Audit of Adherence to Speech and Language Therapy Recommendations for Patients with Dysphagia

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COMPLICATIONS OF DYSPHAGIA

- Increased hospital costs
- Increased length of stay

- Higher mortality rate
- Risk minimised with postural strategies and texture modification

Kozlow et al, 2003
Rofes et al, 2010
AUDIT CYCLE

Set standards → Measure current practice → Compare results of practice to standards set → Reflect, plan change and implement change → Re-audit
OBJECTIVES

• To determine **ADHERENCE** to SLT recommendations at St. Thomas’ Hospital and **REASONS FOR NON-ADHERENCE**.

• To design and implement a programme of measures to **INCREASE ADHERENCE** and **IMPROVE PATIENT CARE**.
METHOD

METHOD

NAME

FOR SWALLOWING SAFETY

- Patient must be alert and upright for all oral intake.
- Stop eating & drinking if signs of aspiration.

Speech and Language Therapist

Name:

Date:

Guy’s and St Thomas’ NHS Foundation Trust
In 1/6 of observations patients were put at risk of aspiration due to non-adherence.

Adherence:
- NBM 98%
- Diet 86%
- Fluids 82%
- Overall 84%
NON-ADHERENCE TO DIET

- Non suitable soft options
- No fork mashable diet option
- Food was not mashed when recommended
NON-ADHERENCE TO FLUIDS

- Not thickened at all
- Not thickened correctly
- NBM patients given fluids
PATIENT LEAD FACTORS

- Lack of enjoyment of modified textures
- Choosing inappropriate foods
- Refusing to add thickener
- Lack of capacity
EXTENSIVE TRAINING

- Refresher
- New diets
- Nutilis Clear

324 staff trained
• Nutilis Clear – gum based, odourless, colourless
• Fork Mashable Diet – Texture E
NATIONAL DESCRIPTORS - FLUIDS

Thin fluids

Stage 1 (syrup)

Stage 2 (custard)

Stage 3 (pudding)
CONCLUSIONS

• High levels of adherence
• Ongoing risk of aspiration
• Results informed detailed improvement plan
• Safe and appropriate meals now available
• Enjoyable new gum based thickener
• Staff have increased awareness of dysphagia
NEXT STEPS

1. Set standards
2. Measure current practice
3. Compare results of practice to standards set
4. Reflect, plan change and implement change
5. Re-audit
Texture: thick, soft, modified
Level: puree, full smooth, nectar-like, spoon-thick

Words: regular, moist, quarter, custard, extremly, minced, advanced, mechanically, altered, dysphagia, half, normal, dental, thin
MAXIMISING IMPACT

• Importance of adherence audits

• Need for regular training

• Consistent use of terminology for texture descriptors
REFERENCES