



Mealtime Management – Part A

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Learning Objectives:

- To increase **awareness** of **issues** relating to mealtimes and their **potential impacts**.
- To develop an **awareness** of **specific mealtime issues** experienced by **people with a disability**
- To **identify problems and potential risk** for an individual with a disability
- To **enable a pro-active approach** of carers to **confidently** identify difficulties and **respond** effectively
- Practical use of **Screening Checklists** and **Mealtime Management Plans**



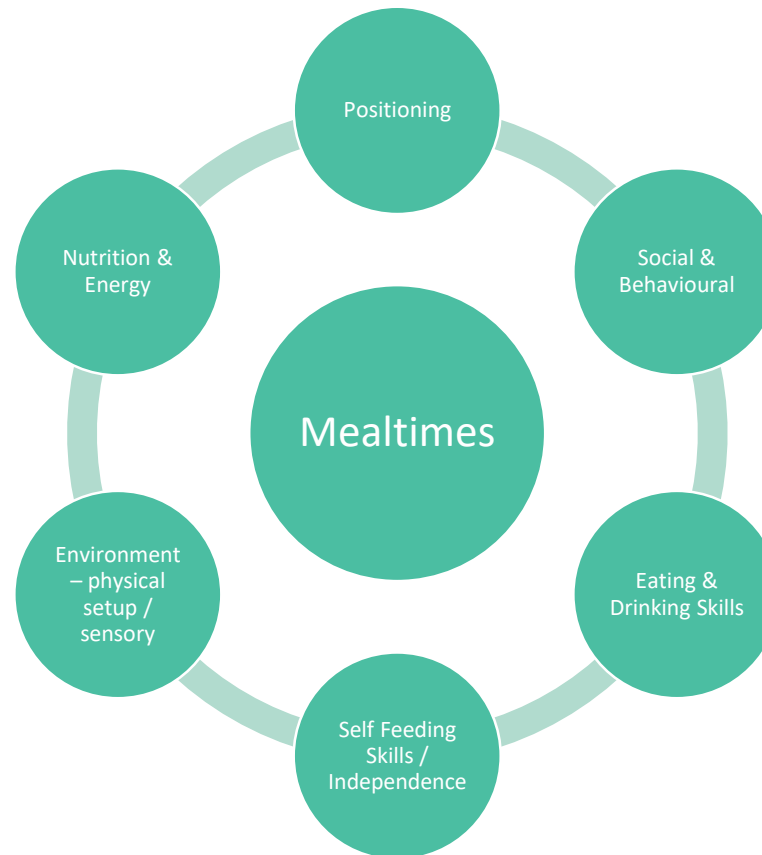
What do mealtimes mean to you?



Mealtimes:



Relationship between key issues associated with mealtimes:



What do you know?



Office of the Public Advocate QLD



The most common underlying **causes of death** were:

- Respiratory diseases (mostly aspiration pneumonia and pneumonia) (34%)
- Circulatory system diseases (mostly ischaemic heart disease) (22%)
- Diseases of the nervous system (epilepsy) (11%)
- Neoplasms/cancers (10%); and
- External causes/accidental threats to breathing (ie. Choking and food aspiration) (8%)

Office of the Public Advocate QLD

Choking/food asphyxia

‘Of the five people in this sample who died due to choking/food asphyxia, swallowing assessments had been conducted and mealtime management plans developed for only three. Notably, there appeared to be a lack of compliance with those plans.’

Dysphagia – What is it?



‘Disordered swallowing’ (Cichero, 2006)

‘Difficulty moving food from mouth to stomach’
(Logemann, 1998)

‘...includes all of the behavioural, sensory and preliminary motor acts in preparation for the swallow, including cognitive awareness of the upcoming eating situation, visual recognition of food and all of the physiologic responses to the smell and presence of food such as increased salivation’ (Leopold & Kagel, 1996)

Aspiration – What is it?



