

Talking Mats symbol suggestions

The following are the symbols that we use at RHN when using Talking Mats as part of capacity assessments for future feeding options.

See the Talking Mats website for useful information and how to book onto training courses: www.talkingmats.com.

We usually complete two mats – one on the pros and cons of having a feeding tube (+/- tastes for pleasure) and one on eating and drinking at risk with no tube.

Pros and cons of having feeding tube - possible symbols:

- May prolong life (some patients may see as a pro or a con)
- PEG gives you food/fluid and medication
- Less risk of choking
- Small amount to eat of pleasure
- Stay a healthy weight
- Won't feel uncomfortably hungry
- Nil by mouth
- PEG tube not usually removed
- Operation to insert tube
- Infection of PEG site
- Pain on PEG site
- PEG feed going into lungs
- Saliva going into lungs

Pros and cons of eating and drinking at risk – possible symbols:

- Eating is social
- Enjoy your food and drinks
- Modify drinks to make it easier
- Modify food to make it easier
- Eating out
- Lose weight
- Dehydration
- Death
- Coughing on food/drink
- Discomfort/distress when eating drinking
- Harder to eat/drink or take medicines if poorly
- Chest infection