



Mealtime Management – Part B

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Learning Objectives:

- To provide carers with the **knowledge and skills** to safely support a person at mealtimes
- To **enhance strategies** that support the mealtime experience
- Knowledge and understanding of food and fluid textures
- Provision and demonstration of food preparation ideas and meal presentation

Optimal Positioning:



- Upright
- Alignment with midline (symmetry).
- Shoulders above or in front of hips.
- Head centred over the shoulders with a slight chin tuck.
- Bottom well back into the chair.
- Feet comfortably apart and resting on the floor/footplates.
- Knees at 90 degrees.
- Arms resting on a table or wheelchair tray.

Optimal assistant's position:

- Sit directly in front of the person, facing towards them.
- Sit at the same eye level.
- Standing should be avoided.

Chin Tuck:



- Greater protection of the airway
- Inhibits an extensor pattern
- Important to get it right. Not too much and not too little.

Chin Tuck – Additional Support



Head & Neck Support:



- An assistant can provide stability to a person's head and neck using their arm and hand.
- It assists with maintaining a chin tuck.
- Provides jaw stability.
- Maintains a midline position.



Assisting with a cup:



- Bring cup from a low position (aids chin tuck)
- Cup rim rests on the lip, not between the teeth.
- If the upper lip can't reach the fluid there won't be any suction.
- Fluid should be sucked in, not poured.
- Assist with lower lip seal if needed.



Assisting with a spoon:



- Middle of the lips
- Low position
- Gentle pressure on blade of tongue
- Lips remove the food (ideally) and not the teeth



Spoon speed & volume:



- Speed. Don't give the next spoonful until the previous one has been swallowed.
- Multiple swallows needed?
- Volume. Average bolus size for an adult without a swallowing disorder is 21mls.
- Too much on the spoon increases the risk of choking. Teaspoon may be the best option.



Food & fluid build up:

- Check during the meal, as well as at the end.
- Finish the meal with some drink
- Use room temperature or chilled spoon to trigger a swallow
- Remove residue with a swab, toothbrush or gloved finger (if safe to do so)

Equipment:



- Cut-out cup, cups with a thick rolled or rimmed edge, cups that limit the amount swallowed
- Plastic spoons vs metal, shallow bowl
- Non-slip matting / dycem



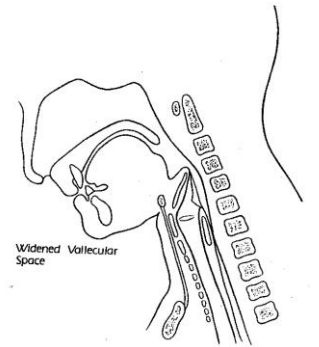
International Dysphagia Diet Standardisation Initiative (IDDSI)



Thickened drinks – why use them?



- Can make the difference between a safe swallow and an aspiration.
- Slows down the drink, allows time for the person to compensate.
- More likely to pool in spaces in the throat,
- rather than overflow into the airway.



Many different types of thickeners - Follow directions for mixing and use for all individual clients.



Thickened drinks:

- What types of thickener are there?
- Do they have a taste?
- Can you heat them?
- Are there any side effects ?
- Overthickening



Drinks: Level 1 – Slightly Thick



1 SLIGHTLY THICK

What is this thickness level?

Level 1 - Slightly Thick drinks:

- ✓ Are thicker than water
- ✓ Can flow through a straw

Drinks: Level 2 – Mildly Thick



What is this thickness level?

Level 2 - Mildly Thick liquids:

- ✓ Are 'sippable'
- ✓ Pour quickly from a spoon but slower than Thin drinks and Slightly Thick drinks
- ✓ Need some effort to drink this thickness using a standard straw



Drinks: Level 3 – Moderately Thick



MODERATELY THICK

What is this thickness level?

