

Mealtime Observation

Date:	Reviewed by:				
Mealtime: BF L D	Facility:				
No. of residents on TMDs:	EC7	SB6	MM5	PU4	LQ3
No. of residents on thickened fluids:	EX4	MO3	MT2	ST1	
No. of residents required assistance:	Set up		Cut up		Feeding
No. of assistant staff:	Caregivers		Nurses		Others (e.g. family)
Completion of the meals (No. of residents)	All	3/4	1/2	1/4	None
Time to complete meal (No. of residents)	<20 min	20-29 min	30-39 min	≥40 min	
No. of residents on ONS:	Describe what was left in the plate				
Did the texture/consistency change prior eating? Y / N					
Did the food/drink use IDDSI label? Y / N	Describe the dinning environment (e.g. distractions, music, communications)				
Did staff interact with residents? Y / N					
Was the meal covered and the temperature preserved before consumption? Y / N	Describe the assistance provided by the staff				
Did staff check the food was correctly delivered? Y / N	Other notes				

Photos attached

List of Abbreviation used in the form

BF- breakfast; L – Lunch; D – Dinner

TMD – texture modified diet; ONS – oral nutritional supplement; IDDSI – International dysphagia diet standardisation initiative

Levels of texture modified diets: EC 7 – level 7 easy to chew; SB6 – level 6 soft and bite-sized; MM5 – level 5 minced and moist; PU4 – level 4 pureed; LQ3 – level 3 liquidised

Levels of thickened fluids: EX 4 – level 4 extremely thickened; MO3 – level 3 moderately thickened; MT2 – level 2 mildly thickened; ST1 – level 1 slightly thickened