



## Modified Texture “Dysphagic” Diets

Time: 15 – 20 minutes

IMS -



### 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

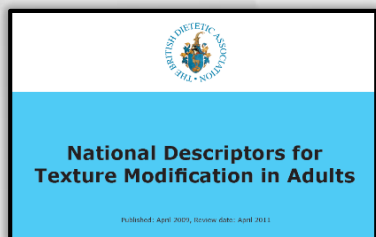
IDDSI will help us to provide a safe meal for thousands of patients we serve across our hospitals every day requiring some level of texture modification to their diet. The current descriptors B, C, D & E that you are familiar with are very subjective and so there is risk to patients which IDDSI is designed 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).



## Modified Texture “Dysphagic” Diet

### *Changing dysphagic diet labelling*

From:



To:



### *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.

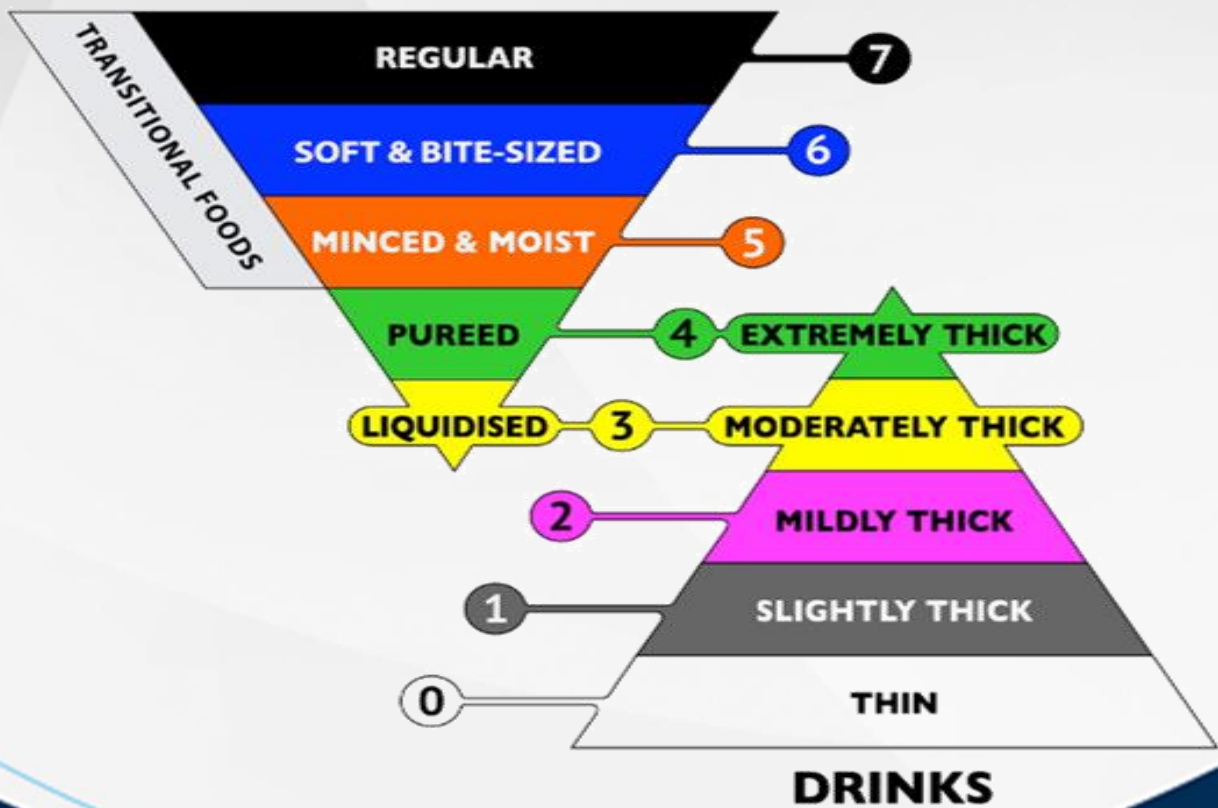
The current descriptors B, C, D & E that you are familiar with are very subjective and so there is risk to patients which IDDSI is designed to avoid. Standardised terminology and definitions will be used to describe modified texture food and thickened liquids reducing any risk of harm to people with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



