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Authorizing Prescriber(s)

Lakeridge Health Medical Directors for the following Sections:

- Medicine
- Family and Community Medicine
- Surgery
- Oncology
- Psychiatry
- Obstetrics and Gynecology
- Emergency
- Critical Care

Authorized to Whom

Speech-Language Pathologists (S-LP) employed at Lakeridge Health may implement the medical directive.

Co-implementers: Nurses employed at Lakeridge Health may co-implement this Medical Directive

Patient Description/Population

All adult inpatients within Lakeridge Health identified with dysphagia by the S-LP from either a clinical or instrumental assessment as having the potential to benefit from diet texture modification.

Order and/or Procedure

The MRP and S-LP are to be notified if signs/symptoms of oropharyngeal dysphagia are identified:

- Coughing episodes when eating or drinking
- Difficulty swallowing medication
- Feeling as though food is stuck in throat
- Pocketing of food inside cheeks
- Avoiding certain foods or drinks because they are hard to swallow
- Finding it hard to chew and swallow food
- Weight loss
- Food, drinks, or saliva falling from mouth

Document Sponsor/Owner Group: (Medicine, Date Approved 10MAR2023)

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The S-LP may select a patient's appropriate diet texture to support the patient's clinical presentation as per the [Order Table Form](#).

The nurse providing care to a patient for whom the S-LP has selected a diet texture under this directive may be considered a co-implementer.

Indications to the Implementation of the Directive

The S-LP may implement the directive when the following criteria have been met:

- The MRP has entered an order for S-LP
- The patient is 18 years of age or older
- The patient has an existing diet order
- The patient has undergone a clinical or instrumental assessment by the S-LP indicating the need for a diet texture modification
- The patient or substitute decision maker (SDM) has consented to the proposed diet texture

Contraindications to the Implementation of the Directive

The S-LP will not implement the directive:

- When informed consent has not been obtained from the patient or SMD
- When a current nil per os (NPO) order exists or for whom a diet order has not been initiated
- When a current clear fluid or full fluid order exists
- For patients under the age of 18

Consent

After completion of the clinical and/or instrumental assessment, the S-LP will discuss clinical findings and present proposed texture, outlining rationale, risks, benefits, and alternatives with the patient or SDM. Prior to implementing the medical directive, informed consent will be obtained from the patient or SDM.

Prior to any co-implementation of this medical directive, the nurse will obtain consent from the patient as appropriate to the situation e.g. prior to assisted feeding.

Documentation Requirements

In addition to standard documentation practices, the S-LP implementing this medical directive must ensure the following is documented in the LH Adult Diet order within the patient's electronic health record:

- Order mode i.e. as per Medical Directive
- Diet texture
- The name of the S-LP as the Ordering Provider
- The name of the MRP as the Authorizing Provider



Diet Texture by Speech-Language Pathologists – Medical Directive

Medical Advisory Committee Approved: 26SEPT2023

The full name of the medical directive in the comment section of the order
i.e.: as per Diet Texture by Speech-Language Pathologist

Review/Evaluation Process

This medical directive will be reviewed every 2 years by Speech-Language Pathology and Interprofessional Practice

This table must **not** be used independently apart from the Medical Directive

Order Table Form

Order	Indication	Contraindication	Notes (Optional)
Dysphagia Pureed	<ul style="list-style-type: none"> Clinical or instrumental assessment determined that risks of dysphagia would be reduced with solids that have been blended to a moist, smooth texture. Advanced textures not tolerated. 	<ul style="list-style-type: none"> A current nil per os (NPO) order exists or a diet order has not been initiated A current clear fluid or full fluid diet order exists Patient cannot tolerate advanced texture 	<ul style="list-style-type: none"> Mixed textures (i.e. food that contains both a solid and a liquid) should be avoided.
Dysphagia Minced	<ul style="list-style-type: none"> Clinical or instrumental assessment determined that risks of dysphagia would be reduced with solids that have been finely ground or chopped. Advanced textures not tolerated. 	<ul style="list-style-type: none"> A current nil per os (NPO) order exists or a diet order has not been initiated A current clear fluid or full fluid diet order exists Patient cannot tolerate advanced texture 	<ul style="list-style-type: none"> Foods must be soft and moist. Some foods are still not safe in the minced form and therefore need to be pureed. Mixed textures (i.e. food that contains both a solid and a liquid) should be avoided.

