

## Food and Nutrition – Temporary Workers

### Version Control Sheet

VERSION	DATE OF IMPLEMENTATION/REVIEW	IMPLEMENTED AND AUDITED BY	STATUS	COMMENTS
1	24/11/2022	William King Registered Manager	Active	Policy applies to Temporary Clinical Workers

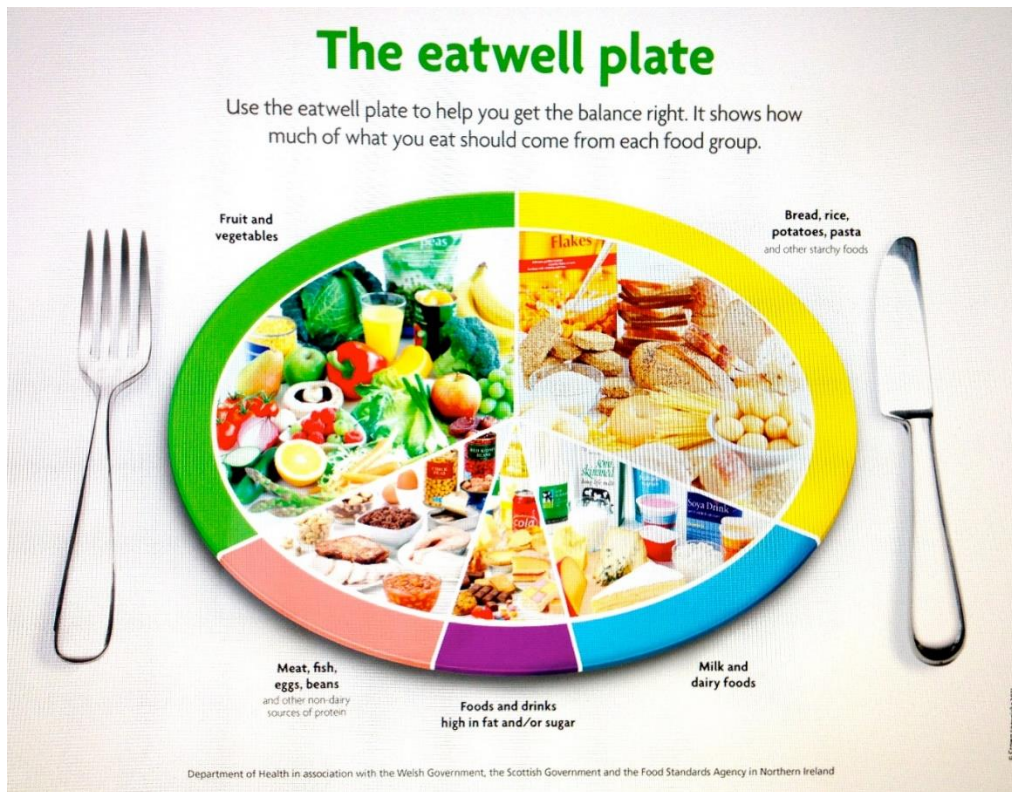
### Introduction

The Company is essentially geared towards providing care support services so that people can live independent lives in their own homes. Our Personal Care plans, drawn up with the assistance of our clients, sometimes stipulate that we will either prepare, or support clients to prepare, their daily meals.

Healthy eating is a key contributor to positive health and wellbeing and plays a vital role in prevention of many Chronic diseases, such as Coronary heart disease, Stroke, some cancers, obesity, Type 2 diabetes, and osteoporosis. It is known that death by these conditions are advanced by poor diet and nutrition of service users.

### Scope of Policy

This policy relates to all clients cared for by Clinical24 registered nurses and HCA's. Registered nurse's have a duty to provide health promotion advice, and ensure they maximise our client's health. People should still be cared for and considered as individuals and acknowledge that nutritional care should be provided with an equitable, person-centred approach respecting the diversity of people including their religious and cultural beliefs. It is important that all Clinical24 nurses and HCA's actively promote good nutrition to our clients enabling them to make healthy food choices and encourage a healthy balanced diet in line with the eat well plate.



