


Dysphagia Northern Ireland

“A co production approach to Improving dysphagia management outcomes”

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Lead for Dysphagia Project.
14th May 2019



HSC Public Health Agency

Your experience of Swallowing Difficulties

Have you or someone you know had problems with their swallow?

Share your story, shape our service

If you would like some help in completing the survey please contact: 028 95 362868 or email: 10000morevoices@hscni.net

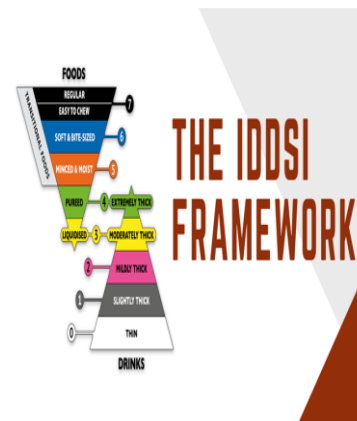



Hard to swallow?

Difficulties eating, drinking or swallowing can have a huge impact on your quality of life. Speak to your GP if you or your loved one ever experience:


- Coughing during or after eating and/or drinking
- Choking during or after eating and/or drinking
- Regular or current chestiness – not accompanied by any symptoms of cold
- Change in voice quality during or after eating and drinking, eg hoarse, ‘buzzy’ or ‘wet’ voice when speaking
- Swallowing takes great effort
- Changes in breathing when eating and drinking, eg wheezy, rattly, short of breath/gasping for air
- Needing multiple swallows for each mouthful of food and/or drink
- Food particles found inside the mouth after eating
- High risk behaviours when eating and drinking, eg cramming food in the mouth, not chewing food, holding food in the mouth, eating or drinking very quickly.

Swallow Aware

Jill Bradley @JillBradley67

CEx Dr Stevens and EDON Eileen McEneaney supporting NHSC Swallow Awareness Day and sampling thickened drinks and texture modified food. @NHSCTrust @e_mceaney @mckee_joanne





Aims:

- Provide an overview of the NI Regional dysphagia context.
- Provide an overview of the Dysphagia NI: Co produced regional project plan.

Welcome to the Regional Dysphagia site



Thematic Review

- 17 SAIs; in 14 (82%) cases tragically the incident resulted in death.
- 798 AIs related to choking on food



THEMATIC REVIEW

Report on the Regional Choking Review Analysis

February 2018



Health and
Social Care

The Interprofessional Dysphagia Framework -

- Dysphagia competency framework with a common language
- Informs strategies for developing knowledge, confidence and ability for individuals working with dysphagia - identify and MANAGE
- Interprofessional Competencies – Level 1- 6



Health and
Social Care

Recommendations: Dysphagia NI

- Improve awareness of dysphagia;
- Standardised approach for identifying people with dysphagia;
- Standardised approach for managing people with dysphagia;
- Improved access to specialist intervention;
- Work towards a co production approach with service users and carers

