

Resource® ThickenUp® Clear Four Seasons Trial Results.

Nestlé Health Science 2015

Aim.

To collect user feedback and fluid intakes of residents on a thickening powder for management of dysphagia to support a possible change from their current starch based thickener to Resource® ThickenUp® Clear in Four Seasons care homes in Northern Ireland.

Method.

- 2 week fluid intake chart data collection whilst on current thickener across 2 sites
- Nestlé Health Science deliver Resource® ThickenUp® Clear training to staff at both sites
- 2 week fluid intake chart data collection whilst on Resource® ThickenUp® Clear across 2 sites
- Staff/end user questionnaire for both thickening powders

Key findings

- Resource® ThickenUp® Clear was scored more favourably by health care staff compared to previous starch based thickener
- Residents consuming Resource® ThickenUp® Clear may consume up to 14% more fluid per day
- Resource® ThickenUp® Clear scored top of the scale against 88% of the questions: ease of use, ease of mixing (hot drinks, cold drinks and milk), taste and appearance (most like original drink)
- Positive feedback from health care staff on resident experience of Resource® ThickenUp® Clear

Preference results.

- 8% perceived it was easier to serve from the container to the cup than the starch thickener
 - 4% perceived easier to prepare a hot drink than using a starch thickener.
 - 37% perceived easier to mix with milk than using a starch thickener
 - 22% perceived easier to mix with water and juice than using a starch thickener
 - 58% perceived more pleasant taste than a starch thickener
 - 35% perceived more pleasant smell than a starch thickener
 - 83% perceived appearance to be more like the original drink than a starch thickened drink
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Comments from staff

***“Resource® ThickenUp®
Clear is really easy to
mix with all drinks”***

***“Easy to mix with
medications (starch
thickener)”***

***“The starch based thickened
drinks get thicker over
short time”***

***“Resource® ThickenUp®
Clear stays thickened at
the prescribed stage”***

Disclosures:

- Four Seasons Health Care (“Four Seasons”) has consented to us disclosing their name and using the results of the trial for training with another third party
- Nestlé Health Science provided training to Four Seasons staff before the trial was undertaken



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