

## Mealtime Management Plan

Name	
Address	
Date of Birth	
Person responsible (If applicable)	

Mealtime Management Plan prepared by	
Name:	Profession:
Contact Details:	
Name:	Profession:
Contact Details:	
Name:	Profession:
Contact Details:	

Date Approved	Date for review

Alerts / important issues identified
<p>[insert any important notes that workers need to be aware of – if there aren't any then this section can be deleted].</p> <p>May include:</p> <ul style="list-style-type: none"> <li>• Allergies</li> <li>• Special diets (e.g. lactose free)</li> <li>• Medications</li> <li>• Tube feeding/NBM</li> <li>• Religious and cultural (e.g. halal)</li> </ul> <p>This plan has been developed for <b>XXX</b> as of <b>XXX</b> to minimise the risks of choking or aspiration pneumonia and poor nutrition which can lead to serious health complications. <b>XXX</b> currently presents with dysphagia due to [insert the relevant disability] and the following recommendations are made to reduce risks at mealtimes. This plan has been developed based on the information provided by [insert who] and after assessment of <b>XXX</b> in [insert where assessment took place].</p> <p>Aspiration occurs when food or drink enters the airways and lungs. This may cause coughing, and can result in pneumonia and sometimes death. <b>Continue monitoring for signs of aspiration</b> (the following list is not exhaustive):</p> <ul style="list-style-type: none"> <li>• Choking / coughing during or after swallowing</li> </ul>

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- Wet / gurgly voice post swallow
- Wheezing
- Throat clearing
- Fever/temperature
- Fatigue during or after a meal
- Deterioration in chest condition (e.g. chest infections, difficulty breathing)

If aspiration is suspected:

- Monitor their health and contact their GP or medical professional as necessary
- Document all incidents of suspected aspiration
- Schedule a review with their Speech Pathologist

Choking occurs when there is a partial or complete blockage of the airways. **If choking occurs follow current first aid procedures and dial 000 (or 112 if using a mobile phone).**

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<u>Food</u>	<u>Drinks</u>
 <b>LIQUIDISED</b>	 <b>THIN</b>
 <b>PUREED</b>	 <b>SLIGHTLY THICK</b>
 <b>MINCED &amp; MOIST</b>	 <b>MILDLY THICK</b>
 <b>SOFT &amp; BITE-SIZED</b>	 <b>MODERATELY THICK</b>
 <b>EASY TO CHEW</b>	 <b>EXTREMELY THICK</b>
 <b>REGULAR</b>	
<p>For more information refer to the IDDSI website (<a href="https://iddsi.org/">https://iddsi.org/</a>)</p>	

## Mealtime Management Plan

<p><b>Description</b></p> <p><b>[INSERT DESCRIPTION OF TEXTURE FROM IDDSI AND ADJUST FOR INDIVIDUAL AS REQUIRED – see below]</b></p> <p><b>[INSERT PICTURE EXAMPLES OF THE TEXTURE]</b></p>	<p><b>Description</b></p> <p><b>[INSERT DESCRIPTION OF TEXTURE FROM IDDSI AND ADJUST FOR INDIVIDUAL AS REQUIRED – see below]</b></p>
<p><b>Examples to Avoid:</b></p> <ul style="list-style-type: none"> <li>• insert info based on individuals diet</li> </ul>	<p><b>Examples to Avoid:</b></p> <ul style="list-style-type: none"> <li>• insert info based on individuals diet</li> </ul>
<p><b>Examples to have:</b></p> <ul style="list-style-type: none"> <li>• <i>insert info based on individuals diet</i></li> </ul>	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• <i>insert info based on individuals diet</i></li> </ul>

### LIQUIDISED

- Can be drunk from a cup
- Moderate effort is required to suck through a standard bore or wide bore straw (wide bore straw = 0.275 inch or 6.9 mm)
- Cannot be piped, layered or molded on a plate because it will not retain its shape
- Cannot be eaten with a fork because it drips slowly in dollops through the prongs
- Can be eaten with a spoon
- No oral processing or chewing required – can be swallowed directly
- Smooth texture with no ‘bits’ (lumps, fibers, bits of shell or skin, husk, particles of gristle or bone)

