

A Guide for Catering to Support

# Residents with Dysphagia



# What is Dysphagia?

Dysphagia is a medical term that describes difficulties in eating, drinking, and swallowing<sup>1</sup>.

## Causes of dysphagia in adults<sup>1-4</sup>

Dysphagia can affect both children and adults. In adults, it can be associated with conditions\* such as:

- Neurological conditions e.g., stroke, dementia, Parkinson's disease, head injury
- Cancer including head, neck, and lung
- Respiratory conditions e.g., chronic obstructive pulmonary disease (COPD)
- Learning disability
- Medication-related e.g., use of psychotic medications, medications that cause dry mouth

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## Signs of dysphagia include but are not limited to<sup>2</sup>

- Coughing or throat clearing while/after eating or drinking
- Extra time to chew or swallow
- Difficulty coordinating breathing and swallowing
- Wet or gurgly sounding voice while/after eating or drinking
- Inability to maintain lip closure, leading to food and/or liquids leaking from oral cavity
- Complaints of food 'sticking' or complaints of a 'fullness' in the neck

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## Consequences of dysphagia<sup>1</sup>

Treatment of dysphagia depends on the underlying conditions/condition the person may have, and if it's not treated appropriately it can result in:

- Malnutrition
- Weight loss
- Dehydration
- Chest infections/ Pneumonia
- Choking

It can also affect quality of life or cause embarrassment and prevent people from enjoying food and social occasions.