## Aim

The food and Nutrition policy aims to promote good nutritional intakes for all clients cared for by Clinical24 Nurses and HCA's.

## Objectives

Clinical24 staff will enable and encourage clients to make healthy choices, whilst reflecting the dietary requirements based on religious beliefs and race.

Provide Clients with information about diet and nutrition in order to encourage healthy eating, remembering the client always has choices

The food choices available for clients will reflect the nutritional needs of all client groups including the nutritionally vulnerable.

## Roles of the individual staff member

All Staff should:

Recognise the important contribution good nutritional care makes to clinical outcomes.

Be aware of any allergies the client may have and prevent ingestion of these food items or groups. (see appendix).

Attend or complete relevant training on this subject matter to enable the provision of research-based information to clients.

All staff involved in provision of nutritional care or food provision are responsible for:

Following this policy document and relate it to their practice.

Document all information concerning nutritional screening and care in accordance with this policy.

Comply with the food hygiene regulations when involved in food service.

Take its client's religious and cultural backgrounds into account when providing food and drink.

Follow people's consent wishes if they refuse nutrition and hydration unless a best interest's decision has been made under the Adults with Incapacity (Scotland) Act 2000. Other forms of authority such as advance decisions will also be taken into account.

## **Client Dietary Provision**

If staff are working within a hospital setting all therapeutic diets are provided under direction of the Nutrition & Dietetics Department.

If caring for a client within their own home and they have special nutritional needs they should have detailed instructions from a registered dietician, enteral feeding nurse specialist or nutrition nurse specialist on their nutritional needs and management of any enteral feeding tubes or intravenous long lines e.g. Hickman lines

Staff should be aware of IDDSI specifications for textured food and drink needs of the client, this is to prevent choking and risk of aspiration. (appendix 1). If a client has a need defined within the IDDSI Framework, they should have been assessed by a S.A.L.T Team, (speech and language therapy team), this is to assess the safety of their swallow reflex and prevent risk of aspiration pneumonia.

Clients may require specific crockery, cutlery and drinking vessels, these should be utilised to encourage independence of the client, which will result in greater self esteem for the client. Details of such equipment should be documented within the clients care plan.

Each client must have a specific care plan for nutritional support and only staff assessed as competent by Clinical24 Registered Manager/Clinical Assessor to administer specialist care can undertake this.

## Appendix I

### The International Dysphagia Diet Standardisation Initiative (IDDSI)

© The International Dysphagia Diet Standardisation Initiative 2019 @ <https://iddsi.org/framework>. Licensed under the Creative Commons Attribution Sharealike 4.0 License <https://creativecommons.org/licenses/by-sa/4.0/legalcode>. Derivative works extending beyond language translation are NOT PERMITTED.

#### Introduction

The International Dysphagia Diet Standardisation Initiative (IDDSI) was founded in 2013 with the goal of developing new international standardised terminology and definitions to describe texture modified foods and thickened liquids used for individuals with dysphagia of all ages, in all care settings, and all cultures.

The IDDSI framework consists of a continuum of 8 levels (0 - 7), where drinks are measured from Levels 0 – 4, while foods are measured from Levels 3 – 7. The IDDSI Framework provides a common terminology to describe food textures and drink thickness.

#### Supplementary Notice

Do not alter the elements of the IDDSI framework. Alterations may lead to confusion and errors in diet texture or drink selection for patients with dysphagia. Such errors have previously been associated with adverse events including choking and death.

IDDSI testing methods are intended to confirm the flow or textural characteristics of a particular product at the time of testing. Testing should be done on foods and drinks under the intended serving conditions (especially temperature). The clinician has the responsibility to make recommendations for foods or drinks for a particular patient based on their comprehensive clinical assessment. The IDDSI systematic review suggested that liquids and food should be classified in the context of the physiological processes involved in oral processing, oral transport and flow initiation (Steele et al., 2015). For implementation refer to Appendix 2. To this end, different devices are needed to best describe the behaviour of the bolus.

