

Mealtracker 3.0 Support Document

Topic: Thickened Liquids

Description: Recommended method for indicating thickened liquids for a resident. This method ensures the display on tray tickets and will produce a count on production sheets.

Procedure:

1. In the Resident profile, **edit** the **diet note** to indicate the resident is on thickened liquids.
2. In the resident profile, in the Resident Notes section, select **Item Notes**. Click on **Add**, type in **Thickened Liquids** in the Search box. Select **Thickened Liquids Group** from the food lists displayed (Groups are always indicated with an asterisk).

***If the Thickened Liquids group was not previously created, you may create it now by clicking on **GROUPS** then **ADD**. Follow the steps in the next section of this document: **CREATING A THICKENED LIQUIDS GROUP**.*

If the group had been previously created, continue below.

3. **Select** the note desired, for instance, honey thickened, nectar, thick-it, etc. If the desired thickening description is not on the list, you may add it by typing it in the provided space in the "Search or Create" box.
4. Once you select and click ok. This note will appear with any beverage or liquid in the Thickened liquids groups.

Creating a Thickened liquids Group

1. From the Food Item Folder, select "**View/Enter Food Groups**".

****You may also add a group from the Add Item Note, Dislikes and Allergies selections in the resident profile.*

2. Click on **ADD**, enter the group name. **Thickened Liquids Group** will be used in this example. Once the group is created, you need to add the food items to be included in this group. Make sure that the Thickened Liquids Group is selected.
3. In the Group Contents section. Type in the food item keyword to search for. As an example, we will type in the word **Juice**. A window listing all the items with the word juice will appear. Select the items that require to be thickened. You may select more than one by holding the control key down or you may click on the **SELECT ALL** button to

select all items listed. Repeat this step for all liquids that you would like to include in the group.

4. Once you have selected all the items to include in the group, those items will be included in the new food group.

A sample tray ticket showing the thickened liquids note is displayed below

SAMPLE NURSING HOME

TOM CASABLANCA 96

REGULAR

THICKENED LIQUIDS

MONDAY (W3-D16) DINNER

------(04/28/2008)-----

2% MILK - 4 OZ

HONEY THICKENED

SLICED TURKEY - 4 OZ

MASHED POTATOES - 4 OZ

BROCCOLI W/CHEESE SAUCE - 4 OZ

TOSSED SALAD - 4 OZ
SALAD DRESSING - 2 TBL

DINNER ROLL - 2 IND
MMARGARINE - 1 PKG

COFFEE - 1 CUP

HONEY THICKENED

SUGAR PACKET - 2 PKT
