

Preparing Thick Fluids: A Training Program for Supportive Living Sites



Nutrition and Food Services
2015

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Audience: Production and Food Service Staff

Length: 20 minutes (10 minute presentation with 10 minute practice preparation)

Outcomes

By the end of this presentation participants will be able to:

1. Prepare thick fluids through participation in hands on activity, using an appropriate commercial thickener.
2. List standard equipment used for preparing thick fluids, follow instructions for thickener use, as well as describe the appearance of each thickness.
3. Correctly make and serve the appropriate fluid thickness for individual needs.

Note: This presentation may be used along with *Preparing Texture Modified Foods: A Training Program for Supportive Living Sites*.

See the *Leaders Notes* for more information about other pieces of the training program (Activity Station, Quiz, etc.)

Materials needed/Introduction

- Laptop and projector
- Copy of Thick Fluids Guidelines (Section 3.3: Texture Modified Diets, Thick Fluids) and of Appendix 3B: Thick Fluids poster
- Samples of commercial thickeners and/or sourced thickened beverages used on this site (optional)
- Equipment and ingredients for preparation activity (See *Activity Stations for Preparing Texture Modified Foods and Thick Fluids, Station 4* for instructions)

Handouts

- *Preparing Texture Modified Foods Quiz*
- Certificate

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Outline

- Objectives
- Introduction
- Types of Thick Fluids
- Equipment
- Commercial Thickeners
- Pre-thickened Beverages
- Preparing Thick Fluids
- Summary
- Questions

Outcome:

Key Messages:

Facilitator Notes:

[Review information on the slide.]

Objectives

- Describe the appearance of each type of thick fluid
- Follow instructions and guidelines for preparing thick fluids using the correct equipment
- Correctly make and serve the appropriate thick fluid according to individual needs

Outcome: Participants will be aware of the objectives for the presentation.

Key Messages:

- Production and food service staff will learn how to properly prepare thick fluids.

Background Information:

The program can be presented in two ways:

1. The activity station (Station 4) can be done during a pause in the PowerPoint (prompt is included in the notes pages).
2. Alternatively, you can wait to do the activity at the end.

You can ask 1 or 2 participants to do the activity in front of the group, or you can give all participants a chance to participate by splitting them into small groups for the activity. This may depend on the size of the room and the number of participants.

See *Activity Stations for Preparing Texture Modified Foods and Thick Fluids*, Station 4 for instructions.

Introduction

- It is important to ensure staff:
 - Understand the different levels of thickness for thick fluids
 - Practice preparing thick fluids
 - Use an appropriate commercial thickener
 - Are able to follow a thick fluid recipe
- Pre-thickened beverages may be purchased for safety and convenience

Outcome: Understand the different types of thick fluids and know how to prepare these as required to meet individual dietary needs.

Key Messages:

- Staff need to be aware of the different levels of thickness and know how to prepare thick fluids using the guidelines at their site.
- Pre-thickened beverages that are purchased (or sourced) from suppliers can be used to ensure consistency in thickness (safety), convenience and nutrition.

Facilitator Notes:

Introduction

- A fluid is any liquid such as water or juice.
- A food that is liquid at room temperature (e.g. ice cream, popsicle), or body temperature (e.g. gelatin desserts) are also considered fluids.
- Thin fluids need to be thickened with a commercial thickener.

Outcome: Be aware of what items are considered fluids.

Key Messages:

- All fluids need to be thickened including drinks and soups.
- A commercial thickener should be used to thicken liquids.

Facilitator Notes:

Refer to Section 3.3: Texture Modified Diets, Thick Fluids or Appendix 3B: Thick Fluids Poster for description and fluids allowed/not allowed for every thickness.

Foods that melt at body temperature like ice cream, popsicles, gelatin desserts are also considered fluids. These fluids cannot be thickened and need to be avoided when a person is on thick fluids.

Thick fluids can be controlled in the mouth and swallowed more safely for people who have swallowing difficulties. This reduces the risk of fluid going down the wrong way, into the lungs.

Most fluids are considered thin fluids and need to be thickened.