#### Drink Testing Method: The IDDSI Flow Test

When evaluating drinks and liquidized foods, IDDSI chose a gravity flow test using a 10ml syringe, as a simple, easy to use, practical objective measure to classify drinks based on their rate of flow. The standardised IDDSI Flow Test has been used internationally to categorise a wide range of liquids reliably, in agreement with currently existing laboratory tests and expert judgement. It has been found to be sensitive enough to demonstrate small changes in thickness associated with change in serving temperature.

BD Syringes for IDDSI Flow Test (Updated April 6, 2020)

Europe/Israel & Middle East

305959	10 mL Luer Lock (EU)	
300912	10 mL Luer Lock (produced in US but available in EU)	Has CE symbol on package

Asia/Australia

302143	10 mL Slip Tip	
302149	10 mL Luer Lock	

Japan (limited sources but available)

303134?	10 mL Slip Tip	
302995/ 309604	10 mL Luer Lock (produced in Mexico)	

North America

303134	10 mL Slip Tip	
300912	10 mL Luer Lock (produced in US)	Has CE symbol on package
301084	10 mL Slip Tip (Barrel only – no plunger)	Bulk – limited run

China

302143	10 mL Slip Tip	
302149	10 mL Luer Lock	

Taiwan

302143	10 mL Slip Tip	
302147	10 mL Luer Lock (produced in US)	Has CE symbol on package

## Food Testing Methods

IDDSI provides testing methods that use common eating utensils to minimize the need for subjectivity that often accompanies description-based methods. Forks and spoons were chosen as they are inexpensive, easily accessible and available in most food preparation and dining environments. A combination of tests may be required to determine which level a food fits into. Testing methods for purees, soft, firm and solid foods include: The Fork Drip test, Spoon Tilt test, Fork or Spoon Pressure Test, Chopstick Test and Finger test.

### Fork Drip Test

The Fork Drip Test is used to check the correct thickness and cohesiveness in Levels 3-5 foods by assessing whether they flow through or how they hold together on the slots/prongs of a fork and comparing against the detailed descriptions of each level.

### **Spoon Tilt Test**

The spoon tilt test is used to determine the stickiness of foods (adhesiveness) and the ability of the food to hold together (cohesiveness).

### **Fork Pressure Test and Spoon Pressure Test**

To check how firm or hard a food is, a Fork Pressure Test is best used to assess foods in Levels 4 - EC7 and transitional foods by assessing how the food changes when pressure is applied to the food with the tines/prongs of a fork or the back of a spoon. The slots/gaps between the tines/prongs of a standard metal fork typically measure 4 mm, which provides a useful measuring tool for particle size of foods at Level 5 – Minced & Moist.

**Important:** Please note that the particle size differs for young children. Refer to the Complete IDDSI Framework and Detailed Definitions in Appendix 1.

