

8.6.2021

[REDACTED]
Director of Nursing & Quality &
Deputy CEO
Trust Headquarters
Fieldhead
Wakefield
WF1 3SP
[REDACTED]

Dear Ma'am,

Regulation 28 Report Response – Anthony Wilkinson – Inquest Concluded 26th March 2021

In response to the Regulation 28 the Trust wish to respond with the following information.

- 1. The guidance sheets which have been produced are still not clear enough and will lead to confusion including around the consistency description and a list of foods which can be modified or should be avoided.**

As you will be aware, [REDACTED] Speech and Language Therapist Lead for Learning Disability Services gave evidence in respect of the Level 6 food consistency advice sheets provided by the Learning Disability Speech and Language Therapy (SALT) Service. As part of both her written and oral evidence, [REDACTED] agreed that these advice sheets could, subject to review via the appropriate governance procedures, be updated to address the concerns you raised during the course of the inquest proceedings.

On 18th May 2021, [REDACTED] along with other Learning Disability Speech and Language Therapists, met and reviewed the services level 6 food consistency advice sheets in their Dysphagia Speech and Language Therapy Learning Disability meeting. As a result of this review, the advice sheets were amended in response to your concerns as follows:

1. Removal of the picture anomalies, such as the removal of the image depicting cut up melon, which was in-fact a food to be 'avoided'.
2. Amendment of statements and wording to remove potential ambiguity. For example:
 - Old wording:

[REDACTED]



- *“These foods can be especially hard to chew or swallow so need to be avoided or specially prepared so that they meet the consistency description.”*
- New wording:
 - *“These foods are considered high risk for people with chewing and swallowing difficulties.*
 - *For safety, AVOID these food textures that pose a choking risk for people on a soft and bite sized consistency*
 - *Some foods can be modified to meet the consistency recommendation.*
 - *Any food that cannot be suitably modified MUST BE AVOIDED.”*

3. Amendment of the ‘high risk’ food information list to contain two distinct columns:


- Column 1: ‘Food types and examples of food to AVOID’; contains food types and examples of foods that must be avoided,
- Column 2: ‘Modified Options’; this is left blank in order to enable a personalised and person-centred approach to identify foods that can be modified for the service user.

I have enclosed a copy of the Learning Disability SALT Services updated level 6 food consistency advice sheet to this letter. I can confirm this sheet was implemented within the service on 2nd June 2021.

The Trust remains committed to learning from incidents and we will continue to apply a quality improvement approach to ensure required changes are embedded within our clinical services.

I do hope the above information is of assistance and answers the concerns raised within your Regulation 28 report following the sad death of Anthony Wilkinson.

Yours faithfully,



Director of Nursing & Quality / Deputy CEO
South West Yorkshire Partnership NHS Foundation Trust









Swallowing advice: Soft and Bite Sized



Why do I need soft and bite sized food?

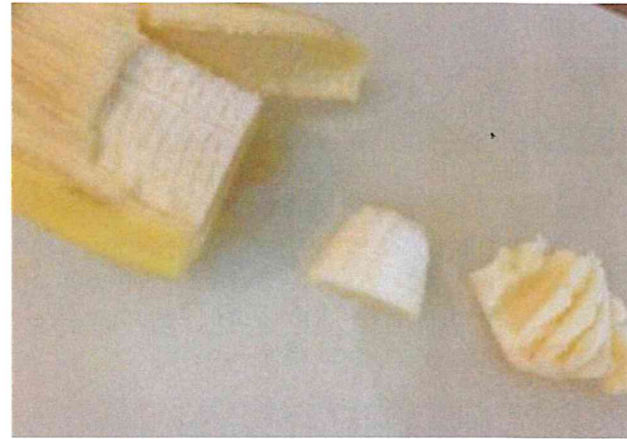
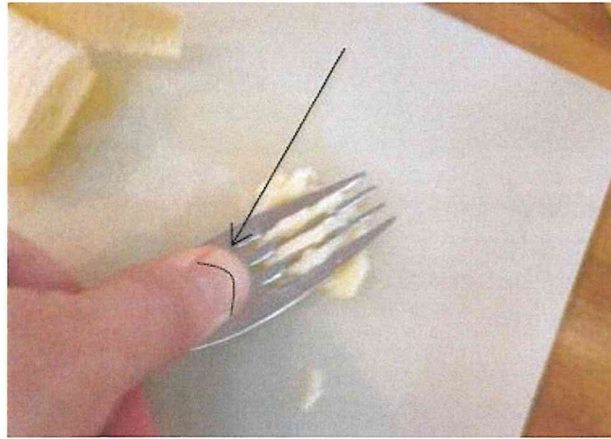
- You have some difficulty chewing and swallowing food.
- You are not able to 'bite off' pieces of food safely but are able to chew bite-sized pieces down into little pieces that are safe to swallow.
- You are at risk of choking

