

# Catering for Texture Modified Diets

## Project aim

To ensure that inpatients who require texture modified diets receive safe, high quality food choices, and that their nutritional needs can be met.

**Timeline for delivery: January 2019-October 2019**

## Measures:

- PAH is not currently fully compliant with IDDSI (International Dysphagia Diet Standardisation). This is a registered Trust risk
- Currently, there are no special diet menus in place
- Patient feedback from a Food and Nutrition Survey (Oct 2018) indicate that only 40% of patients on a special diet felt that their needs were met (n=67)
- Mealtime observational audit data (June 2019) provided qualitative patient and nursing feedback that patients would like special diet menus, and that currently, meals for special diets are repetitive.
- Mealtime observations by a patient panel representative showed similar findings.

## Tests For Change:

- To ensure that inpatients who require puree (level 4), minced and moist (level 5) or soft and bite-sized (level 6) meals are catered for safely, and have access to high quality food choices that are compliant with nutritional standards.
- To develop processes for delivery of the above.



## Project team

Nutrition Steering Group members including Dietitians, Speech and Language Therapists, Patient Panel Representative, Estates and Facilities team (including catering and domestic teams)

## Expected results

- An improvement in qualitative feedback from a repeat mealtime observational audit, and repeat patient panel observations.
- An improvement in the percentage of patients requiring special diets who feel that their needs are met.
- Compliance with IDDSI (International Dysphagia Diet Standardisation) as assessed by the Speech and Language Therapy team
- Compliance with nutritional standards (British Dietetic Association) as assessed by Dietitian

## Project So Far:

- A new supplier of texture modified meals (Apetito) has been identified, following taste testing sessions involving inpatients and staff
- Texture modified menus have been circulated to the project team and are being finalised
- Processes are being drafted, to be approved by the project team

