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This trial indicated that using Thickness Indicator Model (TIM) tubes improved the accuracy of fluid modification by paid carers. This was both immediately after training, and 3-10 months later.

This study compared three groups of carers working with people with learning disability who create thickened drinks, using national guidelines, for clients. Carers were randomly assigned to three groups that received either; written guidance alone; written guidance plus traditional training; or guidance, training and the provision of TIM tubes. All groups were assessed for accuracy before, immediately after the information provision and 3-10 months later.

Immediately after the training both the training group and training plus TIM group were significantly more accurate than the written guidance alone group. However, after time elapsed only the training plus TIM group was significantly more accurate than the written guidance group.

This study highlights the potential benefits of additional support, TIM tubes, to maintain adherence to fluid texture guidelines over time. It also indicates the need for more investigation into the efficacy of written guidelines and training, particularly long term outcomes.

Chadwick, D. D., Stubbs, J., Fovargue, S., Anderson, D., Stacey, G., & Tye, S. (2014). Training support staff to modify fluids to appropriate safe consistencies for adults with intellectual disabilities and dysphagia: an efficacy study. *Journal of Intellectual Disability Research*, 58(1), 84-98.

Open access:

https://www.researchgate.net/profile/Darren_Chadwick/publication/234821855_Training_support_staff_to_modify_fluids_to_appropriate_safe_consistencies_for_adults_with_intellectual_disabilities_and_dysphagia_An_efficiency_study/links/543fd2750cf2fd72f99db2ea.pdf

Sally Morgan

Lecturer in Speech & Language Therapy

City, University of London