### Pureed

- Usually eaten with a spoon (a fork is possible)
- Cannot be drunk from a cup because it does not flow easily
- Cannot be sucked through a straw
- Does not require chewing
- Can be piped, layered or moulded because it retains its shape, but should *not* require chewing if presented in this form
- Shows some very slow movement under gravity but cannot be poured
- Falls off spoon in a single spoonful when tilted and continues to hold shape on a plate
- No lumps
- Not sticky

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- Liquid must not separate from solid

### Minced and moist

- Can be eaten with a fork or spoon
- Could be eaten with chopsticks in some cases, if the individual has
- very good hand control
- Can be scooped and shaped (e.g. into a ball shape) on a plate
- Soft and moist with no separate thin liquid
- Small lumps visible within the food
  - **Paediatric, equal to or less than 2 mm width and no longer than 8mm in length**
  - **Adult, equal to or less than 4mm width and no longer than 15mm in length**
- Lumps are easy to squash with tongue

### Soft and bite sized

- Can be eaten with a fork, spoon or chopsticks
- Can be mashed/broken down with pressure from fork, spoon or chopsticks
- A knife is not required to cut this food, but may be used to help load a fork or spoon
- Soft, tender and moist throughout but with no separate thin liquid
- Chewing is required before swallowing
- 'Bite-sized' pieces as appropriate for size and oral processing skills
  - **Paediatric, 8mm pieces (no larger than)**
  - **Adults, 15 mm = 1.5 cm pieces (no larger than)**

### easy to chew

- Normal, everyday foods of **soft/tender textures** that are developmentally and age appropriate
- Any method may be used to eat these foods
- Sample size is not restricted at Level 7, therefore, foods may be of a **range of sizes**
  - Smaller or greater than 8mm pieces (Paediatric)
  - Smaller or greater than 15 mm = 1.5 cm pieces (Adults)
- Does not include: hard, tough, chewy, fibrous, stringy, crunchy, or crumbly bits, pips, seeds, fibrous parts of fruit, husks or bones
- May include 'dual consistency' or 'mixed consistency' foods and liquids if also safe for Level 0, and at clinician discretion. If unsafe for Level 0 Thin, liquid portion can be thickened to clinician's recommended thickness level

### regular

- Normal, everyday foods of various textures that are developmentally and age appropriate
- Any method may be used to eat these foods
- Foods may be hard and crunchy or naturally soft
- Sample size is not restricted at Level 7, therefore, foods may be of a **range of sizes**
  - Smaller or greater than 8mm pieces (Paediatric)
  - Smaller or greater than 15 mm = 1.5 cm pieces (Adults)
- Includes hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy, or crumbly bits
- Includes food that contains pips, seeds, pith inside skin, husks or bones
- Includes 'dual consistency' or 'mixed consistency' foods and liquids

### thin

- Flows like water
- Fast flow
- Can drink through any type of teat/nipple, cup or straw as appropriate for age and skills

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### slightly thick

- Thicker than water
- Requires a little more effort to drink than thin liquids
- Flows through a straw, syringe, teat/nipple
- Similar to the thickness of most commercially available 'Anti-regurgitation' (AR) infant formulas

### mildly thick

- Flows off a spoon
- Sippable, pours quickly from a spoon, but slower than thin drinks
- Mild effort is required to drink this thickness through standard bore straw (standard bore straw = 0.209 inch or 5.3 mm diameter)

### moderately thick

- Can be drunk from a cup
- Moderate effort is required to suck through a standard bore or wide bore straw (wide bore straw = 0.275 inch or 6.9 mm)
- Cannot be piped, layered or molded on a plate because it will not retain its shape
- Cannot be eaten with a fork because it drips slowly in dollops through the prongs
- Can be eaten with a spoon
- No oral processing or chewing required – can be swallowed directly
- Smooth texture with no 'bits' (lumps, fibers, bits of shell or skin, husk, particles of gristle or bone)