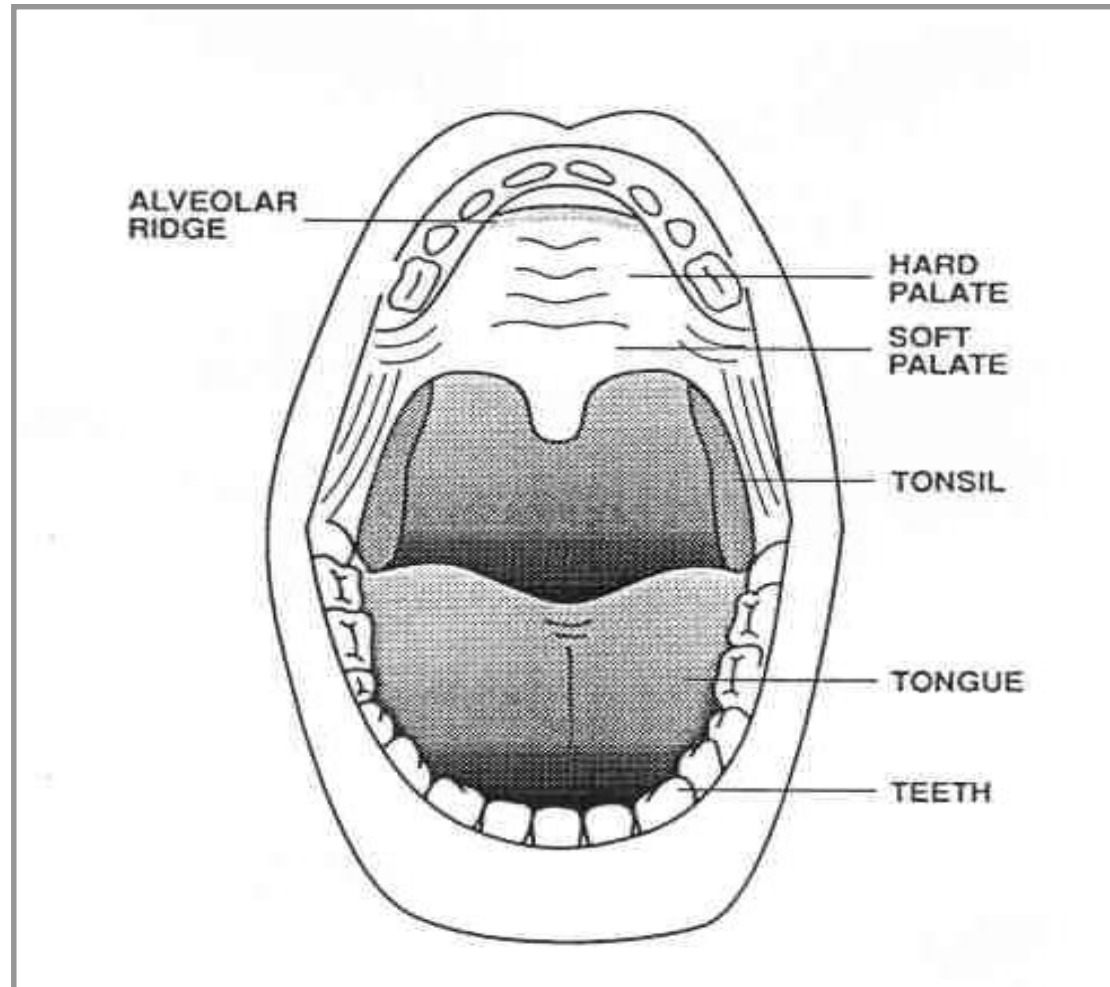
‘The misdirection of food, fluid or saliva into the airway, below the true vocal folds, instead of the stomach’

