

What is IDDSI?

International Dysphagia Diet Standardisation Initiative

Please note...

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Supplementary Notice: Modification of the diagrams or descriptors within the IDDSI Framework is DISCOURAGED and NOT RECOMMENDED. Alterations to elements of the IDDSI framework may lead to confusion and errors in diet texture or drink selection for patients with dysphagia. Such errors have previously been associated with adverse events including choking and death.

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Learning objectives

On successful completion of this module, it is expected that Irish healthcare professionals will be able to;

- Demonstrate an understanding of the IDDSI framework
- Demonstrate an understanding of the IDDSI food and drink testing methods
- Understand the syringe specification required to do food and drinks testing as recommended by IDDSI
- Use the IDDSI food and drink testing methods, as appropriate, within dysphagia management in their clinical setting
- Apply the IDDSI framework to dysphagia management within their clinical setting

Supporting resources

- IDDSI Framework

<https://iddsi.org/Documents/IDDSIFramework-CompleteFramework.pdf>

- IDDSI Framework Testing Methods

<https://iddsi.org/Documents/IDDSIFramework-TestingMethods.pdf>

- IDDSI Food Testing

<https://iddsi.org/framework/food-testing-methods/>

- IDDSI Drink Testing

<https://iddsi.org/framework/drink-testing-methods/>

- Syringe Information

http://ftp.iddsi.org/Documents/FAQs_IDDSI_TESTING_DRINKS_slip%20tip_syringe_29_June_2018_rev.pdf

- Section 5 of Implementation Toolkit for the Food, Nutrition and Hydration Policy for Adult Patients in Acute Hospitals
- Toolkit for Texture Modified Diets for Paediatrics: a guide for staff to support menu planning of texture modified diets in a paediatric setting

Background

2012

An international multidisciplinary group came together with the idea to develop international dysphagia terminology that is suitable for all individuals with dysphagia

2013

International Dysphagia Diet Standardisation Initiative (IDDSI) was officially formed

2015

First IDDSI Framework published

- Current board of directors
- All members are volunteers and are committed to improving the safety of people with dysphagia

IDDSI Board of Directors



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UK



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Brazil



Jan Duivesteyn
Canada



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International Co-Chairs



IDDSI

International Dysphagia Diet
Standardisation Initiative



Safety through...

Common terminology for

All ages

All care settings

All cultures

www.iddsi.org



Milestones recorded in Open Access Journal publications

Curr Phys Med Rehabil Rep
DOI 10.1007/s40141-013-0024-z

SWALLOWING DISORDERS (RE MARTIN, SECTION EDITOR)

The Need for International Terminology and Definitions for Texture-Modified Foods and Thickened Liquids Used in Dysphagia Management: Foundations of a Global Initiative

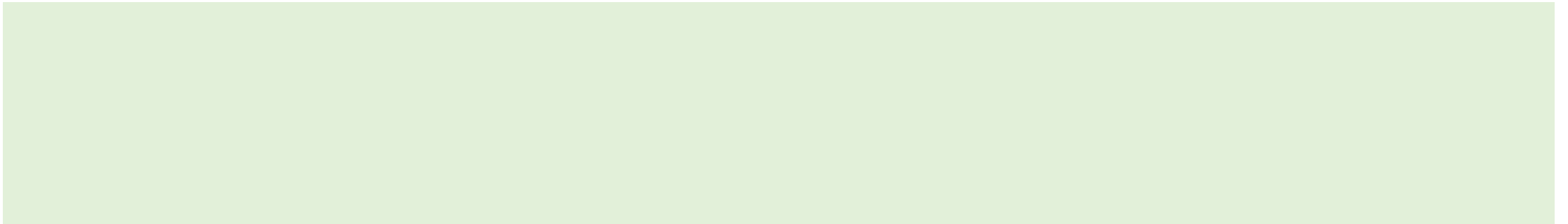
Julie A. Y. Cichero • Catriona Steele • Janice Duivesteyn • Pere Clavé •
Jianshe Chen • Jun Kayashita • Roberto Dantas • Caroline Lecko •
Renee Speyer • Peter Lam • Joseph Murray

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IDDSI Framework



How the framework came to be...

