

Specialist MDT training programme

Dysphagia Kitchen is a collaboration between three highly experienced colleagues, who are specialists in dysphagia (swallowing disorders).

We are;

- **Sandra Robinson**
Independent Speech and Language Therapist and founder of [Speech Therapy Works](#)
- **Caroline Hill**
Freelance Dietitian and founder of [Caroline Hill Nutrition](#)
- **Gary Brailsford**
Dysphagia Specialist Chef and founder of [Dining with Dignity](#)

Whilst there is lots of information on the internet about dysphagia and the IDDSI Framework, it is still an evolving initiative and putting it into practice requires appropriate support. We provide *education*, not just training. We come to you. The limits to attendees is only dependent on space and Covid regulations.

Here's what attendees will learn;



Dysphagia: theory and practice

- What normal swallowing involves
 - Discussion
 - Illustrations
 - Video animation
- What dysphagia involves
 - Discussion
 - Videos of
 - Animation of aspiration
 - Videofluoroscopy (x-ray of swallow)
 - FEES (fiberoptic endoscopic evaluation of swallow)
- Person-centred care
 - Getting the care plans right
 - IDDSI theory
 - IDDSI practice; thickening and tasting drinks (food practice will follow with Gary)
 - Techniques, strategies, positioning and manoeuvres; practicing on each other/empathy work
- Exploring supportive resources
 - Utensils
 - Eating, drinking and swallowing (EDS) mats/passports
 - Posters and signs
 - Leaflets
 - Internal communications

Sandra's approach to dysphagia management is that *quality of life comes first*, and risk management is integral to this.



Nutrition: theory and practice

- Malnutrition theory
- Nutritional screening
 - Theory
 - Practice session
- How to (write and) implement nutrition care plans
 - Encompassing IDDSI
- How to provide a nutritious diet for people with dysphagia

Caroline has worked both for the NHS and a global medical nutrition company.

She is passionate about providing safe, appealing, tasty and nutritious food and drink for all.



Cooking and catering: theory and practice

- IDDSI – theory from a chef's perspective
- IDDSI - a practical overview
- IDDSI food examples
 - Level 4 purée diet
 - Level 5 minced and moist diet
 - Level 6 soft and bite-sized diet
 - Sample pudding!
- Resources to support communication between kitchen and nursing/care staff
- IDDSI preparation (can be done in the kitchen or training room)
 - How to prepare the food
 - How to cook the food
 - How to present the food
 - Equipment required

Gary trained as a chef in the Royal Navy and went on to become catering manager for St Monica Trust, which has 1100 residents and 1000 staff members.

Gary shows how easy it is to prepare appealing but safe dysphagia food that looks and tastes amazing.



Summary of outcomes

By the end of the education and training day, attendees will;

- 1) Understand the difference between errors in normal swallow function and dysphagia
- 2) Understand that dysphagia is a symptom, not a condition
- 3) Understand intrinsic and extrinsic risk factors relating to supporting people with dysphagia
- 4) How to practically support people with dysphagia to maintain safety, promote rehabilitation and/or maintain quality of life
- 5) Understand that IDDSI is a compensatory measure that improves swallow safety, not swallow function
- 6) Understand the IDDSI framework in full and how to audit using its critical criteria
- 7) Understand malnutrition and how it relates to dysphagia
- 8) How to screen for malnutrition
- 9) Understanding nutrients important for the general population and how this differs for people with malnutrition
- 10) Understand and apply the IDDSI framework in the kitchen and throughout the care home
- 11) How to implement and maintain effective communication about supporting people with dysphagia and the use of IDDSI (e.g. kitchen communication sheets, care plans)
- 12) Understand the benefit of relevant equipment and resources to support people with dysphagia and to prepare food to meet and test against the IDDSI framework and make practical use of this where possible

In addition to the training on the day, we also provide our follow-up services as individual practitioners. If you are interested in any of the following, please let us know;

- Advice on suppliers
- Menu planning
- Level 3 and 4 EDSCF practical competency completion
- Refresher training

All attendees receive an e-Certificate of attendance and access to a clients' only area for further resources and information for one year following training.

Payment is required *before* training takes place.

Thank you for your interest in Dysphagia Kitchen.

We look forward to hearing from you.

Caroline, Sandra & Gary