Level 3 - Moderately Thick drinks:

- ✓ Can be drunk from a cup or taken with a spoon
- ✓ Need some effort to drink them through a *wide* diameter straw
- ✓ Have a smooth texture with no lumps, fibers or seeds



IDDSI Fork Drip Test

Drips slowly in dollops through the prongs of a fork

Drinks: Level 4 – Extremely Thick

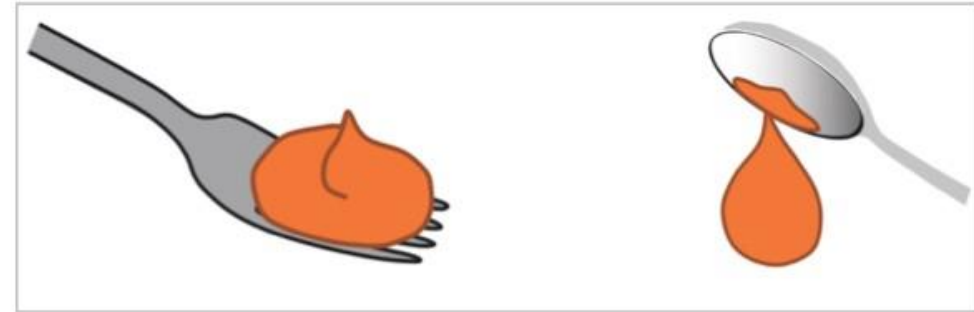


EXTREMELY THICK

What is this thickness level?

Level 4 – Extremely Thick drinks:

- ✓ Are usually eaten with a spoon
- ✓ Cannot be drunk from a cup or sucked through a straw
- ✓ Do **not** require chewing
- ✓ Have a smooth texture with no lumps
- ✓ Hold shape on a spoon
- ✓ Fall off a spoon in a single spoonful when tilted
- ✓ Are **not** sticky



Activity: Thickening Fluids



Food: Level 3 – Liquidised



What is this thickness level?

Level 3 – Liquidised Food:

- ✓ Can be eaten with a spoon or drunk from a cup
- ✓ **Cannot** be eaten with a fork because it drips through the fork prongs
- ✓ Has a smooth texture with no 'bits' (lumps, fibers, husk, bits of shell or skin, particles of gristle or bone)



IDDSI Fork Drip Test

Drips slowly in dollops through
the prongs of a fork

Food: :Level 4 – Pureed



What is this food texture level?

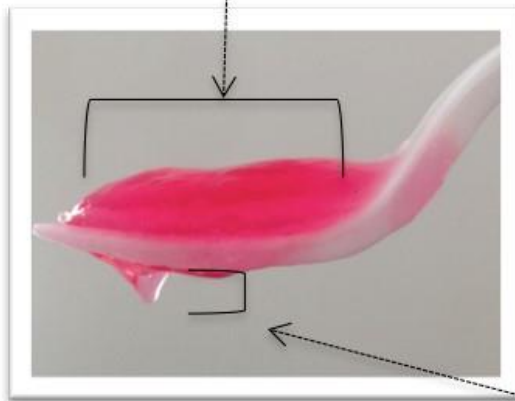
Level 4 – Pureed Foods:

- ✓ Are usually eaten with a spoon
- ✓ Do **not** require chewing
- ✓ Have a smooth texture with no lumps
- ✓ Hold shape on a spoon
- ✓ Fall off a spoon in a single spoonful when tilted
- ✓ Are **not** sticky
- ✓ Liquid (like sauces) must not separate from solids

Food: :Level 4 – Pureed cont.



Extremely thick liquids sit in a mound or pile above the fork



IDDSI Fork Drip Test

Liquid does **not** dollop, or drip continuously through the fork prongs

A small amount may flow through and form a tail below the fork



IDDSI Spoon Tilt Test

Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked

Sample should **not** be firm or sticky

Pureed food must pass both tests!

Intended for general information only

Please consult with your health care professional for specific advice for your needs

Demonstration: Pureed



- Thai Chicken Bites
- Chocolate Banana Mousse

Food: Level 5 – Minced & Moist



What is this food texture level?