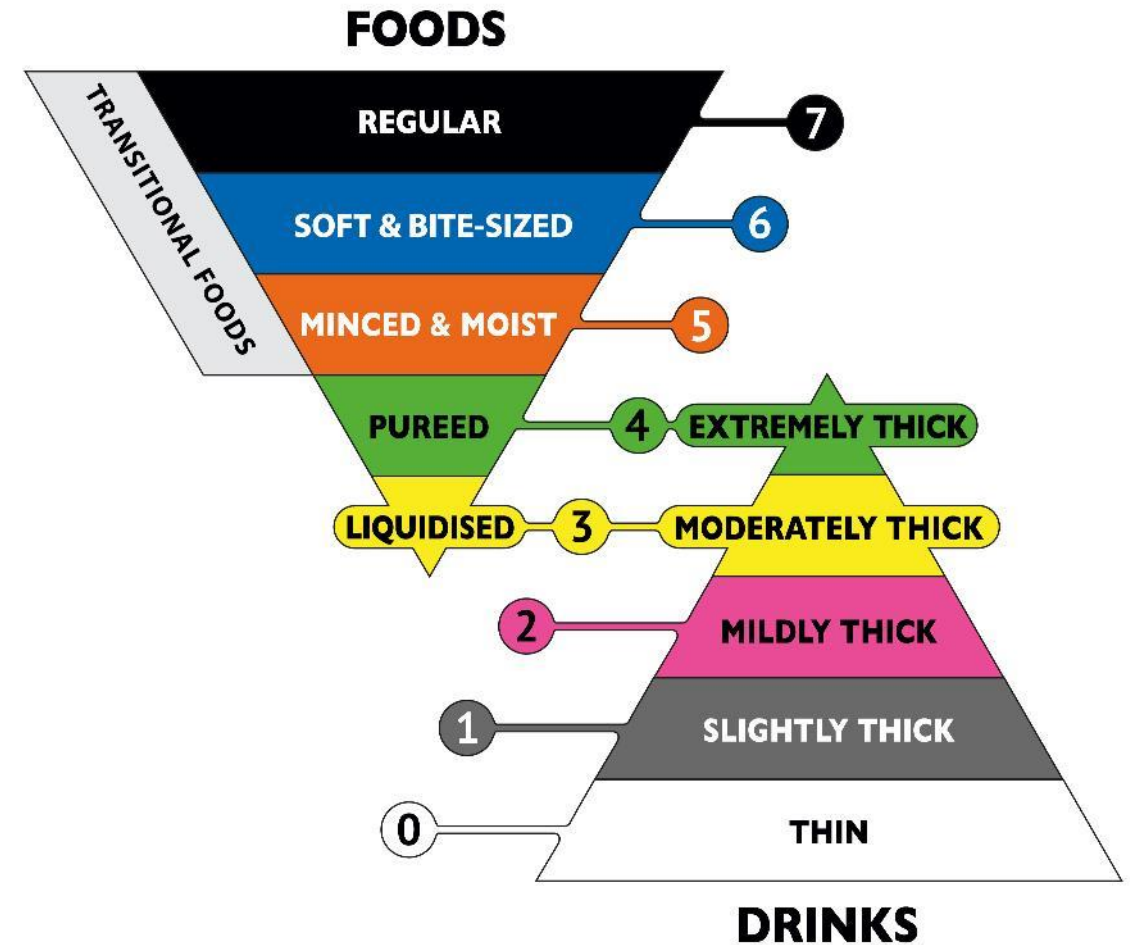
- The IDDSI framework was based on an integration of findings from:
 - Current dysphagia diet terminology from around the world
 - Results from a systematic review
 - Global survey responses
- A draft framework was shared and feedback was used to inform the final IDDSI framework
- The IDDSI framework is a living document – modifications may arise to reflect new research and evidence as it becomes available

- **8 levels**

- 0 = thin drinks
- 1 = slightly thick
- 2 = mildly thick
- 3 = moderately thick & liquidised
- 4 = extremely thick & pureed
- 5 = minced & moist
- 6 = soft & bite-sized
- 7 = easy to chew
= regular food]