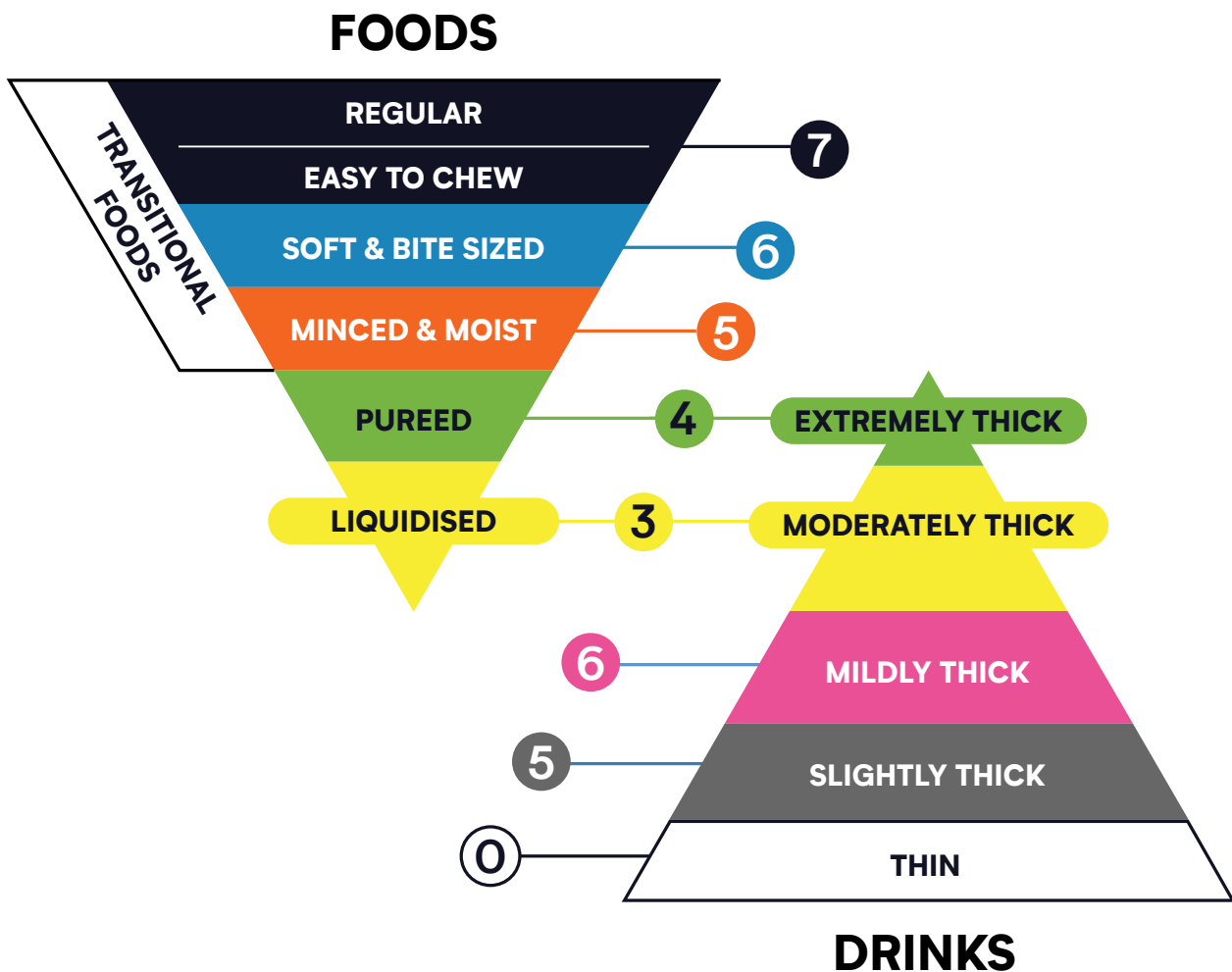
\* This is a non-exhaustive list

# Management of dysphagia<sup>1,3</sup>

Speech and Language Therapists (SLTs) have an instrumental role in diagnosing dysphagia.

They will usually offer advice and exercises to the affected individual so that they can regain their swallow. In some cases, they will recommend that the individual uses modified texture food and/or fluids to reduce the symptoms associated with dysphagia.

## IDDSI Framework<sup>5</sup>



# IDDSI Food & Drinks Classification<sup>5</sup>

Food that starts as a firm solid texture and changes to another texture when it becomes wet or when warmed. Minimal chewing ability needed.

**TRANSITIONAL FOODS TEST INSTRUCTIONS**

1. Add 1mL of water to 1.5cm x 1.5cm sample and wait 1 minute.
2. Then complete the IDDSI Fork Pressure Test.

**FLOW TEST INSTRUCTIONS**

1. Remove plunger
2. Cover nozzle with finger and fill 10mL.
3. Release nozzle and start timer
4. Stop at 10 seconds

**TESTING INFO:**

## FOODS

Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.

Normal everyday foods of soft/tender textures only that are developmentally and age appropriate. Requires biting and chewing ability.

Soft + Bite-sized, tender and moist throughout, with no thin liquid leaking or dripping from the food. Chewing ability needed.

Very soft, small moist lumps, minimal chewing ability needed.

Smooth with no lumps, not sticky, no chewing ability needed. Can be eaten with a spoon.

Can be eaten with a spoon or drunk from a cup. Cannot be eaten with a fork because it slowly drips through. Effort needed to drink this through a wide straw.

'Sippable' from a cup but effort needed to drink this through a standard straw/teat/nipple.

Thicker than water. Can flow through a standard straw/teat/nipple.

Flows like water. Flows easily through any straw/teat/nipple.

## DRINKS

### TESTING INFO:

LEVEL 7 - REGULAR RG7  
No specific testing information

LEVEL 7 - EASY TO CHEW EC7

LEVEL 6 - SOFT & BITE-SIZED SB6

Pieces no bigger than 1.5 x 1.5cm in size for adults and 8mm x 8mm for babies & children. Push down on piece with fork - sample should squash completely and not regain its shape.

LEVEL 5 - MINCED & MOIST MM5

4mm lump size for adults and 2mm lump size for babies and children. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

LEVEL 4 - PUREED PU4

Sits in a mound or pile above the fork. Does not dollop or drip continuously through the fork. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

LEVEL 3 - LIQUIDISED LQ3

No less than 8mL remaining in the syringe after 10sec of flow. Drips slowly in dollops/strands through the prongs of a fork.

