

YOUR COMPLETE GUIDE TO DYSPHAGIA

Inspired by patients. Developed by experts. Delivered with care.



FOR HEALTHCARE PROFESSIONALS ONLY

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INTRODUCTION

Nestlé Health Science have a nutritional portfolio offering of peptide enteral feeds and thickeners for children with feeding intolerances and dysphagia.

THOSE WHO EXPERIENCE DYSPHAGIA.

Babies, children and young people

Sometimes dysphagia can occur in isolation, with no identified cause. However, dysphagia in babies, children and young people can be associated with a number of different conditions¹:

- Being born prematurely
- Neurological deficits
e.g. acquired traumatic brain injury Rett syndrome
- Oncology/tumours
- Cerebral palsy
- Infectious diseases
e.g. meningitis
- Neuromuscular disorders
e.g. muscular dystrophy
- Respiratory difficulties
e.g. chronic lung disease
- Cardiovascular disorders
e.g. congenital heart disease
- Gastrointestinal difficulties,
e.g. gastro-oesophageal reflux
- Craniofacial conditions
e.g. cleft palate, Pierre Robin sequence
- Congenital syndromes,
e.g. Prader-Willi, Down's syndrome
- Developmental delay

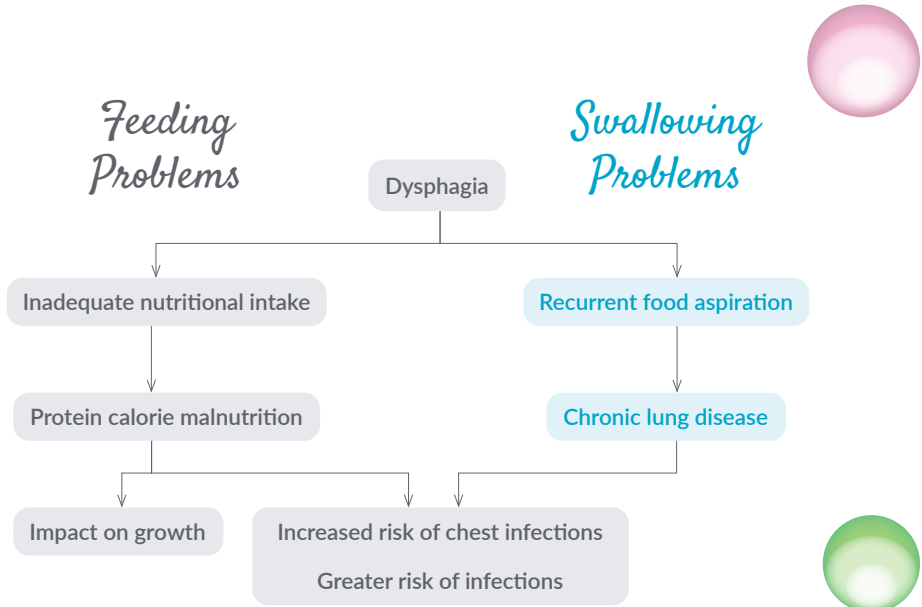
THE MOST RELEVANT DATA ON THE PREVALENCE OF OROPHARYNGEAL DYSPHAGIA REFER TO SPECIFIC POPULATIONS:

Infantile cerebral palsy ²⁻⁴	44-76%
Cognitive development disorders ⁵	30-80%
Cardiac surgery ⁶	18%
Cranioencephalic trauma ⁷⁻⁸	3.8-5.3%

63%
of paediatric patients
requiring a thickener
are aged 3+*

FEEDING CHILDREN WITH CEREBRAL PALSY

Feeding difficulties are frequent in children with **neurological impairment** and recent findings suggest that the incidence of feeding difficulties can be between 21% and 44% for children with general neurodevelopmental disabilities⁹. Multiple factors can affect the **nutritional status** of these patients: side-effects of medication, constipation, long meal times or gastroesophageal reflux (GORD). But the most relevant problem is the difficulty to swallow. Present in around 44-76% of the CP patients¹⁰, it can impact the **safety** of the swallow and nutritional status.