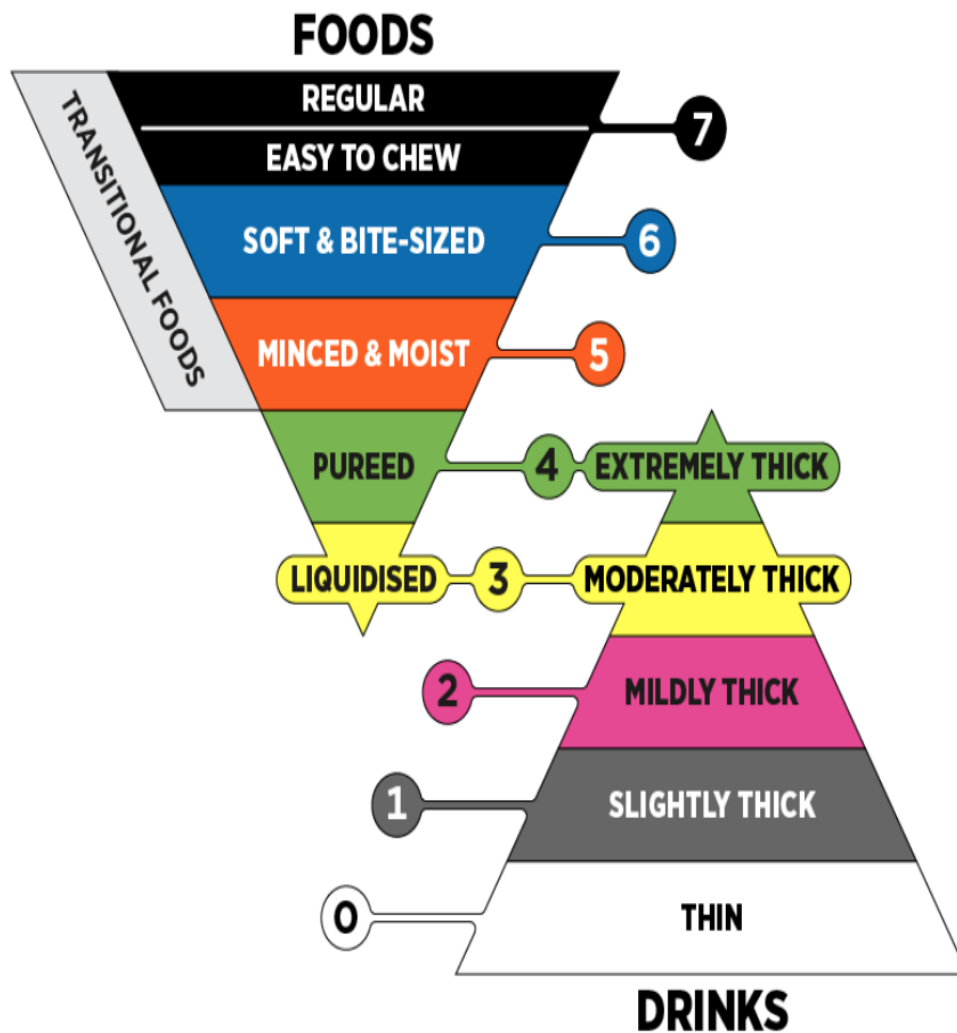
### **Chopstick Test**

If forks are not available, chopsticks can be used to pick up and break apart food to determine its characteristics and behaviour.

