

Tips for implementing the new standardised definitions and terminology for texture modified foods and fluids in your facility

We hope to add to this list as more and more facilities introduce the new terminology. Please send your tips to molly.kallesen@ccdhub.org.nz so the list can grow.

Planning launch

- Consider aligning the timing of your implementation with any contract provider or menu changes
- Ensure menus comply with the standard definitions and foodservice staff have the equipment and skills to produce the texture modifications
- Invite other SLTs and Dietitians in your area to a discussion about the new terminology
- Update referral forms, brochures, assessment forms and relevant policies with the new terminology
- Offer a prize for the best implementation idea in your facility!

Launch

- Use the educational resources developed by the NZSTA and NZDA to support your launch
 - A poster is available to download – we recommend printing A3 size, in colour and then laminating it
 - A PowerPoint presentation is available to download – designed to be informative for all staff and carers
 - A series of client information sheets using the new terminology is available to download
- Provide in-services to nurses during their handover times
- Provide a briefing to medical and allied health staff at their grand round/meeting times
- Use coloured stickers in client's notes or anywhere clients' food or fluid information is recorded
- Run fun competitions with prizes to raise awareness and involve staff
 - Offer a 'pop quiz' on the new terminology to staff
 - Distribute a 'word search' with the new terminology embedded
 - Time how long it takes staff to suck extremely thick fluids through a straw – the fastest sucker wins!
 - Guess the smooth pureed fruit – blind folded!

- Guess the fluid texture – blind folded!
 - How fast can staff eat minced and moist food wearing a softball mitt/boxing/ski glove?
- Have a tasting of the fluid consistencies in a public space of your workplace
- Send an 'all-user' email communicating the new terminology to everyone at your facility
- Write an article about the new terminology for your facility's local publication/newsletter