- Each level distinctly identified with a colour, number and a label

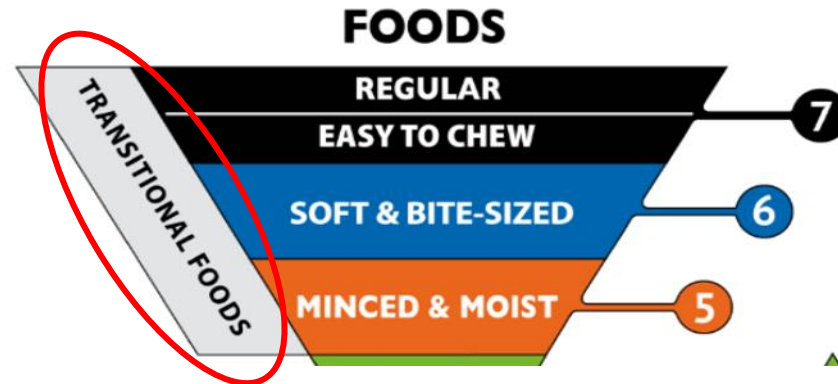
- Note, as they share similar characteristics drinks and foods are connected at levels 3 & 4
 - 3: moderately thick drink and liquidized food
 - 4: extremely thick drink and pureed food



The International Dysphagia Diet Standardisation Initiative 2016 @idp.iddsi.org/framework

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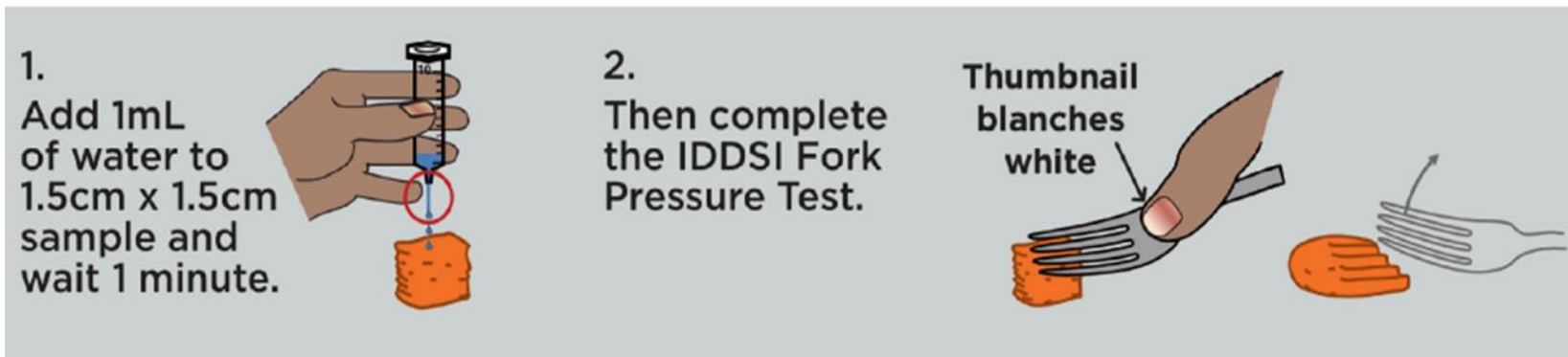
Transitional Foods (levels 5,6,7)



- Foods that start as one texture (e.g. solid) but change into another texture when moisture (saliva, water) is added or when a change in temperature occurs
- Biting is not required
- Minimal chewing is required
- Tongue pressure can be used to break these foods once the texture has been changed by moisture/saliva or temperature
- Developmental teaching or rehabilitation of chewing skills









Samples and testing method

- Ice chips
- Ice cream/sherbet
- Wafers
- Waffle cone
- Prawn crisps
- Shortbread



Framework comes with detailed descriptors for each level which outline:

- the specific characteristics of the food or drink level
- the physiological rationale for the level
- evidence supporting the level
- testing methods for the level

 5 MINCED & MOIST 		
Description/character Texture restrictions sh summary table	 4 PUREED 4 EXTREMELY THICK 	
 3 LIQUIDISED 3 MODERATELY THICK 		sible))
Description/characteri: Texture restrictions sho summary table	 1 SLIGHTLY THICK 	
	Description/ Characteristics	<ul style="list-style-type: none"> • Thicker than water • Requires a little more effort to drink than thin liquids • Flows through a straw, syringe, teat/nipple • Similar to the thickness of commercially available 'Anti-regurgitation' (AR) infant formula
	Physiological rationale for this level of thickness	<ul style="list-style-type: none"> • Predominantly used in the paediatric population as a thickened drink that reduces speed of flow yet is still able to flow through an infant teat/nipple. Consideration to flow through a teat/nipple should be determined on a case-by-case basis.

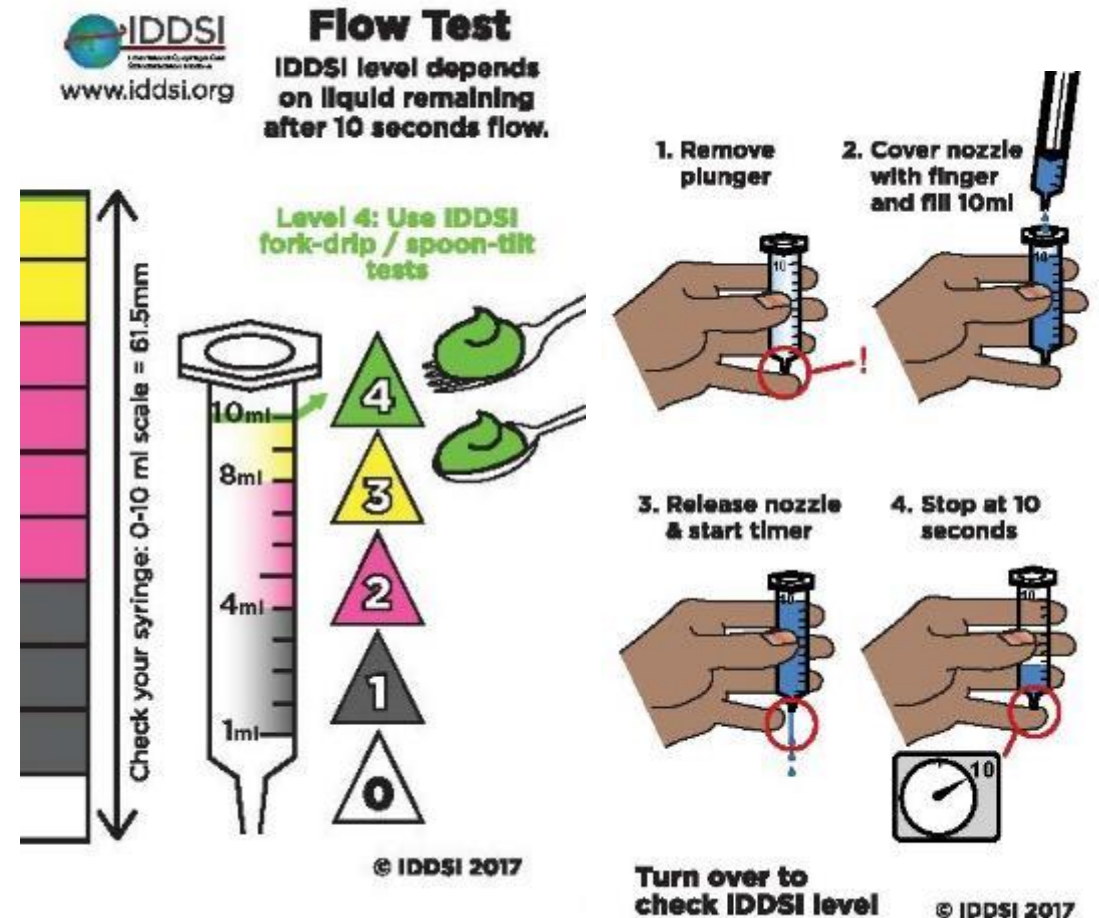
IDDSI Testing Methods

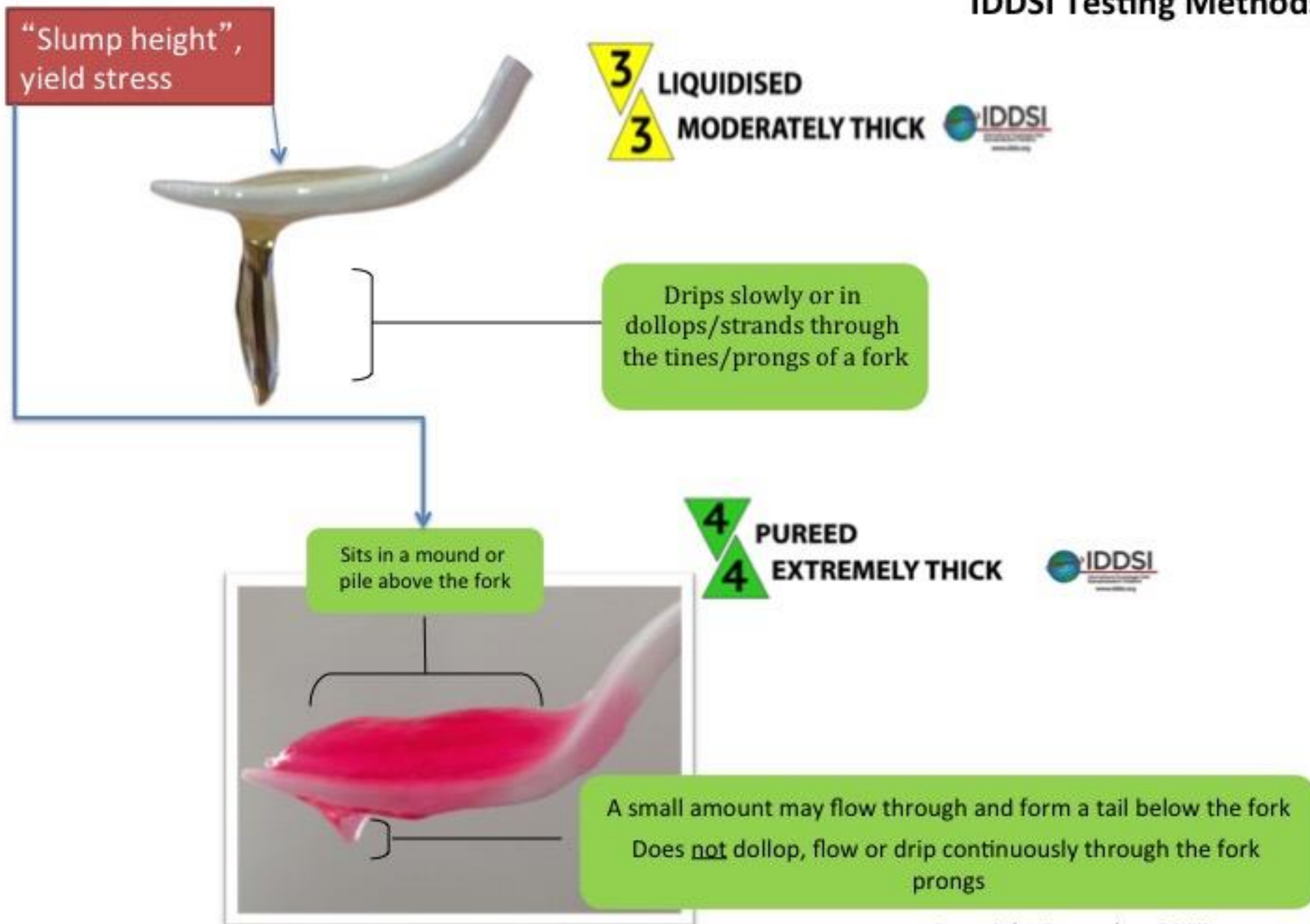
Drinks

IDDSI Flow Test

- The IDDSI flow test was developed to test the ability of a liquid to flow
- The IDDSI Flow test is **inexpensive, accessible and easy to perform** requiring only a 10 ml slip tip hypodermic syringe and timer
- The thickness level of a drink is defined by the amount of liquid remaining in a 10ml syringe after 10 secs of flow

Note that the dimensions of the syringe are important – please ensure that the length from the zero line to the 10 mL line on the syringe measures 61.5mm. BD™ syringes were used for the development of the tests.





