

## Easy Chewy Roti: Bread for Easy to Chew Diet

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### Problem Statement

Yishun Health (YH) adopted the International Dysphagia Diet Standardisation Initiative (IDDSI) guidelines since 2019. Based on this framework, only patients who can eat Level 7 Regular texture diet will have bread in the menu. However, bread is not available for those patients who do not have swallowing problems (dysphagia) but prefer softer foods, including those on Level 7 Easy to Chew diet. If these patients request for bread, dietitians need to be notified to make special arrangements for bread to be available.

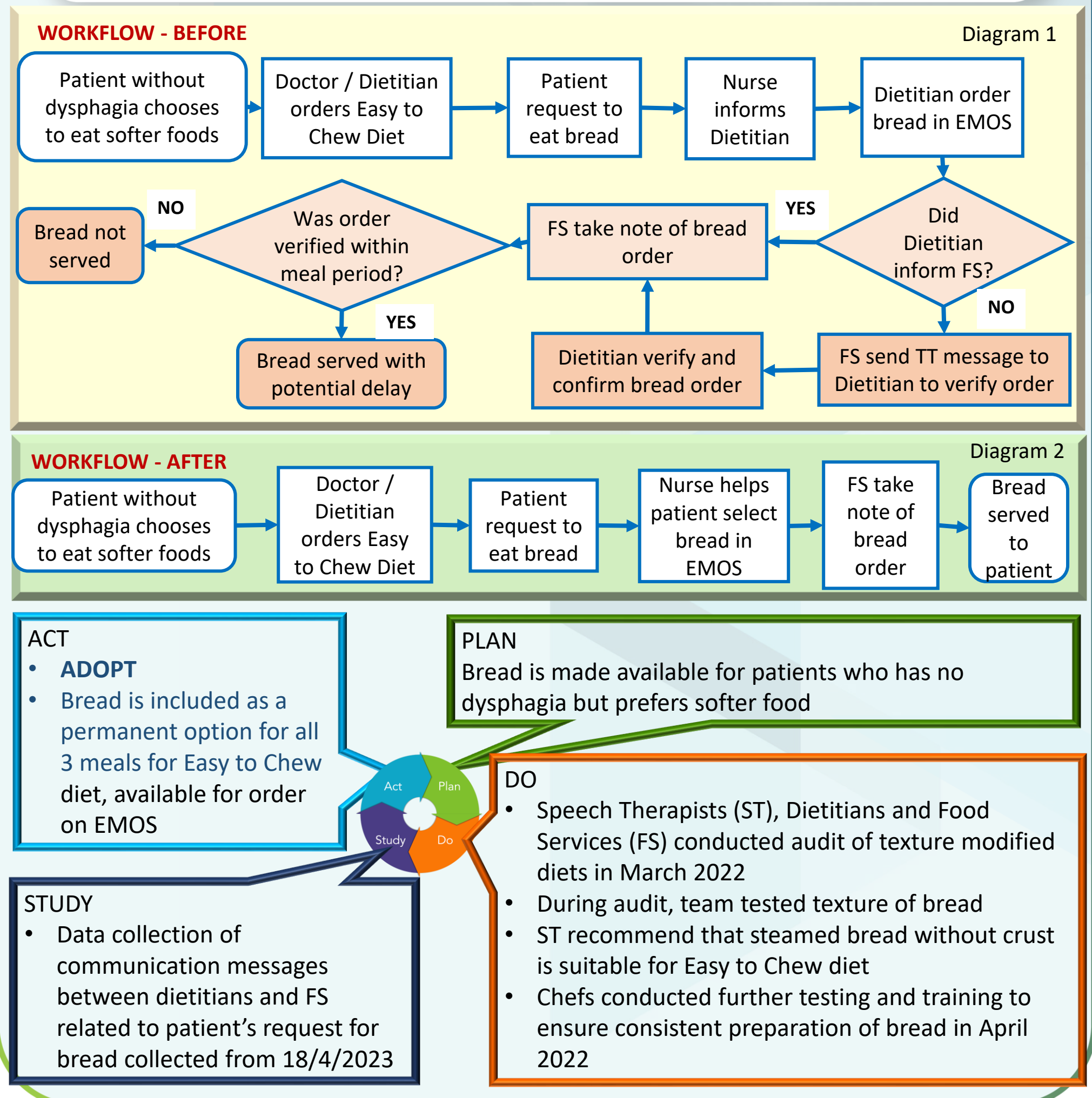
### Project Aim

The aim of this project is to provide bread for patients without swallowing problems (dysphagia) but prefer softer foods.

### Lessons Learnt

1. Dietitians, speech therapists, Food Services and nurses worked together to address patients' concerns and diet requests, which led to a more streamlined work process while meeting patients' needs.
2. The team learned to listen to patients' feedback while balancing the need to be vigilant about patient safety.

### Potential Solutions



### Outcomes & Impacts

1. **Patient Satisfaction**
  - The number of messages about 'bread' were reduced to **ZERO**.
  - The patients were happy to have bread as part of the menu choices.
  - There was **no delay of meals**.
2. **Time Saved**
  - A simplified workflow resulted in total time **saved 440mins (6.6hrs)** per month.
3. **Staff Satisfaction**
  - Nurses can help patients select bread in Electronic Meal Ordering System (EMOS) without special arrangements.
  - Dietitians had less interruption with their work to attend to these food requests.
  - Food Services (FS) staff had a simplified process for patients on Easy to Chew diets requesting for bread.

