**Appendix D to Risk Feeding Policy**

**Suggested questions for mental capacity assessment**

*NB Prior to completing the mental capacity assessment the patient will need to have been provided with an education session to explain the potential risks/ consequences of having un-thickened drinks/ unmodified diet.*

*The Mental Capacity Assessment may need to be repeated to check the patient can retain the information.*

**Purpose of Mental Capacity Assessment:**

To establish if \_\_\_\_\_ can:

1. Make an informed decision about what he/ she eats and drinks
2. Understand why a texture modified diet (texture \_\_ diet) has been recommended
3. Understand why thickened fluids (level \_\_\_) have been recommended
4. Understands the associated risks and potential consequences of eating a normal (unmodified) diet.
5. Understands the associated risks and potential consequences of drinking normal (un-thickened) fluids.

**1. Understanding the information related to the decision:**

Do you have any difficulties with your swallowing?

Why do you have swallowing difficulties?

What swallowing difficulties do you have?

What advice have you been given about your swallowing?

Why have you been given this advice?

How might the advice help?

Have you been advised to change the texture of your food?

What food texture have you been recommended?

Do you think this type of food will help? How?

What sorts of foods are these? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (patient needs to state the food texture that has been recommended i.e. Level 4 puree, Level 5 minced & moist, Level 6 soft & bite-size, Level 7 easy chew)

What could happen if you have a normal diet?

Have you been advised to have thickener in your drinks?

How thick do you need to thicken your drinks?

Do you think thickening your drinks will help? How?

What could happen if you have normal drinks?

Is there an alternative way of managing your swallowing problem? (prompt: NGT/ PEG/ NBM – ***if*** these are appropriate alternatives)

**2. Can \_\_\_\_\_\_ weigh up the positives and negatives of each option?**

What are the benefits of having a \_\_\_\_\_\_ diet ?

(Level 4 puree, Level 5 minced & moist, Level 6 soft & bite-size, Level 7 easy chew)

What are the negatives of having a \_\_\_\_\_\_ diet ?

(Level 4 puree, Level 5 minced & moist, Level 6 soft & bite-size, Level 7 easy chew)

What are the potential consequences of having normal foods?

What are the benefits of having thickened drinks ?

What are the negatives of having thickened drinks ?

What are the potential consequences of having normal drinks?

***If appropriate ask:***

What are the benefits of having alternative feeding NGT/ PEG?

What are the negatives of having alternative feeding NGT/ PEG?

**3. Can \_\_\_\_\_\_ communicate their decision (by any method)?**

What is your decision about your diet and fluids?

Why?

**4. Can \_\_\_\_\_\_ retain the information relating to the decision?**

I just need to check now that you remember the information from earlier in our conversation.

So can you tell me again what diet and fluids you have been recommended?

Why?