

# NELLSAR CHEF MASTERCLASS OCTOBER 2021

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This month Adrian Silaghi and I held our first Masterclass since before the pandemic. We adapted to the 'new normal' by holding the Masterclass on Zoom, rather than all the participants meeting in person as usual.

## *Our Masterclass topics were;*

- **Fortification and Malnutrition** – adding calories in a person-centred way.
- **Diabetes in care** – person-centred support.
- **Clinical to catering communication.**
- **International Dysphagia Diet Standardisation Initiative (IDDSI)** – updates and review.

We had a lovely group of Chefs in attendance and our Nourishment and Social Wellness Coordinator from Lulworth House, Katja, also joined.

The first part of the session was focused on **malnutrition and fortification**, which is an important topic in care. We looked at individual meal planning, adding in extra calories to a person's diet, 100 calorie boosters, fortified shakes, mousses and recipes, as well as fortifying for dysphagia and how

to support a person who requires a dairy-free fortified diet.

I then moved onto discussing **Diabetes**. When catering for a diabetic resident in care, it is important to support the individual and acknowledge that each person is different. Some people are insulin controlled, whilst some are pre-diabetic or Type 2 without the need for drugs or insulin.

Food preferences and communication with Nurses and clinical teams help us to know how best to support a person and to know if it's ok to offer a small piece of a 'regular'/full sugar food or to encourage a low carb option.

After a well-deserved tea break, Adrian then took over the Masterclass and discussed the new '**T card' coloured coded system** that we are currently implementing in our **Homes** to ensure a quick and easy way for Chefs to see the special diets of each resident.

Adrian then concluded with a presentation on the **International Dysphagia Diet Standardisation Initiative (IDDSI)**, reviewing all the updates and inviting a Q&A for everyone to share as a group and query anything they needed to with Adrian or myself.

The Masterclass was a great success, providing valuable information and updates to our Teams, with the opportunity to share knowledge and questions.

*Thank you to everyone who attended.*