Activity

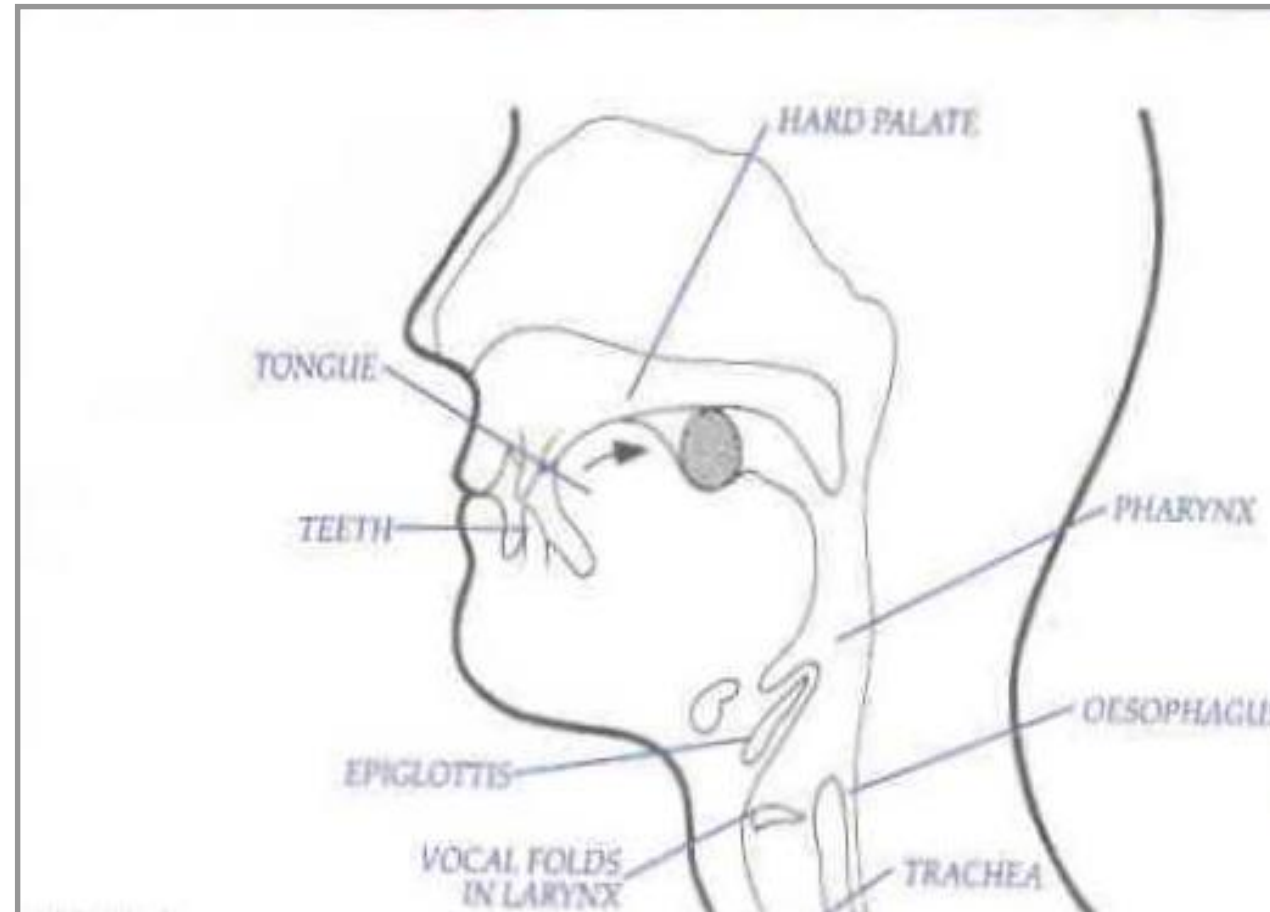
Chew a jelly baby



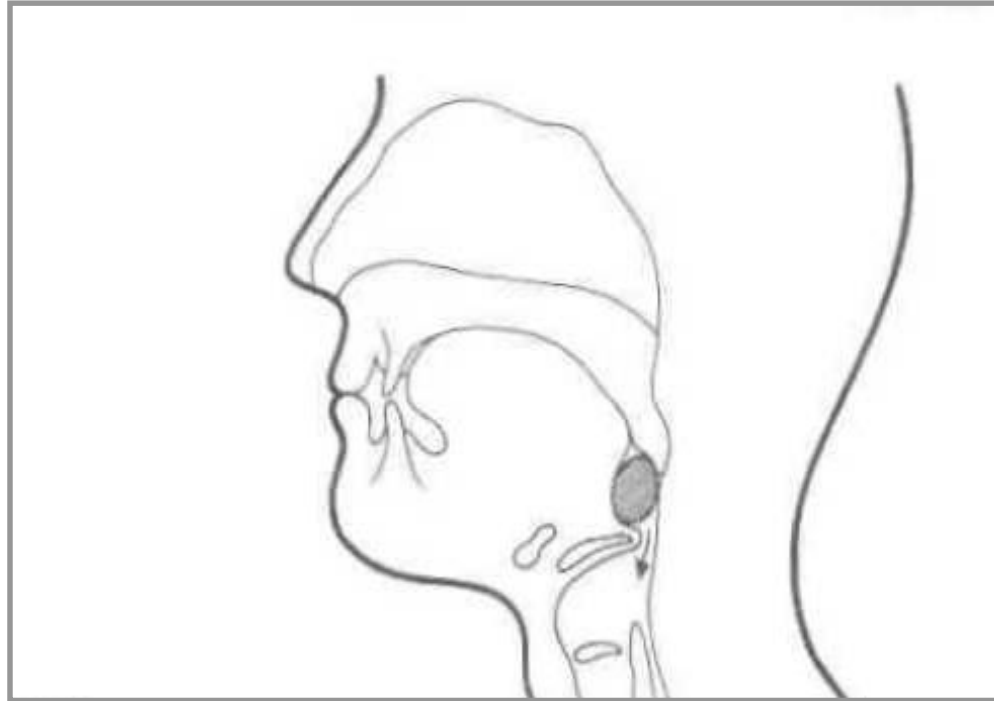
Oral cavity – structures of the mouth



Swallowing – Preparatory & oral stage

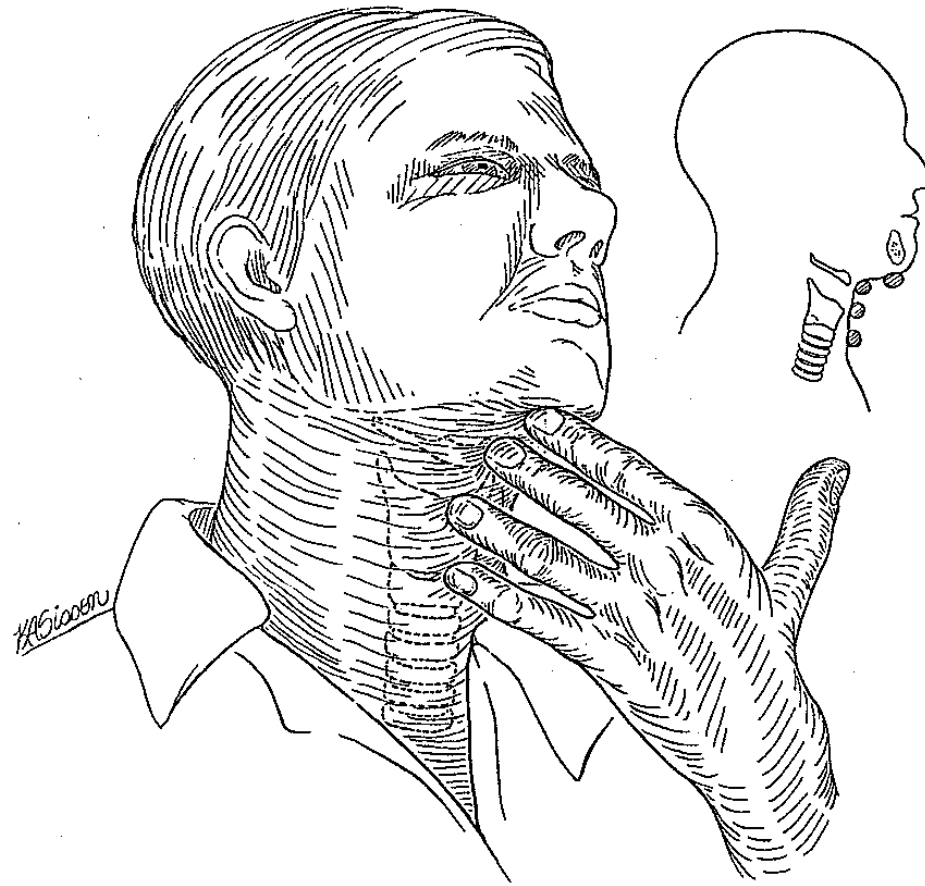


Swallowing – Pharyngeal Stage



www.youtube.com/watch?v=adJHdrQ4CRM

Feel the swallow:



Signs of Swallowing Difficulty



Recurrent chest infections

Coughing before, during or soon after the swallow

Choking

Wet, gurgly voice during or soon after swallowing

Additional signs of Swallowing Difficulty



- Food or fluid entering the nose during swallowing
- Pocketing of food/fluid
- Food residue remaining on tongue/ palate after swallow
- Tiring rapidly at mealtimes
- Increased shortness of breath when eating/ drinking
- Weight loss and dehydration
- Taking a long time to eat or drink
- Excessive loss of food, liquid or saliva
- Difficulty chewing

Did they aspirate?



- Cough
- Wheeze
- Fast, shallow breathing
- Chest pain
- Fevers or chills
- Increased temperature (38.0 c)
- Cyanosis (a blue tinge to the skin)



Silent Aspiration



- Not everyone who aspirates coughs.
- 50-60% of people who aspirate do not cough. (*Logemann, 1998*)
- 78% with severe motor and intellectual disabilities found to silently aspirate. (*Ramsey, 2005*)
- Videofluoroscopy Swallow Study (VFSS) / Modified Barium Swallow (MBS) used to detect silent aspiration.

www.youtube.com/watch?v=X4ryV6wGK1Y

Action to take if someone shows signs of difficulty:



- Stop the mealtime - take a break and then try again
- Go back to their mealtime plan if they have one
- Check the position of the client
- Check texture of meal and drink
- Discuss with supervisor/manager – mealtime checklist and/or referral to Speech Pathologist



Mealtime Management Screening Checklist



Final Upload\Mealtime Management Screening
Checklist.docx

Mealtime Management Plan

[Final Upload\Mealtime Management Plan.docx](#)

Duty of Care & Client Choice



Duty of care is the **obligation to take reasonable care to avoid causing harm to another person. This may be different to client choice**

Some responsibilities of support workers:

- Preparation of safe meals
- Supporting clients to consume meals in a safe manner
- Supporting clients to make safe food choices
- Regular review of mealtime guidelines





Questions?



Thank you.

DISABILITY SUPPORT WORKERS CONFERENCE

MADE POSSIBLE BY:

