

# Taste for Pleasure

## Speech and Language Therapy Department Patient Information Leaflet



## What is Taste for Pleasure?

When it becomes too difficult for a person to eat or drink any amount of food or fluid – even a small spoonful, it is still possible for them to have taste for pleasure.

This means allowing End of Life patients to have mouth care with their favourite flavour drink such as juice, tea, lemonade or even alcohol. A soft toothbrush can be dipped into the patient's favourite flavour to provide enjoyment and ensure moisture to the mouth. This will benefit the patient by providing a pleasant taste and comfortable mouth until the end of life.

## How is it done?

Ensure good oral hygiene is established before giving tastes for pleasure. Once the mouth is clean, perform mouth care again but this time with their favourite flavour.

A soft toothbrush can be dipped in the patient's favourite flavour, excess shaken off and used around lips and then inside the mouth using the flavoured soft toothbrush so they taste the flavour and moisten their palate.

Because this is just a taste, no thickener is required in those patients who would usually require it.

Some foods such as chocolate (for example, chocolate buttons), ice cream/lollies can also be considered. However, please seek advice from your speech and language therapist if appropriate.

Family/friends can tell staff what's important to their loved one and what their favourite flavours are.

Family/friends/volunteers can be shown how to support taste for pleasure and be part of this important care.



## **Taste for Pleasure Sign**

A Taste for Pleasure sign should be placed on the bed board behind the patient's bed. This can be used as an alternative to the NBM (Nil by Mouth) sign.

To ensure safe and kind care at end of life, taste for pleasure should be enjoyable and not harmful or uncomfortable, if it becomes unpleasurable stop and seek advice if required.

The Trust cannot provide alcohol. However, family / friends can bring it in if safe and appropriate to do so. Please discuss with the ward staff.

# Other sources of information:



**Speech and Language Therapy Department:**  
Telephone: **01253 953873**



**Hospital switchboard**  
Telephone: **01253 300000**

## Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives.



You can contact them via tel: **01253 955589**  
or by email: **bfwh.patientrelations@nhs.net**



You can also write to us at: Patient Relations Department, Blackpool Teaching Hospitals NHS Foundation Trust, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR



Further information is available on our website: **www.bfwh.nhs.uk**

If you'd like a large print, audio, Braille or a translated version of this booklet then please call: **01253 955520**



**01253 955520**