What is soft and bite sized food?	
 Easy to chew	<ul style="list-style-type: none"> ✓ Food is soft, tender and moist throughout. ✓ Chewing is required before swallowing.
 Easy to break up with a fork	<ul style="list-style-type: none"> ✓ Food can be eaten with a fork or spoon. ✓ Food can be mashed or broken down easily by pressing with a fork or spoon.
 Sometimes needs a sauce	<ul style="list-style-type: none"> ✓ Thick sauces may be required.
<p>Bite-sized for adults</p> <p>1.5cm</p>  <p>1.5cm</p>  Bite sized	<ul style="list-style-type: none"> ✓ Food should be bite sized and no bigger than 1.5cm x 1.5cm (about the size of a thumb nail).
	<ul style="list-style-type: none"> ✗ No separate liquid. ✗ No hard pieces of food. ✗ No high risk food.

With **all of us** in mind.

Fork pressure test

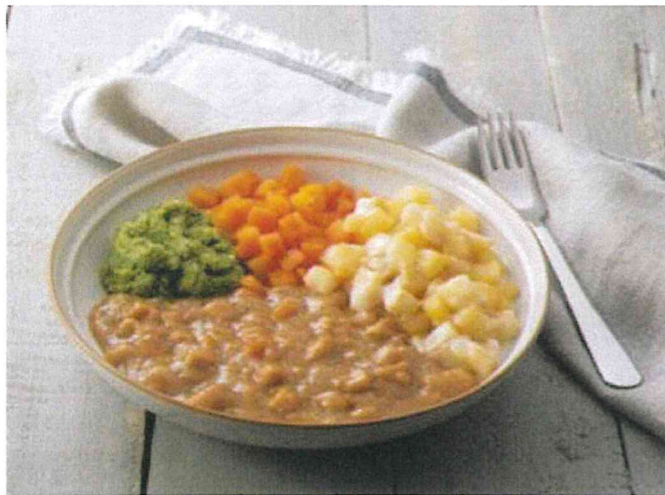
How to check the food you have prepared meets a soft and bite sized consistency.










- ✓ Pressure from a spoon/fork held on its side can be used to 'cut' or break the food into small pieces.
- ✓ When a piece 1.5cm x 1.5cm is pressed with a fork gently, it squashes.
- ✓ This YouTube link demonstrates the fork pressure test:
<https://www.youtube.com/watch?v=1wfODug5BmQ>

- ✓ Food does not return to its original shape when the spoon/fork is removed.

Examples of soft and bite sized prepared meals.



Here are some examples of soft and bite sized food:







	<p>Meat and Poultry</p> <ul style="list-style-type: none"> ✓ Cooked tender meat no bigger than 1.5cm x 1.5cm. ✓ Remove all skin, bones and gristle. ✓ If texture cannot be served soft and tender, serve minced and in a thick cohesive sauce. ✓ Casserole/curry liquid should be thick (as per Speech and Language therapist's recommendations around fluid).
	<p>Fish</p> <ul style="list-style-type: none"> ✓ Remove skin and bones. ✓ Cooked, soft fish, broken into pieces no larger than 1.5cm x 1.5cm. ✗ Avoid hard/crispy batter.
	<p>Vegetables, Potatoes</p> <ul style="list-style-type: none"> ✓ Steamed or boiled vegetables with a final cooked size of 1.5cm x 1.5cm. ✓ Vegetables should be well cooked until soft. ✗ Avoid stir fried vegetables. ✗ Avoid stringy vegetables e.g. runner beans, asparagus, kale.
	<p>Fruit</p> <ul style="list-style-type: none"> ✓ Drain excess juice. Remove pips, fibrous parts and skin. ✓ Pieces should be soft and no bigger than 1.5cm x 1.5cm. ✓ Please refer to high risk food list
	<p>Cereal</p> <ul style="list-style-type: none"> ✓ Should be smooth and fully softened. ✓ Add enough milk to avoid a sticky consistency. ✓ Drain excess fluid before serving. ✗ Avoid cereals that contain dried fruit and nuts/flaked nuts.
	<p>Rice</p> <ul style="list-style-type: none"> ✓ Needs a thick sauce to moisten and hold the rice together. ✓ Drain or thicken any excess fluid before serving. ✗ Not sticky or glutinous. ✗ Does not separate into individual grains when cooked and served.
	<p>Bread</p> <ul style="list-style-type: none"> ✗ No sandwiches or bread product of any kind, including pizza, wraps, pitta, crumpets etc. ✗ No bread unless assessed as suitable by a speech and language therapist.