Level 5 – Minced & Moist Foods:

- ✓ Soft and moist, but with no liquid leaking/dripping from the food
- ✓ Biting is **not** required
- ✓ Minimal chewing required
- ✓ Lumps of 4mm in size
- ✓ Lumps can be mashed with the tongue
- ✓ Food can be easily mashed with just a little pressure from a fork
- ✓ Should be able to scoop food onto a fork, with no liquid dripping and no crumbles falling off the fork



Demonstration:

Minced & Moist Sandwich

<https://www.youtube.com/watch?v=W7bOufq mz18>



After the sandwich has been refrigerated,

Food: Level 6 – Soft & Bite Sized



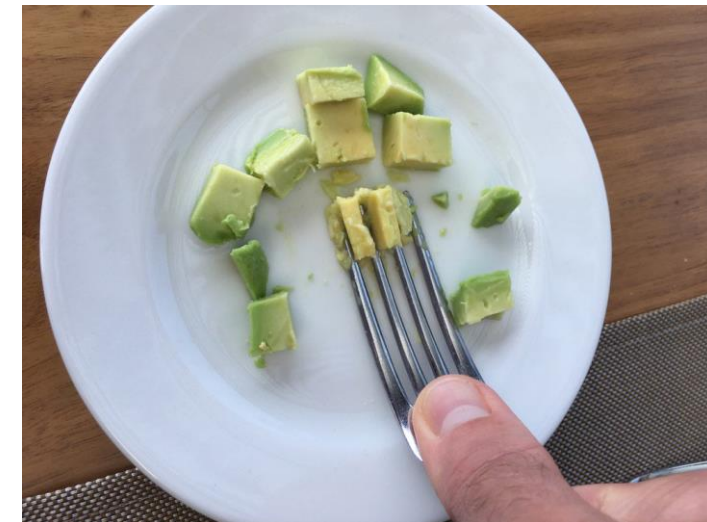
Level 6 – Soft & Bite-Sized Foods:

- ✓ Soft, tender and moist, but with no thin liquid leaking/dripping from the food
- ✓ Ability to 'bite off' a piece of food is *not* required
- ✓ Ability to chew 'bite-sized' pieces so that they are safe to swallow *is required*
- ✓ 'Bite-sized' pieces no bigger than 1.5cm x 1.5cm in size
- ✓ Food can be mashed/broken down with pressure from fork
- ✓ A knife is *not* required to cut this food



NB: 'Bite-Sized' for paediatric clients is 8mm x 8mm

Food Ideas for Soft & Bite Sized •



Food: Level 7 – Regular



- Regular: Easy to Chew – identified increased risk of choking. Foods are normal everyday soft foods (danger foods avoided)
- Regular – used when there are no problems with chewing and swallowing (normal and developmentally appropriate)

Handouts – Foods to have and foods to avoid



www.iddsi.org

Resources

Paediatric Handouts

Adult Handouts



What did you serve up on Christmas Day?



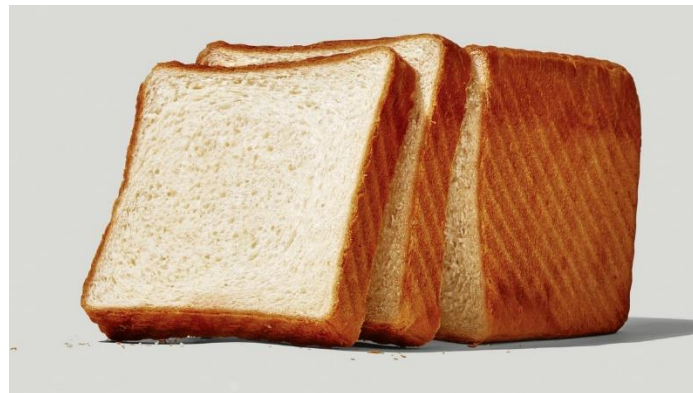
IDDSI Christmas



Danger Foods – lots of chewing!



- Hard fruit and vegetables
- Salads
- Rice
- Tough, stringy meat
- Pizza
- Biscuits
- Bread
- Nuts



Danger Foods – foods with skin!



