

Transforming Dysphagia Catering in Belfast Trust

Improving Safety, Choice and Patient Experience
through IDDSI-Compliant Meal Production

Presented by: Belfast Trust Catering Department

Why Change Was Needed

The Challenge

Patients with dysphagia require texture-modified meals to prevent:

- Choking
- Aspiration
- Malnutrition
- Reduced quality of life

Previous challenges included:

- Reliance on external suppliers
- Limited menu variety
- Reduced flexibility
- Concerns around sustainability, resilience and controls



Key aim: Deliver safe, nutritious and appealing meals while improving patient experience supplied by our CPU

What We Set Out To Achieve

Project Objectives

- ✓ Improve swallow safety
- ✓ Full choice of IDDSI levels 4,5,6 and normal diets now available
- ✓ Ensure IDDSI compliance with controls in place
- ✓ Improve nutritional quality
- ✓ Engage service users
- ✓ Build a sustainable in-house production model
- ✓ Strengthen multidisciplinary working

Outcome sought: A safer and more patient-centred dysphagia service.

How We Did It

Who was involved?

- Catering Services
- Dietitians and Dysphagia Leads
- Speech & Language Therapists
- Ward Staff
- Patients and Service Users

Activities

- Established Dysphagia Menu Group
- Focus groups and questionnaires
- Tasting sessions
- Recipe development
- Nutritional analysis
- IDDSI testing and auditing
- Staff education and engagement



This was true co-production rather than consultation

Measurable Impact

Outcomes Achieved



Clinical Impact

- Improved swallow safety
- Reduced risk of inappropriate food selection
- Greater staff confidence



Patient Impact

- More choice
- Better dining experience
- Improved nutritional intake



Operational Impact

- In-house production using fresh ingredients
- Reduced reliance on external suppliers
- Enhanced service resilience

Why This Matters

More Than a Catering Project

This initiative:

- ✓ Integrates catering into patient safety
- ✓ Demonstrates effective MDT working
- ✓ Places patient voice at the centre
- ✓ Delivers measurable clinical and financial benefits
- ✓ Provides a model that can be replicated elsewhere



Key Message: Safe nutrition is an essential part of patient care, and innovative catering services can make a significant contribution to health outcomes.

Thank You

Key Takeaways



Safer meals



Better patient experience



Greater menu choice



Strong multidisciplinary working



Sustainable improvement