

## Good Practice Guidance for Care Homes

### Thickener Administration Record

**Note: Be aware of the recommendations of PSA Alert reference number: NHS/PSA/W/2015/002, which warns of risk of death from asphyxiation by accidental ingestion of fluid / food thickener**  
<https://www.england.nhs.uk/wp-content/uploads/2019/12/psa-thickening-agents.pdf>

(This chart should be used in conjunction with fluid intake records)

<b>Name</b>			<b>DoB</b>	
<b>Product</b>			<b>Date Opened</b>	
			<b>Use by date</b> Refer to packaging for 'use by date' once open	
<b>IDDSI<sup>1</sup> step</b> [CIRCLE]	<b>Step 1</b> Slightly Thick	<b>Step 2</b> Mildly Thick	<b>Step 3</b> Moderately Thick	<b>Step 4</b> Extremely Thick
<b>Number of scoops per 200ml</b>				
<b>Chart produced by/date:</b>			<b>Chart checked by/date:</b>	

Date	Time	No of Scoops	Liquid thickened (include volume) e.g. 200ml cold water	Signature

<sup>1</sup> International Dysphagia Diet Standardisation Initiative <https://iddsi.org/>