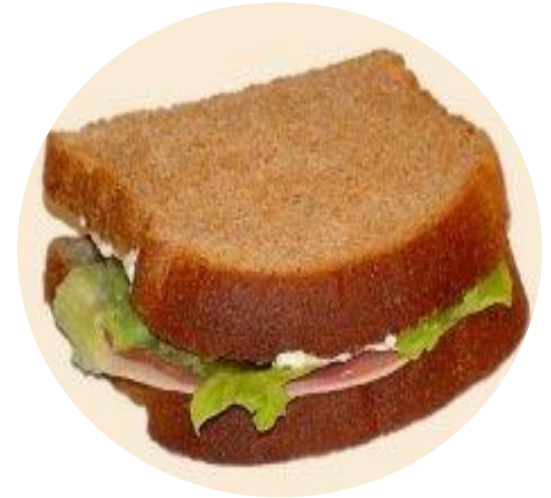
- Sausages
- Fruit – fresh or cooked
- Vegetables – corn, peas, tomatoes



Danger Foods – multiple textures!



- Sandwiches
- Soup (minestrone)
- Yoghurt with fruit



Danger – Swallowing medications



- Often overlooked
- Pills can be aspirated
- Syringes are the least safe means
- **ALWAYS follow individual Medication Plans**



Emergency Procedures



Carers are advised to seek training from qualified professionals. The following suggestions are intended as guidelines.



Oral Hygeine



- Aspiration of saliva is one of the most predictable risk factors for the development of pneumonia.
- Aspiration of food and liquid transport the saliva into the respiratory system.
- An effective oral hygiene program can reduce the likelihood of pneumonia developing.
- May require brushing after every mealtime.



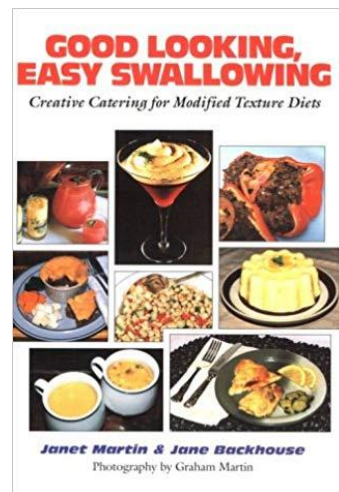
Useful Resources:



- IDDSI consumer handouts (under resources)

www.iddsi.org

- ‘Mealtime Support Resources’ Centre of Excellence for Clinical Innovation and Behaviour Support 4th Edition, 2019 (PDF)
- ‘Good Looking Easy Swallowing Cookbook’



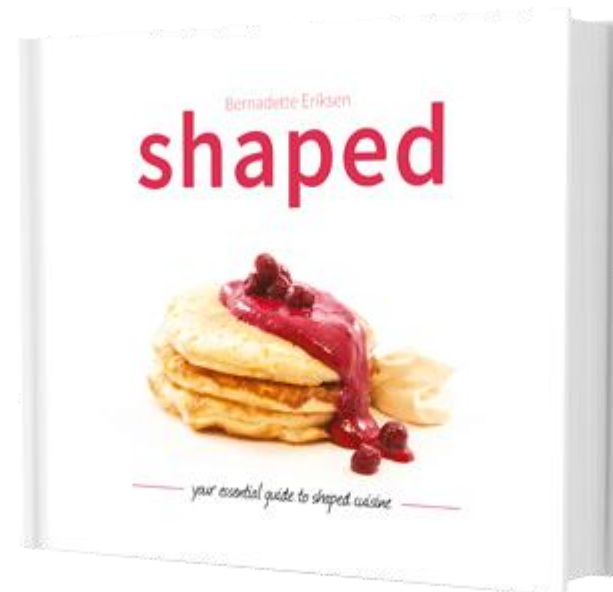


Useful Resources cont:

- Unilever Food Solutions : RE-FRESH Puree Foods at www.unileverfoodsolutions.com.au/chef-inspiration/aged-care-re-fresh/texture-modified-food.html

[Final Upload\aged-care-refresh-pureed-food-recipe.pdf](#)

Useful Resources cont:



www.flavourcreations.com.au



Questions?



Thank you.

DISABILITY SUPPORT WORKERS CONFERENCE

MADE POSSIBLE BY:

