

Pictorial Menus

The following information will hopefully provide the answers to the most FAQs in relation to the pictorial menus project.

Why? The requirement for a pictorial menu has been a long identified need across all hospital sites in NHSG. Those with any communication impairment or who have English as a second language, have to rely on others to make their meal choices as the current system involves reading and writing. The menus will be of great benefit to provide the person centred care we all strive to deliver and allow individuals with additional needs the opportunity to be empowered to choose their own meals. The nutritional care of inpatients will be enhanced by allowing people to choose foods they find appetising and appealing.

The project has been funded by the Scottish Government Equally Well Initiative.

What? The pictorial menus are in the form of an A4 booklet. There is a booklet for each of the three weeks of the rolling programme of menus.

Who? The menus can be used with people who have difficulty reading, understanding language or who have:

- A learning disability
- Communication impairment
- Aphasia
- A cognitive impairment
- Neurological conditions
- English as a second language.

Each booklet is for single patient use but can be used for the duration of the patients stay.

The project team has been made up of members of the speech and language therapy department, the dietetics department, the catering department, nursing, corporate graphics and medical illustrations.

The booklets were developed with a number of focus groups made up from those who will be the main users and nursing staff.

When? Each adult inpatient ward across NHSG received an initial three packs during the weeks of the 9th and 16th of May 2016 and thereafter the menus can be ordered via PECOS using the following codes:

Week one: ZKO 001

Week two: ZKO 002

Week three: ZKO 003.

How? The person assisting the individual to make their meal choice should do the following:

- Make sure you have the person's attention

- Explain the choices slowly and clearly
- Point to the pictures
- Check that the person has understood, if not explain.

Encourage the person to indicate their choices in any way they can:

- Speaking
- Pointing
- Yes and no questions.

For further information please email nhsg.pictorialmenus@nhs.net