<p>Dysphagia Fork Mashable</p>	<ul style="list-style-type: none"> Clinical or instrumental assessment determined that risk of dysphagia would be reduced with solids that are soft enough to easily mash with the underside of a fork. Advanced textures not tolerated. 	<ul style="list-style-type: none"> A current nil per os (NPO) order exists or a diet order has not been initiated A current clear fluid or full fluid diet order exists Patient cannot tolerate advanced texture 	<ul style="list-style-type: none"> Foods that cannot be mashed easily need to be minced or pureed. Mixed textures (i.e. food that contain both a solid and a liquid) should be avoided.
<p>Dysphagia Soft</p>	<ul style="list-style-type: none"> Clinical or instrumental assessment determined that risk of dysphagia would be reduced with solids that are tender, moist and easy to chew. Advanced texture not tolerated 	<ul style="list-style-type: none"> A current nil per os (NPO) order exists or a diet order has not been initiated A current clear fluid or full fluid diet order exists Patient cannot tolerate advanced texture 	<ul style="list-style-type: none"> Foods can be cut with the side of a fork. Mixed textures (i.e. food that contains both a solid and a liquid) should be avoided
<p>Dental Minced</p>	<ul style="list-style-type: none"> Clinical or instrumental assessment identified oral preparatory phase difficulties e.g. difficulty chewing due to lack of dentition, oral pain/discomfort due to mouth sores, thrush. 	<ul style="list-style-type: none"> A current nil per os (NPO) order exists or a diet order has not been initiated A current clear fluid or full fluid diet order exists Patient cannot tolerate advanced texture 	<ul style="list-style-type: none"> Allows for mixed textures (i.e. foods that contain both a solid and a liquid)

Dental Soft	<ul style="list-style-type: none"> Clinical or instrumental assessment identified oral preparatory phase difficulties e.g. difficulty chewing due to lack of dentition, oral pain/discomfort due to mouth sores, thrush. 	<ul style="list-style-type: none"> A current nil per os (NPO) order exists or a diet order has not been initiated A current clear fluid or full fluid diet order exists Patient cannot tolerate advanced texture 	<ul style="list-style-type: none"> Allows for mixed textures (i.e. foods that contain both a solid and a liquid)
Dental Cut-Up/Chopped	<ul style="list-style-type: none"> Clinical or instrumental assessment determined texture modification not required/appropriate, but benefit from having regular texture entrees precut, due to dexterity issues, to improve independence with meals. 	<ul style="list-style-type: none"> A current nil per os (NPO) order exists or a diet order has not been initiated A current clear fluid or full fluid diet order exists 	<ul style="list-style-type: none"> Allows for mixed textures (i.e. food that contains both a solid and a liquid)
Regular	<ul style="list-style-type: none"> Clinical or instrumental assessment by S-LP determined texture modification not required/appropriate. 	<ul style="list-style-type: none"> A current nil per os (NPO) order exists or a diet order has not been initiated A current clear fluid or full fluid diet order exists 	

<p>Honey-Thickened Fluids</p>	<ul style="list-style-type: none"> Clinical or instrumental assessment determined that risks of dysphagia would be reduced with the implementation of liquids moderately thickened to a honey consistency. Advanced textures not tolerated. 	<ul style="list-style-type: none"> A current nil per os (NPO) order exists or a diet order has not been initiated A current clear fluid or full fluid diet order exists Patient cannot tolerate advanced texture 	
<p>Nectar-Thickened Fluids</p>	<ul style="list-style-type: none"> Clinical or instrumental assessment determined that risk of dysphagia would be reduced with the implementation of liquids mildly thickened to a nectar consistency. Advanced texture not tolerated. 	<ul style="list-style-type: none"> A current nil per os (NPO) order exists or a diet order has not been initiated A current clear fluid or full fluid diet order exists Patient cannot tolerate advanced texture 	
<p>Enteral + Food</p>	<p>S-LP will adjust only the Food portion of this diet order and will only select from the diet textures listed on this order table following clinical or instrumental assessment</p>		