Types of Thick Fluids



Nectar Thick



Honey Thick



Pudding Thick

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Outcome: Be able to identify the three types of thick fluids and describe the appearance of each thickness.

Key Messages:

- There are three types of thick fluids.
- When you prepare thick fluids, the final product must meet standards.

Facilitator Notes:

Refer to Section 3.3: Texture Modified Diets, Thick Fluids or Appendix 3B: Thick Fluids Poster for description and fluids allowed/not allowed for every thickness.

To test appropriate fluid thickness, fluid should resemble above pictures on a teaspoon.

Nectar Thick

- Mildly thick, pours like most types of fruit nectar
- Fluid runs freely off the spoon but leaves a thin coating on the spoon.

Honey Thick

- Moderately thick
- Fluid slowly drips in dollops off the end of the spoon.
- Fluids should pour slowly, like liquid honey.

Pudding Thick

- Extremely thick
- Fluid sits on the spoon and does not flow off.
- Fluids should be as thick as pudding.

Equipment



Whisk



Mixer



Blender

Outcome: Become aware of standard equipment used for preparing thick fluids.

Key Messages:

- This slide shows some equipment that is commonly used to prepare thick fluids.

Facilitator Notes:

There are both institutional and home style equipment that may be used, depending on the quantity of fluid needed to be prepared.

A whisk can be used for smaller volumes of fluid. It helps ensure the thickener is fully dissolved/incorporated into the fluid.

Institutional equipment, like large mixers and blenders can be used for greater volumes. Blenders should be used with caution since products become 'frothy' when blended.

Commercial Thickeners

- Different fluids will need different amounts of commercial thickener.
- Always follow the directions on the container to thicken fluids to the right type.



Outcome: Become aware of commercial thickeners used for preparing thick fluids and the fluid characteristics that affect thickening.

Key Messages:

- A commercial thickener should be used to thicken fluids.
- Always follow the directions on the container.

Facilitator Notes:

May use Section 3.3: Texture Modified Diets, Thick Fluids or Appendix 3B: Thick Fluids Poster for description and fluids allowed/not allowed for every thickness.

Most sites will have a standard thickener that is used. Be aware of which thickener(s) are available on your site.

Different fluids will need different amounts of commercial thickener. Factors which affect the amount of thickener needed:

- Temperature (hot versus cold)
- Acidity level (high acidity versus low acidity)
- Fluid type (carbonated versus non-carbonated)

Instructions will vary by product, so always follow the instructions for the product you are using. See slide 11 notes pages.

Examples of commercial thickeners include:

- ThickenUp® ThickenUp Clear®
- Simply Thick® Thick It®

Background Information:

Add information about the thickener used at your site, location of recipes and equipment to be used in preparation.

Pre-Thickened Beverages

- Thick fluids may also be purchased, or sourced, through suppliers or pharmacies as pre-thickened beverages.
- Sourced thick fluids can help to ensure safety, nutrition, and appropriate and consistent thickness.
- Pre-thickened juices, milk and water are available in nectar and honey thick.

Outcome: Become aware of the availability of pre-thickened beverages.

Key Messages:

- Pre-thickened beverages may be purchased in nectar and honey thick.

Background Information:

- Pre-thickened beverages or fluids can be purchased, or sourced from suppliers or pharmacies.
- These sourced products may be used to help ensure consistency in thickness, convenience, and nutrition. This can also help enhance safety.
- Sourced pre-thickened juices, milk, and water are available in both nectar and honey thick consistencies.
- It is important to check labels for fluid thickness.

Preparing Thick Fluids

Follow recipe instructions very carefully:

- Measure correct amount of thickener
- Measure correct amount of fluid
- Stir, whisk or blend the product as indicated by the recipe
- Let stand for the time shown on the recipe



It can take up to 15 to 20 minutes for the thickener to fully thicken the fluid.

Outcome: Correctly make and serve the appropriate fluid thickness to meet the individual's needs.

