



NEWSLETTER – Winter 2018



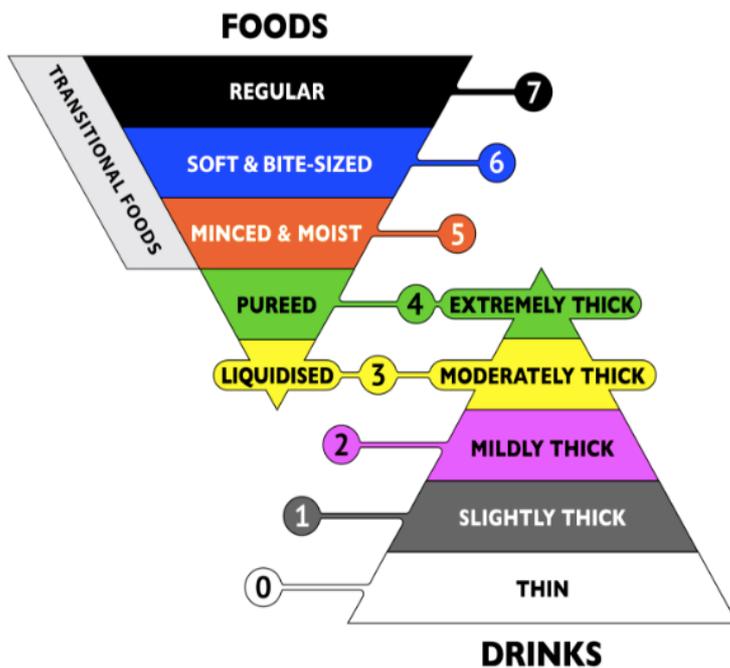
THIS SEASON WE BRING YOU:

- Changes to dysphagia diets
- Findings from a Coroner's Report
- Some ASP news

CHANGES TO DYSPHAGIA DIETS:

The **International Dysphagia Diet Standardisation Initiative (IDDSI)** has created a **global standard of terminology** for texture modified foods & thickened fluids which is being rolled out across many countries. **Australia will be adopting this standard from May 1st 2019.** Over the next few months we will be sharing more information to help you to prepare for this transition.

Each level is identified by a **colour, name, and number**. Levels must be identified and referred to by at least **two of these identifiers** (e.g. colour & name / name & number / number & colour).



SOME QUESTIONS YOU MAY HAVE

Aren't Slightly Thick and Mildly Thick the same?

These terms have often been used interchangeably, however with the implementation of IDDSI standards they will mean different things. 'Mildly thick' drinks flow more slowly and require more effort to suck. 'Slightly thick' drinks are runnier and includes fluids that are 'naturally thick'.

Why do Level 3 "Liquidised" foods and "Moderately Thick" drinks share the same number? (And Level 4 'Pureed' foods and 'Extremely Thick' drinks?)

These levels effectively are the same, sharing the same flow characteristics and descriptions. So, while they are equivalent in texture, they are given a different label based on if they are provided as a 'food' or a 'drink'.

What are Transitional Foods?

Transitional foods are foods which may be prescribed by a Speech Pathologist as exceptions to their current modified diet. They are foods which change quickly (e.g. once in the mouth), becoming easier to chew or swallow with added moisture or a temperature change e.g. ice-cream wafers, potato crisps, ice chips, ice-cream and jellies.



Do you know we offer **Dysphagia Management Training**? This is a popular course including information for how to identify, understand & manage swallowing difficulties. Please contact 8274 1551 for further information.

A CORONERS COURT INQUEST from an aged care setting – what can we learn?

Choking can be a serious and potentially fatal consequence of swallowing problems (dysphagia) – as starkly demonstrated in a recently released **Coroner's report** from Queensland. The report highlights the complexities of dysphagia management and the many challenges of balancing risks against an individual resident's rights for choice and self-determination.

Brief background:

Mr M died from choking on bread whilst in residential aged care in QLD. Autopsy results also showed evidence of acute on chronic aspiration pneumonia. Mr M had dysphagia. A speech pathologist had recommended a Minced and Moist diet with strategies such as ensuring he was positioned upright and for staff to provide supervision with oral intake.

What happened:

Mr M was left in his room to finish his breakfast which included some bread. The door was closed at his request. He was found dead in his bed, lying on his side, 2 hours later when a staff member went to check on him.

Challenges:

- Mr M engaged in challenging behaviours due to Huntington's Disease.
- He often refused Minced & Moist meals—and some staff gave him sandwiches as “a last resort”.
- He refused to come out of his room for meals.
- He often refused to be watched despite his care plan prescribing supervision.

What can we learn?

Caring for residents with strong preferences, challenging behaviours, and dysphagia can be difficult. Conflict can arise between implementing care plans / safety measures such as a prescribed modified diet / safe swallowing strategies and facilitating resident autonomy. Continuing collaboration and communication between the individual, the family, care staff, the medical team and a speech pathologist are key to problem solving difficulties and providing best care.

If reading this has highlighted any concerns about any residents in your facility, don't hesitate to contact Adult Speech Pathology. You can access a full copy of the Coroner's report at http://www.courts.qld.gov.au/_data/assets/pdf_file/0011/569648/cif-milward-pj-20180605.pdf

WELCOME BACK ANNA!



We welcome back Anna Daniels from maternity leave. She now has two gorgeous daughters – Hattie & Lucy.

CONGRATULATIONS NATALIE!



Natalie & her husband Ed welcomed baby August Bernard on 24/5/18 at 10.36am. He was born at 7 pounds & 50cm.

WELCOME STEPH!



Steph comes to the team with special interests in working with individuals with an interest in acquired communication difficulty and holistic management of swallowing problems to help facilitate best quality of life.

Did you know?

“In Victoria alone an analysis of cause of death in residential aged care settings (RACS) reported 89 choking deaths between 2000 and 2012, an average of 7.4 preventable deaths per year.”

Source: <http://www.vifmcommuniques.org/wp-content/uploads/2017/12/Recommendations-for-Prevention-of-Injury.pdf>

ASP

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Home, Aged Care and Hospital Service
A mobile service with a special interest in Neurological Communication and Swallowing Difficulties