



"Developing care and support for people with swallowing difficulties"

Dysphagia Northern Ireland Project **e-bite**

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Welcome to the second Dysphagia Northern Ireland Project e-bite

Goodbye and Good luck



Former Lead AHP Jenny Keane has left the Public Health Agency to take up the post of Chief Allied Health Professional Officer at the Department of Health. We would like to thank Jenny for her significant contribution to the Dysphagia NI team and wish her good luck in her new role. We look forward to working with Jenny in the future.



**Regional Dysphagia Steering Group, 22nd October 2019.
Dysphagia Ni Regional Priorities***



The Regional dysphagia priorities can be accessed on the PHA dysphagia website and further information on the Dysphagia Share Point.

Online Dysphagia Surveys:

Our regional dysphagia surveys have now closed. Thank you for completing and promoting the surveys.

Dysphagia NI Awareness Campaign.

The Dysphagia NI project has now produced two #DysphagiaNI swallow awareness posters, 'Hard to Swallow' and 'Don't Mess With Your Meds'. These posters will be distributed within Health and Social Care Trusts, GP surgeries, pharmacies and the independent care sector for display. Well done to the Awareness workstream who worked tirelessly to develop these 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 experience any of the following during or after swallowing:

- Chestiness without symptoms of a cold
- Coughing or gagging
- Pain or great effort
- Chestiness
- Change in voice quality, eg 'wet' or 'gurgly'
- Food left behind in the mouth
- Changes in breathing, eg breathlessness or gasping.

Also watch out for high risk behaviours, like not chewing enough, overfilling the mouth, eating or drinking too quickly.

HSC Health and Social Care
pha.site/dysphagia

Produced by the Public Health Agency, 10-22 Lisburn Street, Belfast BT2 8BS. Tel: 0300 885 014 (local rates) www.nidirect.gov.uk



Finding your medicines hard to swallow?

Swallow Aware

Ask your pharmacist or GP for help or to check if your medicines are still the best for you

Never cut or crush tablets, open capsules or thicken medicines without advice from your pharmacist or GP

Visit pha.site/dysphagia or www.nidirect.gov.uk for further information.

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Regional Dysphagia Priorities: An Update:

Dysphagia priority	Update
<ul style="list-style-type: none"> • The impact of IDDSI and; • Dysphagia adverse incident reporting <p>Lead: Joanne McKee - NHSCT</p>	<p>Review of the survey responses is underway and a pilot project to help support reporting and shared learning is planned in NHSCT hospitals based on the results. This will inform other dysphagia NI work including the regional dysphagia training project.</p>
<ul style="list-style-type: none"> • Develop regionally agreed dysphagia training proposals to meet the needs of the workforce in NI <p>Lead: Deborah Gray – BHSCT, George Calwell (SEHSCT) & Mo Henderson (PHA)</p>	<p>Regional workshop training proposals evaluated. Regional dysphagia awareness programmes in development to be trialled across various platforms: NISCC collaboration, ECHO delivery and general awareness format.</p>
<ul style="list-style-type: none"> • Tele Eating, Drinking and Swallowing (Tele EDS). Exploring access to specialist assessment in nursing homes using TeleHealth methods <p>Lead: Louise Campbell (SHSCT)</p>	<p>Dysphagia Training has taken place in 6 homes with 11 nurses (plus our team Dietitian) trained to assist in the Tele-EDS assessment. Our IT software provider (Xuper) has agreed to extend our pilot into January 2020 to allow us to gather as much data as possible and deliver robust outcomes. To date we have seen the potential for more rapid response to dysphagia referrals - impacting waiting lists; improved partnership and support for our Independent sector home staff and cost efficiencies through the implementation of Tele-EDS Ni. The Pilot is ongoing.</p>

Dysphagia priority	Update
<ul style="list-style-type: none"> • NI Dysphagia friendly foods Project <p>Lead: Clare Stevenson - SEHSCT</p>	<p>The staff and service user survey's for Dysphagia Friendly Foods in Northern Ireland has closed. Review of the responses is underway. The results will inform other dysphagia NI regional projects.</p>
<ul style="list-style-type: none"> • PPI involvement <p>Lead: Alison McCusker - PHA</p>	<p>Since the last update, the team have continued to work closely with our service users in the coproduction and design of our regional resources and their feedback has been invaluable to the project. We are delighted to say that we now have five service users within our team; all who have had experience with either living with or caring for someone with dysphagia. We are hoping to develop an awareness raising project in the New Year and will be working closely with our service users on this.</p>
<ul style="list-style-type: none"> • Dysphagia Support medication management guidelines <p>Leads: Sandra Aitcheson - PHA / Cathy Jordan - BHSCT</p>	<p>The online survey has since closed. Proposals underway to raise awareness of medication management for health care professionals working alongside those with a dysphagia following survey findings.</p>
<ul style="list-style-type: none"> • Oral cares guidance for people living with a swallowing difficulty <p>Leads: Sandra Aitcheson - PHA / Cathy Jordan - BHSCT</p>	<p>Currently working alongside a multiprofessional group of professionals to develop oral cares guidance for people with dysphagia. Working towards developing the final set of guidance prior to raising awareness ini online support for professionals working initiatives.</p>