Key Messages:

- This slide lists basic steps on how to prepare a thick fluid.
- Follow instructions on the recipe for the thickener you are using.
- The amount of thickener and time needed to thicken fluid to the desired consistency will vary depending on the type of fluid. (See slide 8 notes)

Facilitator's notes:

- Recipes should be developed for preparing thick fluids at your site
- They should be stored in a specific location for staff to access
- These recipes should include simple instructions.

Use equipment as indicated by recipe.

Commercial thickeners can vary in how long they take to thicken a fluid, so it may not look very thick at first. It is important to wait before adding more thickener as it can take up to 15-20 minutes for the thickener to fully thicken the fluid, depending on the brand and the type of fluid. For example, nutrition supplement drinks may take up to 20 minutes to thicken to the desired consistency when compared to other beverages. See slide 8 notes for factors which affect the amount of thickener required.

Always test the product to ensure it has reached the proper level of consistency before serving it to the resident.

Preparing Thick Fluids

- Make sure the powder is completely dissolved
- Make sure there are no lumps



Outcome: Correctly make and serve the appropriate fluid thickness for individual needs.

Key Messages:

- This slide lists basic steps on how to prepare a thick fluid.

Facilitator's notes:

Use appropriate piece of equipment and the blender only when specialized recipes are created.




Activity (Can be completed now or at the end of the presentation)

Activity Station 4: Preparing a Honey Thick Hot Beverage

Choose 1 or 2 volunteer(s) to prepare the thick fluid in front of staff. While presenter is discussing this slide, volunteer(s) prepare product by following instructions on Station # 4 sheet and slide. Let fluid stand for several minutes while discussing next slides. Visually test consistency of fluid on a spoon at preparation and then again after sitting for 15 minutes.

If a fluid is requested that you do not have a standard recipe for, the supervisor or dietitian should be consulted to ensure appropriate thickness.

Use the Thick Fluids poster as a guide.

THICK FLUIDS All fluids that are thin liquids at room temperature must be thickened or removed from the diet					
NECTAR THICK (PREVIOUSLY LEVEL 1) 		HONEY THICK (PREVIOUSLY LEVEL 2) 		PUDDING THICK (PREVIOUSLY LEVEL 3) 	
Description: • Sticky thick and runs freely off a spoon, but leaves a thin coating • Can be sipped through a straw		Description: • Moderately thick and slowly drips in dollops off the tip of a spoon • Too thick to be sipped through a straw		Description: • Extremely thick, sits on a spoon and does not flow off it • Too thick to be sipped through a straw	
Foods Allowed • All beverages thickened to Nectar Thick • Some brands of tomato juice (e.g. Heinz®); fruit nectar • Smooth yogurt that is Nectar Thick • Pureed or strained soup thickened to Nectar Thick • Standard portion gravy or sauce (30 mL/ menu item)	Foods NOT Allowed (liquid at room temperature) • Regular ice cream • Sherbet • Popsicles • Jell-O® • Table cream	Foods Allowed • All beverages thickened to Honey Thick • Smooth yogurt that is Honey Thick • Pureed or strained soup thickened to Honey Thick • Standard portion gravy or sauce (30 mL/ menu item)	Foods NOT Allowed (liquid at room temperature) • Regular ice cream • Sherbet • Popsicles • Jell-O® • Table cream	Foods Allowed • All beverages thickened to Pudding Thick • Most brands of pureed fruit and fruit sauce • Smooth yogurt that is Pudding Thick • Pureed or strained soup thickened to Pudding Thick • Standard portion gravy or sauce (30 mL/ menu item)	Foods NOT Allowed (liquid at room temperature) • Regular ice cream • Sherbet • Popsicles • Jell-O® • Table cream

Outcome: Use the Thick Fluids poster as a reference for staff when preparing thick fluids.

Key Messages:

- Use the Thick Fluids poster as a guide.

Facilitator Notes:

Refer to Appendix 3B, Thick Fluids poster

Questions?

If you have any future questions about thick fluids, please ask your **supervisor**.

Outcome: Know who to contact if you have questions regarding thick fluids.

Key Messages:

- If you have any future questions about making thick fluids, please ask your supervisor.

Facilitator Notes:

References:

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