# Poster 1 - IDDSI Framework



## FOODS





## Poster 1 - Guidance



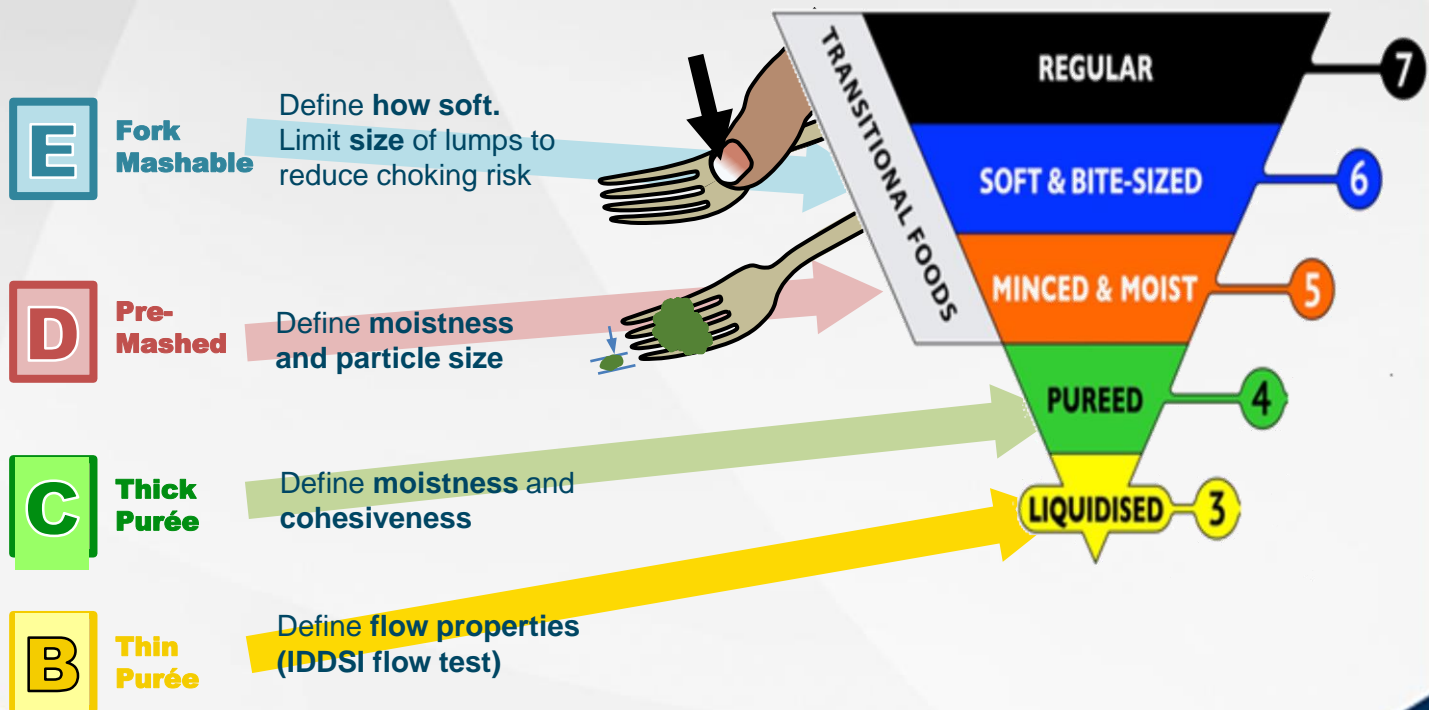
### *Guidance*

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 patient's 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