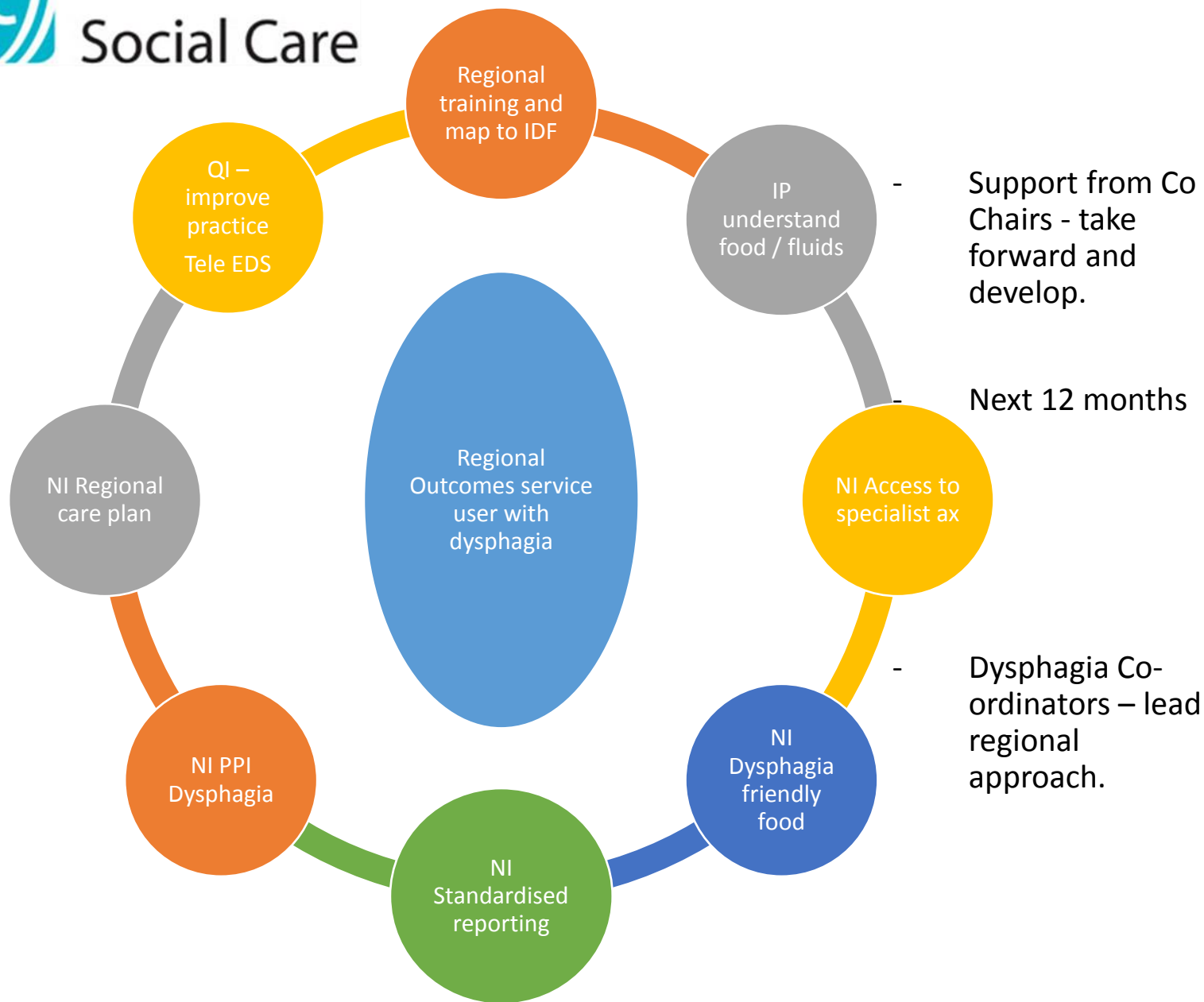
Dysphagia NI.

- A co – production approach.
- Moving forward and delivering for people with swallowing difficulties.





Moving forward -





Health and
Social Care



Outcomes for our service users

- Dysphagia in NI –
- Recognition interprofessional nature of dysphagia.
- Work in partnership to deliver tangible improved outcomes for adults with dysphagia



Health and
Social Care

Awareness work stream





Health and
Social Care

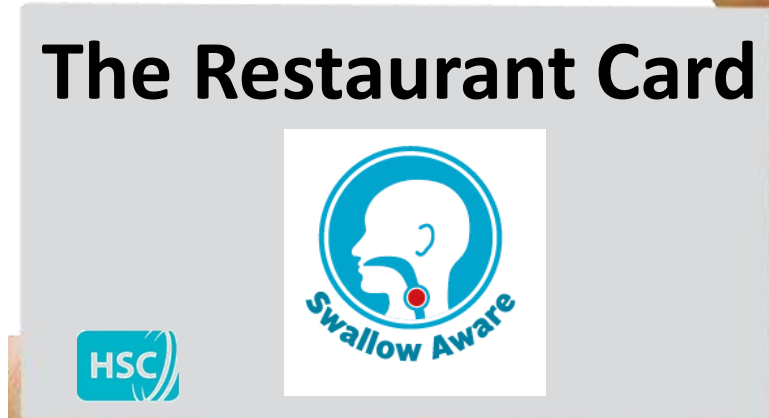
NHSCT swallowing awareness day



Logo & Alert card



The Swallows
 Head & Neck Cancer Support Group
 Registered Charity Number : 1149794



The RESTAURANT CARD

Supporting people with eating, drinking and swallowing difficulties due to a serious illness

Here are ways you can help people with a swallowing difficulty. People may benefit from one or more.