### FOOD TEST INSTRUCTIONS

4

PUREED  
EXTREMELY THICK



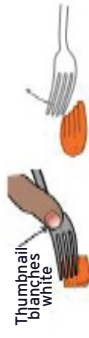
5

MINCED & MOIST



6

SOFT & BITE-SIZED



EC7

EASY TO CHEW



## TRANSITIONAL FOODS

LEVEL 4 - EXTREMELY THICK EX4  
Sits in a mound or pile above the fork. Does not dollop or drip continuously through the fork. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

LEVEL 3 - MODERATELY THICK M03  
No less than 8mL remaining in the syringe after 10sec of flow. Drips slowly in dollops/strands through the prongs of a fork.

LEVEL 2 - MILDLY THICK MT2  
4-8mL remaining in the syringe after 10sec of flow.

LEVEL 1 - SLIGHTLY THICK ST1  
1-4mL remaining in the syringe after 10sec of flow.

LEVEL 0 - THIN TNO  
Less than 1mL remaining in the syringe after 10sec of flow.





# Sample Menu Cycles

These menus are suggestions only, please always make sure that meals are prepared in accordance with the required IDDSI\* level of each resident.

## Monthly Menu Cycle

Day	Soup	Lunch (Option 1)	Lunch (Option 2)	Snack	Tea (Option 1)	Tea (Option 2)	Supper
<b>Monday</b>	Winter Vegetable	Traditional Turkey And Ham	Homemade Meatloaf With Creamy Pepper Sauce	Thick & Creamy Yoghurt	Homemade Lamb Burgers/ Traditional Gravy	Homemade Pancakes With A Variety Of Fillings	Creamed Rice Pudding
<b>Tuesday</b>	Potato & Chive With Sour Cream	Pulled Pork Belly With Apple & Calvados Jus	Baked Fish Mornay	Vanilla Custard Pot	Salmon Fish Cakes Dill Cream	Spicy Meatball Indian Style	White Chocolate Pannacotta
<b>Wednesday</b>	Cream Of Chicken	Braised Beef Olives Chasseur	Breaded Chicken Escalope Maryland	Rice Pudding	Sausage/beans And Potato Cakes	Cajun Chicken Salad	Mango & Vanilla Rice Pudding
<b>Thursday</b>	Roasted Red Pepper & Tomato	Breast Of Chicken Cordon Bleu	Steak & Mushroom Pie	Afternoon Tea Cakes	Chicken & Spinach In A Creamy Garlic Sauce	Soup With A Selection Of Sandwiches	Vanilla Cheesecake
<b>Friday</b>	Cream Of Broccoli & Brie	Pork Chop With Apple And Walnut Stuffing	Baked Cod Fillet With Tomato/herb & Garlic Crust	Petit Filous Selection	Pasta Bolognaise With Garlic Bread	Grilled Hash Browns, Bacon And Spaghetti	Dark Chocolate Mousse
<b>Saturday</b>	Beef Goulash	Garlic & Thyme Roasted Leg Of Lamb	Julienne Of Chicken & Vegetable Hotpot	Cream Strawberry Mousse	Shepherd's Pie	Grilled Black & White Pudding With Beans & Potato Cakes	Winterberry Trifle
<b>Sunday</b>	Cream Of Vegetable	Braised Topside Of Beef/red Wine Jus	Chicken Casserole	Selection Of Afternoon Tea Sandwiches	Savoury Mince With Duchess Potato	Boiled Eggs With Vegetable Melba Toast	Banana Brulée Tarte

\* IDDSI - The International Dysphagia Diet Standardisation Initiative (IDDSI) is a global standard with terminology and definitions to describe texture-modified foods and thickened liquids used for individuals with dysphagia of all ages, in all care settings, and for all cultures. More information at <https://iddsi.org/>.

