealtimes

19.4 Food, including therapeutic and modified consistency diets, is presented in a manner which is attractive and appealing in terms of texture, flavour and appearance, in order to maintain appetite and nutrition.

19.5 Special therapeutic diets are provided when advised by health care and dietetic staff.

19.6 The resident’s religious or cultural dietary needs are catered for.
High Protein High Calorie Diet

A high protein high calorie diet incorporates two strategies:

- Food Fortification – enriching normal foods so they provide increased levels of nutrients

- Providing high energy/protein snacks between meals
Food Fortification

Use full fat dairy products (butter/milk/cheese)
- Add to potatoes, vegetables, soup, puddings
- Sprinkle grated cheese to meals
- Add salad cream and mayonnaise to meals

Add syrup, honey or sugar to foods*:
- Sprinkle sugar liberally on to cereals
- Honey can be added to porridge or spread on toast
- Spread jam/marmalade thickly on bread, biscuits, crackers or puddings

*These may not be suitable for residents with diabetes
High Protein High Calorie Snacks

- Full fat milk and biscuits
- Eggs - scrambled, poached, boiled or fried
- Bread and butter
- Biscuits or scones with butter and jam
- Crackers with cheese
  - Milk based e.g. rice pudding, custard
  - Fruit sponge with cream
  - Fortified desserts
Fortisip Compact: 2 bottles contain...

... as many calories as 8 slices of bread*

... as much protein as 4 eggs*

Half the patient's recommended daily intake of micronutrients...

... as much iron as a 12oz steak*

... as much vitamin C as 12 cherry tomatoes*

*600kcals, 24g protein, 9.5mg iron and 60mg Vitamin C per 2 x 125ml bottles.
HIQA – Questions to consider

? How do you ensure the menu provides a nutritious varied diet?
? Timing of meals served?
? Where are meals served?
? If a resident misses a meal what are the arrangements?
? Are snacks offered during day/night?
? Friends and Family able to join residents at meal times?
? Do residents have a choice at meal times?
In summary

Good nutritional care, adequate hydration and enjoyable mealtimes are crucial to maintaining the health, wellbeing and independence of older people.
Where do I go from here

• HIQA checklist – self assessment questionnaire

• Ensure screening and local policy in place

• Visit the Department of Health website

• Food Safety Authority of Ireland
  http://www.fsa.ie/resources_and_publications/posters.html
Adapting Current Meal Plans for Patients with Dysphagia

Neil Palliser Bosomworth, Consultant Diet Chef
Irish Consistency Descriptors for Modified Fluids and Foods

Modified Foods

Texture A - Soft
May be naturally soft or cooked/cut to alter its texture.

Texture B - Minced and moist
Soft, moist and easily mashed with a fork.

Texture C - Smooth pureed
Smooth, moist and lump free

Texture D - Liquidised
Smooth, pouring, uniform consistency

Modified Fluids

Grade 1 - Very Mildly Thick
Steady, Fast flow
Pours quickly from a cup but slower than regular, unmodified fluids.
No effort required to take this thickness via a standard bore straw

Grade 2 - Mildly Thick
Steady, Fast flow
Pours quickly from a cup but slower than regular, unmodified fluids.
Effort required to take this thickness via a standard bore straw

Grade 3 - Moderately Thick
Slow flow
Cohesive and pours slowly
Possible to drink from a cup although fluid flows very slowly
Difficult to drink using a straw, even if using a wide bore straw

Grade 4 - Extremely Thick
No flow
Cohesive and holds its shape on spoon
It is not possible to pour this type of fluid from a cup into the mouth
Breakfast
Strawberry and Banana Smoothie

- ½ small banana, broken into chunks
- 50ml milk
- 2 scoops Nutilis Powder
- 50g frozen strawberries
- 100ml vanilla yogurt

<table>
<thead>
<tr>
<th>Energy</th>
<th>Carbohydrate</th>
<th>Protein</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>227kcal</td>
<td>40g</td>
<td>6g</td>
<td>4.6g</td>
</tr>
</tbody>
</table>

Method
1. Place all ingredients except Nutilis Powder into blender and blend until smooth.
2. If your smoothie has lumps or seeds please sieve before thickening.
3. Then add Nutilis Powder and blend for 10 seconds.
4. Pour into a glass and serve.
Instant Honey Porridge

**Ingredients (for 1 serving)**
- 20g instant porridge oats or fine rolled oats
- 120ml milk
- 20ml cream
- Clear honey, to serve
- A pinch of salt
- 1 scoop of *Nutilis Powder*

**Nutritional intake per servings**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>182kcal</td>
</tr>
<tr>
<td>Carbohydrate</td>
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</tr>
<tr>
<td>Protein</td>
<td>5.5g</td>
</tr>
<tr>
<td>Fat</td>
<td>7g</td>
</tr>
</tbody>
</table>

**Method**

1. Put the oats in a saucpan, pour in milk and sprinkle in a pinch of salt.
2. Bring to the boil and simmer for 1 minute, stirring from time to time and watching carefully that it doesn’t stick to the bottom of the pan. Alternatively, you can try this in a microwave. Mix the oats, milk and a pinch of salt in a large microwave-proof bowl, then microwave on high for 1½ minutes, stirring halfway through.
3. Add cream into the mixture and blend until smooth.
4. Add *Nutilis Powder* and blend for 10 seconds.
5. Pour into a bowl and drizzle with honey to serve.
Full Breakfast