- Blend/liquify food**
I will try to avoid anything that is difficult to swallow with no chunks.
- Slows soup**
I do not eat things that are too hot.
- Cook food longer until soft**
I eat hard foods like apples & oranges.
- Remove crusts and cut up small**
Apples 1 Slice & 1 Slice (Shawarma), 1 small food cut up small. I avoid anything that is difficult to swallow.
- Do not serve me bread with soup**
I eat large difficult to swallow.
- Remove garnish**
I have a drinking like bottle with no garnish.
- Cook without salt, pepper and spices**
My head/neck is difficult to swallow.
- Provide a quiet area**
I am eating/dinking with a serious illness and I am a very sensitive person.

"Small adjustments in a restaurant setting can make a big difference to those who are suffering."

The Swallows
 Head & Neck Cancer Support Group
 Registered Charity Number : 1149794

Visit us at www.the-swallows.org.uk
 07504 725 059
 01253 428 945

Posters

Hard to swallow?

Difficulties eating, drinking or swallowing can have a huge impact on your quality of life. Speak to your GP if you or your loved one ever experience any of the following during or after swallowing:



- Coughing or gagging
- Pain or great effort
- Chestiness
- Change in voice quality, eg 'wet' or 'gurgly'
- Food left in mouth
- Changes in breathing, eg breathlessness or gasping
- High risk behaviours, like not chewing enough, overfilling the mouth, eating or drinking too quickly.



Don't mess with your medicines!



Do you have difficulty swallowing medicines?

Did you know you can speak to your Pharmacist or GP who can help?

You can ask for a medication review to ensure your medicines are still the best for you.

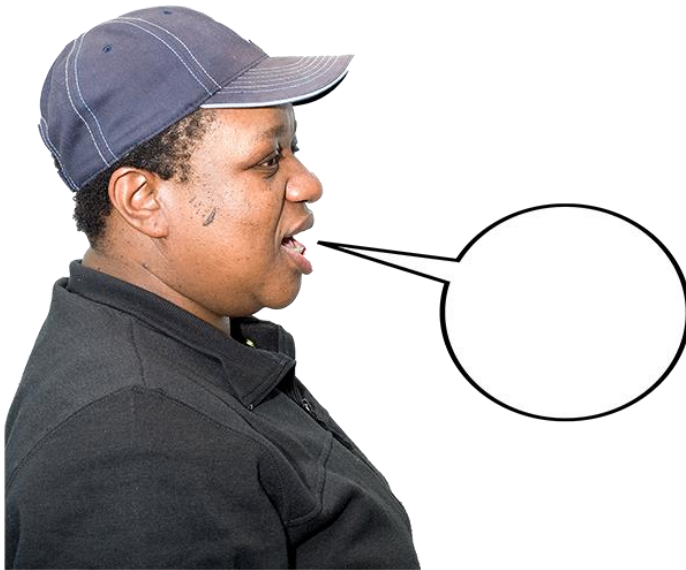


Do not cut, crush, open capsules or thicken medicines without advice from your Pharmacist or GP

Visit <https://www.nidirect.gov.uk/> for further information on swallowing difficulties.









Patient Stories

Public Facing Internet Information



Leaflet, Menu and Information Slides



High Tea		High Tea	
			
Egg on Toast	Cheese on Toast	Soup	Crumpets
			
Macaroni Cheese	Baked Potato	Fries & Crackers	Cakes & Scones



Health and Social Care



angela crocker
@angelacrocker5

Thanks to the Hilton Templepatrick who took the time to cut up John's roast beef at the RCSLT conference dinner fabulously discreet and respectful #swallowsafe #SLTsdeliver



4:32 PM - 17 Nov 2018