### **Finger Test**

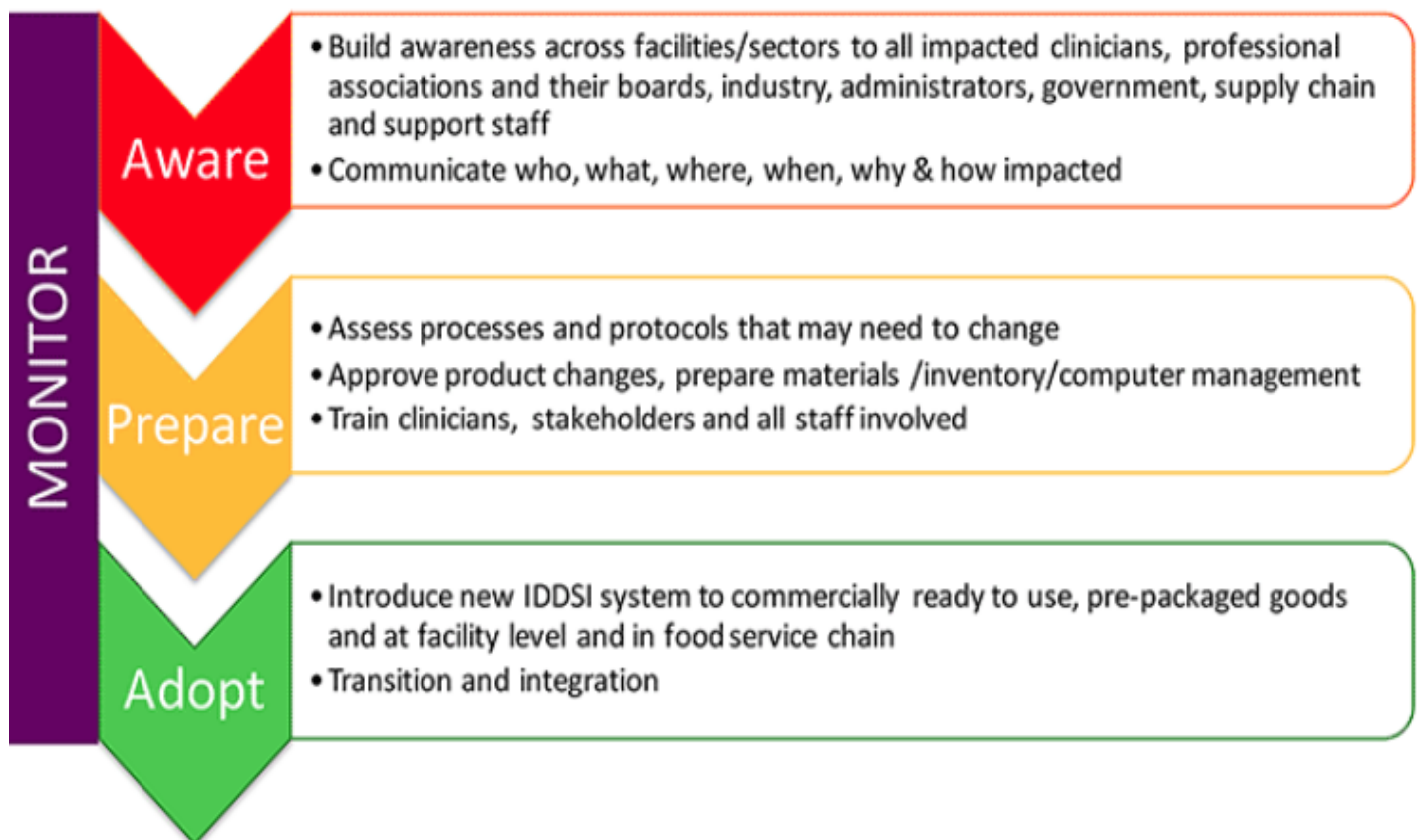
Finger tests have been incorporated in recognition that this may be the most accessible method in some countries.

## Appendix 2 IDDSI Framework



## Appendix 3

# Monitor-Aware-Prepare-Adopt



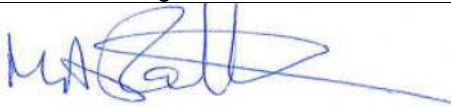


## Food Allergy Information

- Peanuts** Peanuts, also called groundnuts, are found in many foods, including sauces, cakes and desserts. They are common in Thai and Indonesian dishes. Watch out for peanut flour and groundnut oil too.
- Nuts** People with nut allergy can react to many types of nut, including walnuts, almonds, hazelnuts, Brazil nuts, cashews and pecans. Nuts are found in many foods, including sauces, desserts, crackers, bread and ice cream. Watch out for nut oils, marzipan and ground almonds too.
- Milk** People with milk allergy need to avoid foods containing milk, yoghurt, cream, cheese, butter and other milk products. Watch out for dishes glazed with milk and ready-made products containing milk powder.
- Eggs** Eggs are used in many foods including cakes, mousses, sauces, pasta and quiche. Sometimes egg is used to bind meat products, such as burgers. Watch out for dressings containing mayonnaise and dishes brushed with egg.
- Fish** Some types of fish, especially anchovies, are used in salad dressings, sauces, relishes and on pizzas. Fish sauce is commonly used in Thai dishes.

**PLEASE NOTE THIS IS NOT AN EXHAUSTIVE LIST BUT PROVIDES ONLY SOME EXAMPLES FOR HEIGHTENED AWARENESS.**

### Next Review

Reviewed by:	Miriam Palk presented to UK Clinical & Corporate Governance and Risk Management Committee for renewed approval
Title:	Head of Nursing
Signed:	
Last Review Date:	24.11.2022
Actions:	QR Code and update Temporary worker Handbook and Clinical 24 Scotland Website

Date Approved by UK Clinical & Corporate Governance and Risk Management Committee:

Next Review Date: November 2023