## Poster 2 - Guidance



### Guidance

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**

## Picture 1 - Guidance


*Level 6 - Soft &  
Bite-sized*



*Category E –  
Fork Mashable*




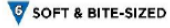


### *Updated Special Diet Order Form*



**Diet Key:**

**Modified Texture for Dysphagia**

B = Thin Purée	OR	3 = IDDSI Level 3 - Liquidised		NBM = Nil
C = Thick Purée	OR	4 = IDDSI Level 4 - Pureed		GF = Glu
D = Pre-mashed	OR	5 = IDDSI Level 5 - Minc'd & Moist		Vg = Ve
E = Fork Mashable	OR	6 = IDDSI Level 6 - Soft & Bite Sized		RS = Rena
				H = Ha

<b>Special Diet Order Form</b>						<b>Ward:</b>		
Name	Bed Number	Diet Required	Thickened Drinks Y/N	Special Snacks Y/N	Attention	Breakfast and Drink	Mid-morning Drink/Snack	Lun Dri



## Poster 3 - apetito New Dual Labelling

Category C  
WILTSHIRE  
FARM  
FOODS  
Level 4  
Puréed

### 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

#### OVEN

Pierce film lid with a fork.  
Pre-heated oven:  
**170°C/325°F/Gas 3-4.**  
Fan oven: **150°C/300°F**  
**50** mins  
or longer if required

**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, thickeners (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.

May contain nut or peanut.  
Gluten Free

Nutrition information (as consumed)		
Typical values: Per 100g		
	Per 100g	Per Mes
Energy	756kJ 182kcal	2079kJ 500kcal
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



**3928**

Best before:

**L 04.07.2018**



**apetito**







## Poster 3 - Guidance



### *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





## Poster 4 - Guidance



### *Guidance*

#### **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.**



## Poster 5 – apetito IDDSI Poster & z-cards

### apetito IDDSI Poster

#### apetito | IDDSI Quick reference guide

##### What is IDDSI?

IDDSI is a new global standard that describes Texture Modified foods and liquids. It is the result of a collaboration 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, professional 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.

It is therefore important to understand how to recognise the correct meal for the patient, to do this check for the following indicators;

**1** The original national descriptor and category are on the left.

**2** The new IDDSI level and name are on the right.

**3** The IDDSI symbol is on the bottom right of the label including the level of the product and the co-ordinating colour.

##### What are the implications of getting it wrong?

The risk to patient safety and wellbeing from swallowing difficulty can be very serious. If a patient is given food not suitable for their condition it can cause blocking 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 contact your Speech & Language team. For any questions please contact your *apetito* catering consultant or visit; [www.apetito.co.uk/iddsi](http://www.apetito.co.uk/iddsi)



### apetito IDDSI – z-cards

##### What is IDDSI?

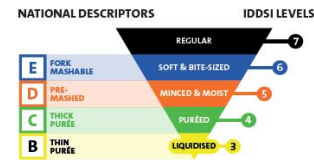
The 'International Dysphagia Diet Standardisation Initiative' also known as IDDSI is a new global standard that describes Texture Modified foods and liquids. It is the result of a collaboration between a range of industry professionals, including dietitians, speech and language therapists and occupational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

The IDDSI framework consists of a continuum of 8 levels (0-7). Levels are identified by text labels, numbers, and colour codes to improve safety and identification.



##### What are the changes?

IDDSI has been developed so there's global standardised terminology and definitions for Texture Modified foods and thickened liquids. It will improve the safety and care for individuals with dysphagia (difficulty or discomfort in swallowing, as a symptom of disease) of all ages, in all care settings, and across all cultures.



**Why is it important?**  
Dysphagia affects people of all ages in the UK. Patients require food and drink that is in line with their diagnosis by a Speech and Language Therapist, to ensure they get the correct consistency of meal. Previously with the national descriptors it has been hard to access the exact specification of each category, so IDDSI has more detailed testing to ensure patients receive a meal suitable for their condition.

**What are the implications of getting it wrong?**  
The risk to patient safety and wellbeing from swallowing difficulties can be very serious. If a patient is given food not suitable for their condition it can cause blocking of the patient's 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.



## Poster 5 - Guidance



### *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



### Feedback




## 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.

Name	Signature	Date

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