In-service: Thickening Liquids using Simply Thick

By: Shelley Glaze, Dietetic Intern

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Objectives:

- Staff will understand the importance of using Simply Thick thickener to thicken liquids.
- Staff will understand how to use Simply Thick thickener to thicken liquids.
- Staff will demonstrate the ability to use Simply Thick thickener to thicken liquids to appropriate consistency.

Lesson Plan:

- Why is thickening liquids important?
  o Patient safety!

- What product do we use to thicken liquids?
  o Simply Thick
    ▪ Xanthan gum – plant derived fiber, merges with molecules

- Tell me what you already know about thickening liquids with Simply Thick…(Cover all of the following+ demo)
  o Measure your liquid
    ▪ Use liquid measuring cup if available
  o Dispense product
    ▪ For proper consistency must follow product instructions – per 4 oz serving
      • …1 pump for nectar thick
      • …2 pumps for honey thick
      • …4 pumps for pudding thick (spoon thick)
  o Mixing
    ▪ Shaking is key – usually 5-10 seconds, milk products/supplements up to 25-30 seconds
      • New bottles for measuring/shaking cold beverages
    ▪ Alternative to shaking is using a fork to vigorously mix in a cup
      • For hot coffee – safety issue
    ▪ Cannot over mix, check for globs of gel, may see air bubbles
  o Other
    ▪ Do not eye-ball appearance of drink/add additional thickener

- Which liquids need to be thickened with Simply Thick?
  o Oral supplements – Ensure, Glucerna, Nepro
  o Coffee
  o Hot chocolate
- Soups
- ?

- Are there any liquids that can't be thickened with Simply Thick?
  - Poor results with Ensure clear – avoid
  - Report any other poor results you notice

- What liquids are available pre-thickened?
  - Juice – nectar and honey
  - Water – nectar and honey
  - Milk product

- Staff demo’s

- What is something new that you learned today? OR Share one thing you plan to do differently.

- Any comments or questions? Recognition for good thickening?
Thickened Liquids In-Service Evaluation

Directions: For each statement, please circle the response that best expresses your opinion.

<table>
<thead>
<tr>
<th>The in-service increased my knowledge and understanding of thickening liquids.</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
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<tbody>
<tr>
<td>The instructor's use of teaching techniques, pacing of activities, and knowledge of content was:</td>
<td>Excellent</td>
<td>Good</td>
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