### extremely thick

- Usually eaten with a spoon (a fork is possible)
- Cannot be drunk from a cup because it does not flow easily
- Cannot be sucked through a straw
- Does not require chewing
- Can be piped, layered or molded because it retains its shape, but should *not* require chewing if presented in this form
- Shows some very slow movement under gravity but cannot be poured
- Falls off spoon in a single spoonful when tilted and continues to hold shape on a plate
- No lumps
- Not sticky
- Liquid must not separate from solid

<u><b>Mealtime Safety (Support) Strategies</b></u>	
<b>Positioning</b>	•
<b>Equipment</b>	•
<b>Assistance/supervision</b>	•
<b>Communication/behaviour</b>	•
<b>Environment</b>	•

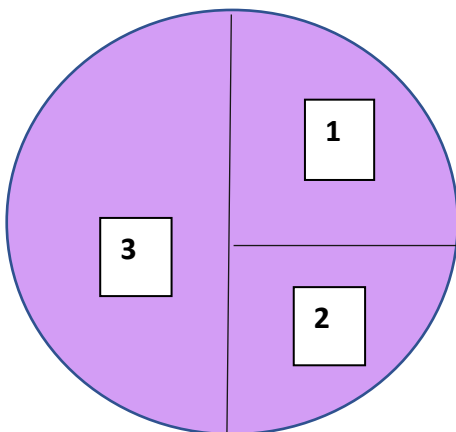
### Mealtime Management Plan

<b>Oral care</b>	•
<b>Medications</b>	•

### General Recommendations

<b>Meal frequency</b>	•
<b>Meal duration</b>	•
<b>Other important points</b>	•
<b>Fluids</b>	•

### Plate or Bowl diagram



### Plate portions:

1. Protein (meat, seafood, dairy) should be  $\frac{1}{4}$  of the plate or bowl.
  - a. Meat/seafood: palm sized (100g)
  - b. Yoghurt 125g (small tub)
  - c. Milk  $\frac{1}{2}$  cup –  $\frac{3}{4}$  cup
  - d. Baked beans (small tin)
  - e. Eggs x2
2. Carbohydrates (cereal, rice, pasta, potatoes porridge etc.) should be  $\frac{1}{4}$  of the plate or bowl.
  - a.  $\frac{1}{2}$  cup to 1 cup sized
3. Vegetables (aim for range of colours) should be half of the plate.
  - a. 2x handfuls

### Food/drink ideas for XX

<b>Food/fluid type</b>	<b>Recommendations</b>
<b>Fruits and vegetables</b>	•
<b>Soups</b>	•
<b>Breakfasts</b>	•
<b>Lunch</b>	•
<b>Casseroles/stews</b>	•

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<b>Rice/noodles/pasta</b>	•
<b>Eggs and cheese</b>	•
<b>Snacks</b>	•
<b>Desserts / dairy</b>	•
<b>Drinks/beverages (thickened to mildly thickened level)</b>	•

<u><b>Example daily meal plan</b></u>	
<b>Breakfast</b>	•
<b>Snack</b>	•
<b>Lunch</b>	•
<b>Snack</b>	•
<b>Dinner</b>	•
<b>Snack</b>	•

- A copy of the Mealtime Management Plan must be provided to any person(s) or organisation(s) who provides support to the participant during mealtimes.

Support Provider	Date Provided	Provided to (name)
Day placement		
School/education centre		
Family		
Friends		
Centre based respite		
Holiday provider		
Other – listed below		

- Consent for sharing this information should be obtained from the participant or person responsible



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Plan endorsement	Date
Participant:	
Family/Guardian or person responsible:	

Profession:	
Name:	
Signature:	

Profession:	
Name:	
Signature:	

Profession:	
Name:	
Signature:	

Line Manager	
Name:	
Signature:	

# Mealtime Management Plan

Support Worker Endorsement		
<input checked="" type="checkbox"/> I have read and understood the Mealtime Management Plan and am able to implement it		
<input checked="" type="checkbox"/> I have received practical training in mealtime management as per requirements in this plan		
<input checked="" type="checkbox"/> I understand my duty of care regarding positioning, support and monitoring of risk for this participant		
<b>Name:</b>	<b>Signature:</b>	<b>Date:</b>

- **A new page must be completed anytime the participant's Mealtime Management Plan changes**