

Acute Training Solutions

Dysphagia - Support Plan Example

Capacity & Consent	<p>Margaret understands that food sometimes “goes down the wrong way” and makes her cough. She understands that the purpose of assessment and this Care Plan is to try to reduce the risks of this happening. Margaret is able to describe the potential negative consequences associated with her eating, drinking and swallowing needs and the action she should take if she coughs when eating. Over time, Margaret has demonstrated that she is able to retain the information in this Care Plan.</p> <p>Margaret has consented to this Care Plan being written and shared with those who support her. Margaret has an accessible version of her Care Plan.</p>
Risk assessment	<p>This Care Plan aims to minimise the risk to Margaret of: Aspiration</p> <ul style="list-style-type: none"> • Choking • Poor nutrition • Poor hydration • Other negative health consequences associated with eating, drinking and swallowing • Reduced enjoyment of eating and drinking
Food selection	<p>IDDSI Level 6 (Soft and Bite Sized).</p> <ul style="list-style-type: none"> • No item of food should be bigger than 1.5cm. Margaret uses her thumb nail as a comparison. • Margaret should be encouraged to have a thick sauce with food • Margaret is able to eat crustless bread provided it is well buttered. Toast should be lightly toasted and well buttered. • Margaret is not able to eat grapes. She is able to eat blueberries, raspberries and strawberries provided they have been cut up. • Margaret is able to eat McDonalds (cheeseburger and chips or filet of fish and chips) provided that: <ul style="list-style-type: none"> • She breaks the chips up • The burger and bun are split, cut up and have lots of sauce. • Margaret is able to eat ‘melt in the mouth’ biscuits, provided they are dunked in her hot drink or broken into small pieces, chewed well and taken with a sip of drink.
Drink selection	<p>IDDSI Level 0 (Thin)</p> <ul style="list-style-type: none"> • Margaret has agreed to have a sip of drink with every mouthful of food. • Margaret is able to drink cup a soup independently.
Positioning	<p>Encourage Margaret to sit in a stable and upright position at the dining table on a dining chair for all food and drink.</p>
Additional Support	<p>Margaret can eat and drink independently. Margaret has shown that she is able to prepare food as outlined in this Care Plan.</p> <p>Margaret is able to eat her main meal without supervision, provided it meets IDDSI Level 6 and has been prepared with staff input/oversight. This would need to be reviewed if Margaret experiences coughing episodes during these meals.</p> <p>Margaret needs supervision if she chooses to eat a cooked main meal that is prepared to IDDSI Level 7, even if staff have supported her to cut the food up so that it resembles IDDSI Level 6.</p>

Additional Support contd..	<p>Margaret is able to eat her snack meal and breakfast without supervision, as it is known that she prepares these meals to an appropriate texture and consistency. This includes sandwiches. This would need to be reviewed if Margaret experiences coughing episodes during these meals.</p> <p>Margaret may need reinforcement to eat softer food or a discussion about whether a food item is soft enough.</p> <p>Margaret may need occasional reminding that her food should be cut up into pieces that are no bigger than 1.5cm. Margaret uses her thumb nail as a comparison. Margaret should be encouraged to cut up every meal, so that she automatically considers this before eating.</p> <ul style="list-style-type: none"> • Margaret may need occasional prompting to eat more slowly • Margaret may need occasional prompting not to overload her mouth • Margaret has a drink after every mouthful of food. <p>Margaret may need occasional reminders to swallow and leave a small gap between eating and taking a sip of drink.</p> <ul style="list-style-type: none"> • Margaret enjoys talking if she is eating with a group of people, as eating is a social occasion. Margaret may need a reminder not to talk when she has food in her mouth. • Margaret may need refresher reminders that she should press her alarm if she is coughing or is worried when she is eating. • As Margaret becomes used to her Eating and Drinking Care Plan, she is likely to need less prompting to help her remember what she needs to do.
Medication	<p>Margaret's medication is in tablet or liquid form.</p> <p>Margaret may need reminding that she should take her medication in yogurt, mousse or rice pudding. Margaret is able to take her morning and evening medication without supervision, provided that her carer has ensured that she has measured out the appropriate dose.</p>
Environment	<p>Margaret should eat in as calm and non-distracting environment as possible, with the TV switched off.</p>
Nutrition	<p>Margaret has lost weight recently. Her weight is within the appropriate range.</p> <p>Margaret's G.P. should be contacted again if there are continued concerns about her weight.</p>
Safety	<p>It has been agreed that Margaret will use her portable alarm if she coughs or gets worried when she is eating.</p>
When to contact SALT team	<p>Contact the SALT team if Margaret is:</p> <ul style="list-style-type: none"> • Losing weight for no identifiable reason • Showing a reluctance to eat and drink • Coughing during and after eating and drinking • Having frequent chest infections • Having any choking incidents • Having a wet, gurgly voice and/or changes to breathing during eating and drinking <p>Also contact SALT team if Margaret's eating and drinking skills have improved and they require re-assessment to make the Care Plan less restrictive</p>
SALT contact details	<p>Speech and Language Therapist: Team telephone number:</p>
Review Date	