RESOURCE® THICKENUP® CLEAR

For children aged >3 years



Resource® ThickenUp® Clear is a xanthan gum based thickener that makes the swallowing of thin liquids easier and safer.¹⁻³



Taste and odour free



Doesn't form lumps



Clear when mixed with water

VERY EASY TO PREPARE



Easy dilution in both hot and cold liquids



Unique dosage for any type of liquid

EFFECTIVE AND SAFE



- Does not continue to thicken over time
- Improves the ability to form the bolus¹¹
- Being amylase-resistant, ensures a stable consistency during the entire swallowing process¹²



Resource® ThickenUp® Clear is safer and more effective compared to starch-based thickeners¹³



MIXING INSTRUCTIONS

Mixing Resource® ThickenUp® Clear with your drink is simple, however you must ensure you follow the mixing instructions.



POWDER FIRST

Use the dosage scoop included in the tin
For best results, add the powder to a clean, dry cup, glass, or beaker



ADD LIQUID

Add the liquid to the powder



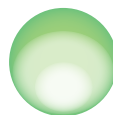
STIR

Start stirring immediately, until the powder is completely dissolved



SERVE

Leave to stand for one minute before serving



RECOMMENDED DOSAGE FOR 200ML OF LIQUID

IDDSI FRAMEWORK	200ml liquids	200ml oral nutritional supplements
LEVEL 1/SLIGHTLY THICK	1 scoop/sachet	-
LEVEL 2/MILDLY THICK	2 scoops/sachets	0.5-1 scoop/sachet
LEVEL 3/MODERATELY THICK	4 scoops/sachets	1-2 scoops/sachets
LEVEL 4/EXTREMELY THICK	6 scoops/sachets*	-

*For Level 4 water and puréed food add Resource® ThickenUp® Clear as needed, to achieve the appropriate consistency. 1 scoop/1 sachet = 1.2g. May contain milk (tin only). It is the responsibility of the person administering Resource® ThickenUp® Clear to ensure that the liquid or food is mixed to the appropriate consistency.

Resource®
ThickenUp® Clear
can be used from 3
years and above.

INDICATIONS

ACBS approved, prescribable on FP10 (GP10 in Scotland) for patients requiring thickening of liquid or food for the management of dysphagia due to conditions such as stroke, Parkinson's disease, muscular dystrophy, motor neurone disease, multiple sclerosis, neurological disorders caused by injury or disease and malignancies of the oral cavity and throat.



RESOURCE® THICKENUP® CLEAR NUTRITION INFORMATION



TYPICAL VALUES	1.2g/200ml LEVEL 1/ SLIGHTLY THICK	2.4g/200ml LEVEL 2/ MILDLY THICK	4.8g/200ml LEVEL 3/ MODERATELY THICK	7.2g/200ml LEVEL 4/ EXTREMELY THICK	100g
Energy kJ/kcal	15/3.7	31/7.3	61.8/14.7	92.7/22	1287/306
Fat (0% kcal) g	0	0	0	0	0
of which saturates g	0	0	0	0	0
Carbohydrate (81% kcal) g	0.74	1.5	3.0	4.5	62
of which sugars g	0.02	0.04	0.09	0.13	1.80
Fibre (18% kcal) g	0.32	0.65	1.30	1.9	27
Protein (1% kcal) g	0	0	0	0.07	1
Salt g	0.032	0.064	0.13	0.19	2.7
Sodium mg/mmol	13/0.56	25/1.1	51/2.2	76/3.3	1060/46.1
Potassium mg/mmol	4.8/0.12	9.6/0.24	19/0.49	29/0.72	400/10.2

RESOURCE® THICKENED DRINKS NUTRITION INFORMATION



IDDSI Level 3



TYPICAL VALUES (ORANGE)	PER 100ML	PER 114ML
General		
Energy kJ/kcal	376/89	429/101
Fat g	<0.10	<0.11
of which saturates g	<0.05	<0.06
Carbohydrate g	21	24
of which sugars g	9.5	11
Protein g	0.4	0.46
Salt g	0.04	0.05
Vitamins		
C mg	11	12

TYPICAL VALUES (APPLE)	PER 100ML	PER 114ML
General		
Energy kJ/kcal	396/93	451/106
Fat g	<0.10	<0.11
of which saturates g	<0.05	<0.06
Carbohydrate g	23	26
of which sugars g	11	13
Protein g	0.10	0.11
Salt g	0.04	0.05
Vitamins		
C mg	11	12

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INFORMATION FOR HEALTHCARE PROFESSIONALS ONLY.

Resource® ThickenUp® Clear is a food for special medical purposes for use under medical supervision.

For more information please contact your local Nestlé Health Science representative or call 00800 6887 4846 or 0800 000030.

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This leaflet has been developed with the help of Speech and Language Therapists. DYS241 Feb 2020