HIGH RISK FOODS

- These foods are considered high risk for people with chewing and swallowing difficulties.
- For safety, AVOID these food textures that pose a choking risk for people on a soft and bite sized consistency.
- Some foods can be modified to meet the consistency recommendation.
- Any food that can not be suitably modified MUST BE AVOIDED.

Example image	Food types and examples of food to AVOID	Modified options
	Dry foods ✗ Crackers, cake, bread...	
	Crumbly Foods ✗ Biscuits, pie crust, crumbly dry cakes...	
	Hard foods ✗ Boiled sweets, nuts...	
	Tough or chewy foods ✗ Steak, bacon, harder vegetables, sweets, cheese...	
	Crispy or crunchy foods ✗ Crisps, flaky pastry, raw carrot/ apple, popcorn...	
	Stringy or fibrous foods ✗ Pineapple, celery, green beans, rhubarb...	

	<p>Pips, seeds, pith/inside skins, outer shells</p> <p>✗ Peas, grapes, fruit skins or husks like sweetcorn...</p>	
	<p>Round or long shaped foods</p> <p>✗ Sausages, grapes, sweets. Hard chunks, like pieces of apple...</p>	
	<p>Juicy food where the juice separates off in the mouth</p> <p>✗ Melon...</p>	
	<p>Floppy foods</p> <p>✗ Lettuce, thinly sliced cucumber, spinach...</p>	
	<p>Sticky foods</p> <p>✗ Some cheese, marshmallows, over cooked porridge...</p>	
	<p>Mixing solid food with liquid</p> <p>✗ Hard cereal, fruit salad with juice and soups with food pieces...</p>	

If you have any concerns regarding your diet or you need to follow a special diet due to a medical condition, please speak to your GP who may refer you to a dietitian.

Meal suggestions

Breakfast

- Ready Brek
- Weetabix (ensure it is well soaked in milk but with no excess fluid)
- Thick yoghurt
- Stewed fruit or banana and yoghurt
- Scrambled egg/ soft boiled egg/ poached egg
- Smoked haddock with plenty of butter.

Main meals

- Pasta with cheese or tomato sauce, for example macaroni, ravioli or Bolognese
- Well-cooked vegetable/ mince curry with plenty of sauce
- Shepherd's pie/ cottage pie
- Poached fish in lots of sauce
- Well cooked broccoli or cauliflower with cheese sauce
- Chilli and rice with a thick smooth sauce
- Thick soups (add potato to thicken to correct consistency)
- Corned beef hash
- Fish pie (mashed potato on top) – remove all bones and no sweetcorn or peas
- Stew/casserole: all types of cooked meat and poultry (chicken, turkey, beef, corned beef, lamb, liver, pork) which have been slow cooked and are very tender and served with thick gravy or a savoury sauce.

Vegetables

- Mashed potatoes (add cheese, butter, cream, gravy, cream cheese or soft cheese)
- Soft boiled potatoes (without the skin)
- Jacket potatoes (without the skin)
- Well-cooked / soft vegetable, for example carrots, swede, butternut squash, broccoli, parsnips, cauliflower
- Broccoli or cauliflower cheese
- Soft avocado.

Fruit / desserts

- Stewed fruit (no skins)
- Soft, ripe fruits, for example banana, peach, mango, berries (no skins)
- Cake and custard
- Crème caramel
- Blancmange
- Angel delight
- Mousse
- Custard
- Thick and creamy yoghurts, fromage frais
- Ice cream and jelly (not suitable for people who need thickened fluids).

Snacks

- Smooth paté that is not sticky or dry
- Tinned spaghetti
- Egg mayonnaise
- Tinned tuna or salmon (mash with salad cream, mayonnaise or cheese sauce)
- Hummus
- Avocado.

These are examples of meals but not exclusive options for this diet.