Dysphagia priority	Update
<ul style="list-style-type: none"><li data-bbox="248 405 741 475">• Regional Eating, Drinking and Swallowing Recommendations <p data-bbox="188 517 719 587">Leads: Emma Taylor (BHSCT) & Mo Henderson (PHA)</p>	<p data-bbox="902 363 1939 584">The Speech and Language therapy dysphagia profession in collaboration with the Public Health Agency have developed a draft Regional Eating, Drinking and Swallowing Recommendations Document to be inserted within individual service user care plans. Following consultation with all Dysphagia SLT practitioners, the document will be provided to regional stakeholders and service users for further co-production.</p>

IDDSI II Regional Implementation Group.

The IDDSI II regional group reconvened on the 27th of November 2019 in Belfast to address gaps in IDDSI implementation identified by the initial regional workshop including; IDDSI for children and education.

Dysphagia Steering Group Meeting:

Our next Steering Group Meeting is on the 13th of January in Clot worthy House in Antrim.

Help Stop Choking Awareness Project

The 'Help Stop Choking' Choking Awareness Project case study has now been published on the Royal Society for Public Health – AHP Public Health in Practice. This section is a source of innovation and good practice in public health led by allied health professionals. Congratulations to our colleagues Angela Crocker and Joan Toal who have developed this body of work.

Checkout the weblink below for further information:

<https://www.rsph.org.uk/uploads/assets/uploaded/9013fbab-5630-4485-a2aaa4788647a895.pdf>

RCSLT dysphagia Symposium January 2020

The Dysphagia Ni Project Team has been asked to present at the Royal College of Speech and Language Therapy Dysphagia Symposium in London on the 20th of January 2020 as an example of dysphagia best practice working. More details to follow.

Dysphagia Awareness Collaborations:

The regional dysphagia coordinators are working alongside the ECHO NI networks and the Northern Ireland Social Care Council to deliver dysphagia awareness training and collect data on the regionalised collaborative approach.

NISCC Event details: <https://www.eventbrite.com/e/dysphagia-workshop-tickets-88101272277>

Involve Fest 2019

The Dysphagia NI Project hosted a regional set of pop up stands across NI on Nov 21st as part of **Involve Fest 2019**; A Regional Celebration of Involvement.

Our interactive regional stands helped to create a ground swell awareness of the project aims. Stands took place at the following locations

- South Eastern Health & Social Care Trust – Ulster Hospital, Oasis Restaurant
- Southern Health & Social Care Trust – Craigavon Area Hospital, Broadway Corridor
- Belfast Trust – Knockbracken Health Care Park, Saintfield Road, Belfast
- Northern Trust – Antrim Area Hospital restaurant



PHA Stand set up at the Involve Fest Conference, Crumlin Road Gaol



Belfast Trust – Knockbracken Health Care Park



Northern Trust – Antrim Area Hospital restaurant



Southern Health & Social Care Trust – Craigavon Area Hospital



South Eastern Health & Social Care Trust – Ulster Hospital

10, 000 More Voices – Dysphagia.

10,000 More Voices Dysphagia was launched on the 21st of December with data collection due to end in March 2020. The survey has been co designed to understand the experience of living with a swallowing difficulty. The core concepts explored within the survey are fears, compliance, information, understanding and communication. Each trust has a 10,000 more voices facilitator who will work alongside local services to capture 30 dysphagia stories. Please contact Linda Craig for further information at: Linda.Craig3@hscni.net



Your experience of Swallowing difficulties

Do you or someone you know experience problems with their swallow and have used services within the Health and Social Care Trusts within the last 12 months?

We would welcome your feedback of this experience. All data collected is anonymous. The data collected will be used to inform service improvement and training programmes.

The survey can be accessed through the website, www.10000morevoices.hscni.net or a hard copy requested from the 10,000 More Voices Regional Office on 028 95 362868 (office hours) or email 10000morevoices@hscni.net.

Share your story, shape our service

Swallow Aware



Interested in our work? Join the Dysphagia Virtual Reference Group

Dysphagia Ni hosts a virtual reference group on Share Point to keep the community updated on the project and developments. If you would be interested in joining the Dysphagia Ni community please get in touch.

To find out more about the overall Dysphagia Ni programme please see our website and logo: <http://pha.site/Dysphagia>

If you have any comments or questions on the content of the e-bite please get in touch by emailing ElizabethJ.Thompson@hscni.net or Alison.McCusker@hscni.net Dysphagia Project Managers.