

# EATING, DRINKING AND SWALLOWING PASSPORT

Name: \_\_\_\_\_

## CONTACT DETAILS

Speech & Language Therapist (SALT): \_\_\_\_\_

Dietitian: \_\_\_\_\_

Other: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This information is intended for patients, and carers of patients, for use with a healthcare professional.

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# BE POSITIVE



**You can help me by:**

- Giving me time
- Encouraging me to be independent
- Talking to me about what I am having and how I am doing

**Specific instructions:**



### How we can help:

- Listen to me
- Give me a choice
- Know how I communicate
- Know what I like and dislike
- Know what is safe for me
- Know what equipment I need

### WHAT IDDSI\* LEVELS DO I REQUIRE?

#### FLUIDS (drinks)

Level 0 Thin drinks	Level 1 Slightly thick	Level 2 Mildly thick	Level 3 Moderately thick	Level 4 Extremely thick
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

#### FOOD

Level 7 Regular foods	Level 7 Easy to chew	Level 6 Soft & bite-sized	Level 5 Minced & moist	Level 4 Puréed	Level 3 Liquidised
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Specific instructions:



### Specific dietary needs

(consider religious, cultural, malnutrition, allergies):

Likes:



Dislikes:



# MY MOUTH NEEDS CARE



## Please check that:

- My lips are pink and moist
- My mouth and teeth are clean
- I don't have ulcers or mouth infection
- My teeth are in good condition
- My dentures fit

## Action plan:

### Specific instructions: Tick requirements (\*delete as required)

#### Tooth Brushing/Oral Cavity Cleaning if no teeth

☐

minimum x 2 daily AM/PM

☐

x 2 daily AM/PM + before/after oral intake

#### Denture Care

☐

applicable

☐

not applicable

Remove denture(s) from mouth

Clean the denture(s)/clean oral cavity ☐ AM / ☐ PM

PM: store cleaned dentures overnight as per dentist's instructions ☐

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## MY ENVIRONMENT MATTERS



### You can help me by:

- Checking I am relaxed and comfortable
- Checking I am not too distracted
- Helping me to concentrate
- Sitting at the same level as me
- Giving me your whole attention

### Specific instructions:

# GET ME READY TO EAT & DRINK



**You can help me by:**

- Checking I am awake & alert
- Checking I am ready to eat or drink
- Checking I am sitting upright

**Specific instructions:**

**You can help me by:**

- Discouraging chat during the meal
- Ensuring I remain sitting upright for half an hour after the meal

**Alert a healthcare professional if there is a change in:**

- I cough or choke
- My voice sounds wet or gurgly
- My breathing changes
- Food stays in my mouth when the meal is finished

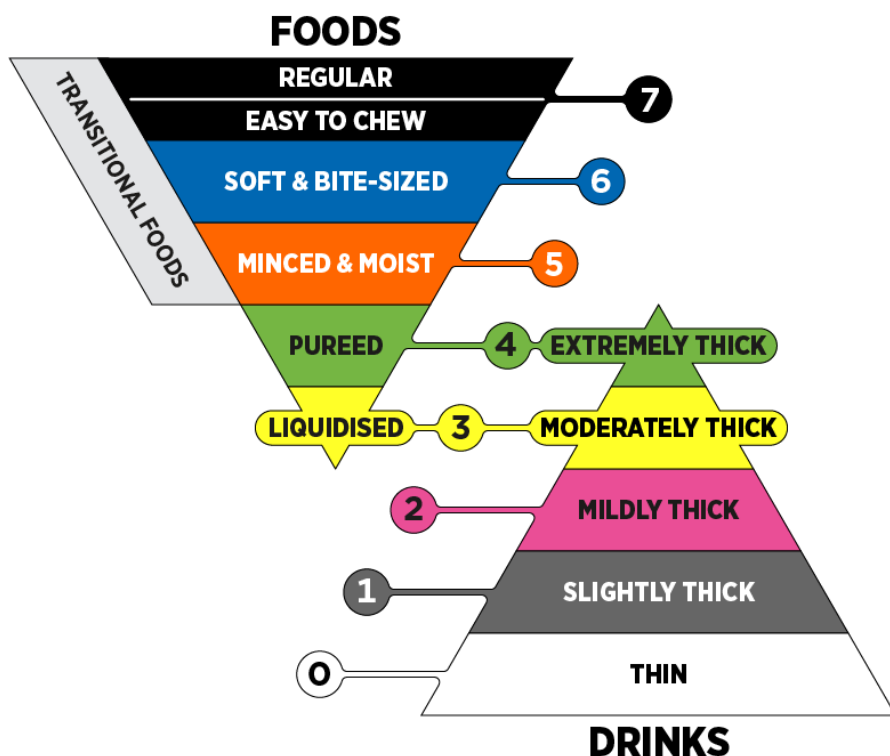
**Specific instructions:**



# IDDSI FRAMEWORK

## The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



© The International Dysphagia Diet Standardisation Initiative 2019 @ <https://iddsi.org/framework/>

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Derivative works extending beyond language translation are NOT PERMITTED.

# THICKENER GUIDANCE

## Level 1: Slightly thick

1 level scoop  
of Nutilis Clear  
in 200ml drink



## Level 2: Mildly thick

2 level scoops  
of Nutilis Clear  
in 200ml drink



## Level 3: Moderately thick

3 level scoops  
of Nutilis Clear  
in 200ml drink



## Level 4: Extremely thick

7 level scoops  
of Nutilis Clear  
in 200ml drink



- Always measure the liquid required, e.g. 200ml
- For best results, Nutilis Clear can be mixed using a fork, whisk or shaker. It is recommended to first place the powder all at once in the glass/cup/shaker and then add the liquid, but it is possible to first place the liquid in the glass/cup/shaker and add the powder second
- To avoid lumps start stirring or shaking as soon as possible
- Leave to stand until desired thickness has been achieved.

Nutilis Clear is a Food for Special Medical Purposes for the dietary management of dysphagia and must be used under medical supervision.