Ingredients (for 1 serving)
- 100g sausage (see recipe on page 32)
- 50g scrambled egg (see recipe on page 12)
- 50ml tomato juice
- 1 scoop Nutilis Powder

Method
1. Put sausage and scrambled egg onto the plate (you can use food moulds or just pipe them onto the plate).
2. Place the tomato juice into a bowl, add Nutilis Powder, whisk and leave to stand for 90 seconds (you can use food moulds or just pipe the tomato directly onto the plate).
Savoury Meals
Lunch & Dinner
Vegetables - peas and carrots

Carrots, Turnips and Parsnips
- 60g cooked, soft vegetables
- 3g butter
- 1 tsp milk powder
- 60ml warm water or the juice the vegetables were cooked in
- 1-2 scoops of Nutilis Powder

Method (for 1 serving)
1. Place vegetables, butter and milk powder in a blender and blend until smooth.
2. Place through a sieve to remove all lumps, skins etc.
3. Add 2 scoops of Nutilis Powder into the mixture and blend for 10 seconds.
4. Leave to stand for 90 seconds and use an ice-cream scoop to serve or use a suitable vegetable mould.
Piping and blending

Piping puréed, thickened mince to make cottage pie
Piping

Puréed cottage pies, frozen for storage
Allow to defrost thoroughly before re-heating
Scooping & Rolling

Piping, scooping & rolling techniques give attractive results
Lasagne

Ingredients (for 2 servings)
- 100g puréed cooked bolognese sauce (see page 30)
- 100g puréed pasta warm (see page 29)
- 10g finely grated Parmesan cheese

Nutritional intake per serving:
- Energy: 450kcal
- Carbohydrate: 39g
- Protein: 20g
- Fat: 28g

Method
1. Pipe the puréed meat on to a plate into a 6cm by 6cm square. Alternatively use a small square oven dish.
2. Then continue the layering. Pipe pasta on top of the meat, then add another layer of meat and finish with a layer of pasta topped with Parmesan cheese.
Desserts
Tiramisu

Ingredients (for 1 serving)
- 150ml cold coffee
- 1 slice of cake or 4 sponge fingers (trifle sponge)
- 20g Mascarpone cheese (or cream cheese)
- 100ml whipped cream
- 2 tsp drinking chocolate/cocoa powder
- 2 tbsp dark rum
- 1 scoop of Nutilis Powder

Nutritional intake per serving:
- Energy: 607kcal
- Carbohydrate: 29.7g
- Protein: 4.6g
- Fat: 52.3g

Method
1. Pour 150ml coffee and 1 tbsp of rum into a bowl.
2. Whisk in 1 scoop of Nutilis Powder.
3. Place a 1cm thick slice of cake into the soaking solution and leave for 30 seconds.
4. Whip the cream, rum, drinking chocolate and mascarpone / cream cheese together until stiff.
5. Spread ½ the cream mixture in a square shape on the plate.
6. Arrange the piece of cake or 4 sponge fingers in a square on top and then spread the rest of the mixture on top.
7. Sprinkle drinking chocolate powder on the top of the cream.
8. Place in the fridge for 1 hour to allow it to set.
Pureed Fruits

This recipe for pureed fruits will be used throughout the desserts section. The best fruits to blend are tinned pears, peaches, apples, mandarins, oranges, mangoes, rhubarb and papaya.

Ingredients (for 1 serving)
- 60g tinned fruits
- 50ml fruit juice
- 2 scoops of Nutilis Powder

Method
1. Place all ingredients except Nutilis Powder in a blender and blend until smooth.
2. Add Nutilis Powder and blend for another 10 seconds.
Fruit Fool

Ingredients (for 1 serving)
- 100ml whipped cream (double cream is best)
- 100ml thick custard
- 60g puréed thickened fruit
- 2 scoops of Nutilis Powder

Method
1. Blend fruits in a blender until smooth (recipe on previous page) then whisk in Nutilis Powder.
2. In a separate bowl whip the double cream until stiff and then add in custard.
3. Mix both mixtures together and then pipe into a bowl or tall glass to serve.

Nutritional intake per serving:
- Energy: 370kcal
- Carbohydrate: 25g
- Protein: 3.5g
- Fat: 29g
Chocolate Mousse

Ingredients (for 1 serving)
- 30ml Irish Cream Liqueur
- 150g whipped cream (double cream is best)
- 1 tsp chocolate powder
- 1 scoop of Nutilis Powder

Method
1. Place all ingredients in a bowl and mix until thick using a hand or electric whisk.
2. Pipe into a bowl or glass and serve.

Nutritional intake per serving:
- Energy: 442 kcal
- Carbohydrate: 16g
- Protein: 2g
- Fat: 43.2g
Questions and Answers
The **premier source** of information for the management of patients with dysphagia

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- Approximately 700 members registered
- Speech and Language Therapists, Nursing Home Staff, Dietitians, Nurses, Catering Staff, GPs and Pharmacists
What’s available on Dysphagia.ie:

1- Practical information about dysphagia:
   • Symptoms, treatment options, patient groups
   • Get the latest news and events updates
   • Watch educational videos

2- Read, download and print
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   • Patient information
   • Clinical evidence and articles

3- Access FREE Nutilis material
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…and if you think there’s a topic missing just add it on

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The NUTILIS Thickener Range

Nutilis Powder
300g tins, 670g tin and sachets

Nutilis Complete Stage 1
Grade 2 Consistency
125ml bottle
Thank you.