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<b>Monday</b>	Farmhouse Vegetable	Grilled Bacon Chop With Mustard Sauce	Braised Beef Casserole	Black Forest Trifle	Chicken and Leek Hotpot	Beef & Mozzarella Rissoles	Semolina Pudding
<b>Tuesday</b>	Carrot And Orange	Roast Stuffed Chicken & Ham	Baked Fillet Of Cod With A Herb Crust	Fresh Fruit Smoothies	Poached Eggs And Bacon	Braised Meatballs In A Hot And Spicy Sauce	Chocolate Sherry Trifle
<b>Wednesday</b>	Chunky Summer Vegetable	Grilled Turkey Escalope Creamy Mushroom And Tarragon Sauce	Homemade Beef Lasagne	Chocolate Fudge Brownies	Fisherman's Baked Crumble	Braised Pork Sausages With Creamy Mash	Summer Fruit Pudding With Custard
<b>Thursday</b>	Cream Of Celery	Silver Side Of Corned Beef/parsley Sauce	Lamb & Potato Korma/pilaff Rice	Dark Chocolate Mousse	Homemade Goujons Of Chicken/bbq Sauce	Selection Of Freshly Made Meat Sandwiches	Homemade Pancakes With Custard
<b>Friday</b>	Potato And Spring Onion	Breast Of Chicken Kiev	Smoked Cod In Beer Batter/Tartare Sauce	Marbled Cake	Scrambled Egg With Grilled Tomato & Bacon	Pesto Chicken Served With Buttered Pasta	Banoffee Pie
<b>Saturday</b>	Creamy Butternut Squash And Corriander	Steak & Potato Pie	Sauté Of Chicken Chasseur	Selection Of Thick & Creamy Yoghurts	Homemade Beef Burgers Lyonnaise Gravy	Seafood Crepes Gratin	Chilled Lemon Mousse
<b>Sunday</b>	Roasted Vegetable And Lentil	Chicken Maryland With Bacon Croutes	Pan-fried Darne Of Salmon/hollandaise Sauce	Sticky Toffee Pudding With Butterscotch Sauce	Savoury Mince With Duchess Potato	Creamy Chicken À La King	Fruit Fool

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<b>Monday</b>	Cream Ham & Pea Soup	Roast Chicken With Sage Stuffing	Escalope Of Pork Cordon Bleu	Thick & Creamy Yoghurt	Homemade Lamb Burgers/ Traditional Gravy	Homemade Pancakes With A Variety Of Fillings	Creamed Rice Pudding
<b>Tuesday</b>	Mushroom & Chive	Boiled Silverside Of Beef/parsley Sauce	Baked Fish Mornay	Vanilla Custard Pot	Salmon Fish Cakes Dill Cream	Spicy Meatball Indian Style	White Chocolate Pannacotta
<b>Wednesday</b>	Smokey Bacon & Potato	Roasted Leg Of Lamb/mint Sauce	Breaded Chicken Escalope Maryland	Rice Pudding	Sausage/beans And Potato Cakes	Cajun Chicken Salad	Mango & Vanilla Rice Pudding
<b>Thursday</b>	Winter Vegetable Soup	Supreme Of Chicken En Crouste	Steak & Mushroom Pie	Afternoon Tea Cakes	Chicken & Spinach In A Creamy Garlic Sauce	Soup With A Selection Of Sandwiches	Vanilla Cheesecake
<b>Friday</b>	Cream Of Tomato & Asil	Beef & Guinness Casserole	Baked Cod Fillet With Tomato/herb & Garlic Crust	Petit Filous Selection	Pasta Bolognaise With Garlic Bread	Grilled Hash Browns, Bacon And Spaghetti	Dark Chocolate Mousse
<b>Saturday</b>	Scotch Broth	Roast Stuffed Turkey/cranberry Suace	Julienne Of Chicken & Vegetable Hotpot	Cream Strawberry Mousse	Shepherd's Pie	Grilled Black & White Pudding With Beans & Potato Cakes	Winterberry Trifle
<b>Sunday</b>	Oxtail Soup	Roasted Sirloin Of Beef/yorkshire/ Horseradish	Chicken Casserole	Selection Of Afternoon Tea Sandwiches	Savoury Mince With Duchess Potato	Boiled Eggs With Vegetable Melba Toast	Banana Brulée Tarte

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<b>Monday</b>	Broccoli And Stilton	Hearty Chicken Casserole	Pan-fried Beef Patties With Onion Gravy	Selection Of Afternoon Tea Biscuits	Macaroni Cheese Bake	Grilled Chicken Goujons With Garlic Mayo	Tapioca Pudding
<b>Tuesday</b>	Cream Of Tomato	Shepherd's Pie	Deep Fried Whiting In Crumbs/ Lemon Dill Sauce	Vanilla Custard Pot	Selection Of Homemade Sandwiches	Fish Fingers And Spaghetti Hoops	Sticky Toffee Pudding
<b>Wednesday</b>	Lentil And Vegetable	Braised Beef Steak In A Creamy Pepper Sauce	Garlic Crusted Chicken Breast	Chocolate Fudge Cake	Pork & Pineapple Curry	Cheesy Meatballs	Baked Rice Pudding
<b>Thursday</b>	Homemade Vegetable Broth	Steak & Potato Pie	Pan-fried Escalope Of Turkey/creamy Wild Mushroom Sauce	Layered Madeira Trifle	Shallow Fired Liver Lyonnaise	Cheese Omelette	Strawberry Cheesecake
<b>Friday</b>	Cream Of Tomato And Basil	Roast Chicken Breast With Rosemary And Thyme Jus	Baked Cod Gratin With Duchess Potatoes	Butterscotch Mousse	Creamy Chicken & Mushroom Vol Au Vents	Cheesy Jacket Potato	Tiramisu
<b>Saturday</b>	Seafood Chowder	Roast Stuffed Chicken	Beef Stew	Milky Frappuccino	Pork Meatballs In Rich Tomato Sauce	Hash Browns, Baked Beans & Grilled Tomatoes	Banana Brulée
<b>Sunday</b>	Creamy Mushroom Soup	Roast Leg Of Lamb With Herb Stuffing/mint Sauce	Salmon Supreme/creamy Dill Sauce	Creme Brulée	Chicken Madras/rice Pilaff	Salmon Fish Cake With Dill Mayo	Mississippi Mud Pie

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# Create Your Own Menu Cycle

## Monthly Menu Cycle

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Sunday							



Online Training

## Textured Modified Food Presentation Our Specialist Dysphagia Chef's Top Tips\*

Plate presentation is the way prepared food is arranged, displayed, and decorated to enhance its aesthetic appeal. Texture-modified foods can often be perceived as unappetising if not presented correctly.<sup>7</sup>



1. Imagine your plate as a **clock face**. Carefully place your meat/ main item at 2 o'clock. Place your vegetable option at 6 o'clock and lastly your potato/starch item at 10 o'clock.



2. Use simple **line techniques** when plating: single line, two lines symmetrical or parallel/crossed lines for more structured presentation.



3. **Circles** - centre all content on the plate and build/ give height to the main item. Surround with the accompanying sauce for colour contrast.



4. **Colour contrasts** combining contrasting colour purées on the plate will enhance the visual appeal.



5. Change the **structure** on your plate by using discs/ cutters to give food items more visual definition. The simple use of piping bags gives variation, with the use of different-shaped nozzles giving more definition and identity to the food.



6. Changing the **colour** of the plate gives a more defined foundation and gives more focus to the elements on the plate.

\* The information in this table is based on our Dysphagia Chef's experience of working with residents with dysphagia, please always make sure that meals are prepared in accordance with the required IDDSI\*\* level of each resident

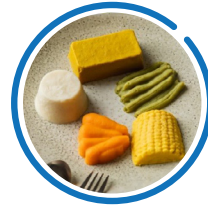
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7. The practice of **dusting** with various powdered condiments/ spice, not only adds an additional coloured effect but enhances the flavour experience of the food item (e.g. turmeric, paprika, Chinese five spice). N.B. Always be mindful of dysphagia risks (mentioned previously in this document) when utilising different spices or condiments.



8. Adding appropriate **garnish** OR accompaniment to complement the primary food. It is important to be mindful of dysphagia risks, mentioned previously in this document.



9. **Moulding** is the process of using food moulds that give a prepared purée item structure and identity so as to enhance the overall expectation of the resident.

Please note images of food are for illustration purposes only.

## Dining with Dysphagia

Whether through a texture-modified diet or just increased awareness, caregivers can help to prevent more severe complications in the future. While someone with dysphagia may say that they are now back to eating “baby food,” caregivers can help to overcome these negative images by reinforcing the importance of diet changes for safety and explaining that, depending on the severity of the swallowing problem, the changes may not be permanent. A caregiver can help them realise that there are good foods and enriching experiences available to them.<sup>8</sup>

### Individualisation of Care<sup>9,10</sup>

**Residents** with dysphagia should be able to socialise as normal during mealtimes, regardless of their diagnosis. Oftentimes, residents with dysphagia feel alienated from others.

**Engaging** and communicating with the resident during this time is essential. Staff should be very aware of individual needs and requirements while being very sensitive and discreet to promote a positive mealtime experience.







Inspire  
to Eat

## Tips to Promote Safe **Swallowing**<sup>10</sup>:

- Encourage residents to sit upright with their arms and shoulders forward and not to rest their arms/elbows on the table.
- Let residents remain in the above position for at least 30 minutes after every meal/drink.
- Ensure residents do not lie down after eating a meal.
- Request that residents with dysphagia don't talk while eating or drinking.
- Let residents take small amounts at a time and eat slowly.
- Ask residents with dysphagia to swallow twice on every mouthful.
- If you can hear a gurgly sound in residents' voices after swallowing, ask that they try to cough and swallow again.

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# Thickening liquids with **Thick & Easy™** Clear



## Step 1

Add level measured scoop(s) of thickener into empty, dry glass.



## Step 2

Measure the specified amount of liquid.



## Step 3

Add liquid quickly while stirring briskly with a whisk or fork, until dissolved.



## Step 4

Leave to stand for a few minutes.

\* International Dysphagia Diet Standardisation Initiative

IDDSI Level	Volume of liquid	Scoops *†
1. Slightly Thick	200ml	1
2. Mildly Thick	200ml	2
3. Moderately Thick	200ml	3
4. Extremely Thick	200ml	6

\* Scoop size = 1.4g † Based on water

## How to use **Thick & Easy™** Clear

Thick & Easy Clear can be added to all hot and cold liquids using a food processor or by hand, using the scoop provided.

To aid palatability, you may need to prepare drinks weaker than normal, and some drinks may take longer to reach the consistency. For example, milky drinks: add recommended scoops of Thick & Easy Clear into a dry cup, pour in the milk and whisk briskly for 30 seconds, then leave to stand for 5 minutes.

Thick & Easy Clear can be used to thicken fruit juice, coffee, tea, alcoholic drinks, meat stock or any other liquid.

All drinks can be prepared in advanced and refrigerated until required. If refrigerating drinks, remember to check the serving consistency is still correct for the patient.



## Find out more about dysphagia

For expert information, advice, case studies and the latest developments in clinical dysphagia research email [FK-Enquires.Ireland@fresenius-kabi.com](mailto:FK-Enquires.Ireland@fresenius-kabi.com)











# Specialists in Dysphagia management

**At Fresenius Kabi our range of texture modified products is designed to help to bring back the joy of eating and drinking for patients with Dysphagia.**

We offer thickened drinks, crème pots and Thick & Easy thickening powders.



## REFERENCES

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