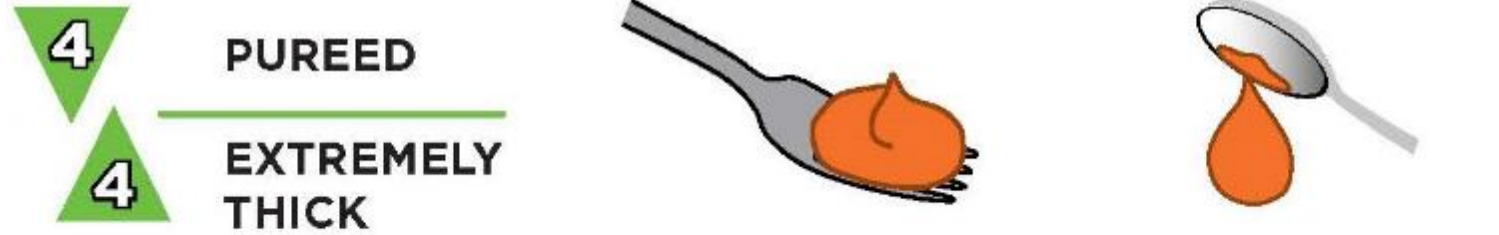
Food

IDDSI TESTING METHODS

Food testing methods

- Fork Drip Test (levels 3-4)
- Fork/Spoon Pressure Test (levels 4-7 & transitional)
- Spoon Tilt Test (levels 3-5)
- Assessing particle size (level 5&6)

Recognising that some cultures may not use forks or spoons, IDDSI have also developed the chopstick test and the finger test



IDDSI Fork Pressure Test:

- A fork can be applied to the food sample to observe its behavior when pressure is applied.
- Pressure applied to the food sample has been quantified by assessment of the pressure needed to make the thumb nail blanch noticeably to white.





6 SOFT & BITE-SIZED



Sample squashes and does not return to its original shape when pressure is released

Thumb nail blanched to white

IDDSI Spoon Tilt Test



IDDSI Spoon Tilt Test determines
Cohesion (ability to hold together) *and*
Adhesion (stickiness)

For safety the bolus should
be cohesive enough to hold
its shape but not sticky

Assessing particle size

(Kennedy et al, 2014; Samuels & Chadwick, 2006)

- Level 5 minced and moist

4 x 4mm = adult particle size

2 x 2mm = paediatric particle size

Adults: The slots/gaps between the prongs of a standard dinner fork typically measure 4mm

Paediatrics: Should be smaller than width of child's little finger

- Level 6 soft and bite-sized

15 x 15mm = adult particle size

8 x 8mm = paediatric particle size

Adults: approximate size of adult thumb nail or typical width of a standard dinner fork

Texture Testing

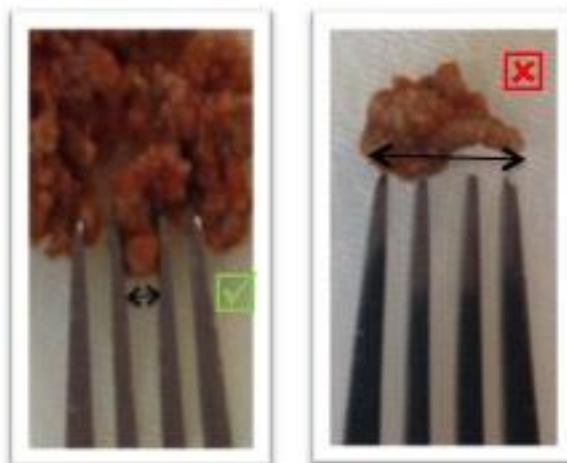


IDDSI Fork Test

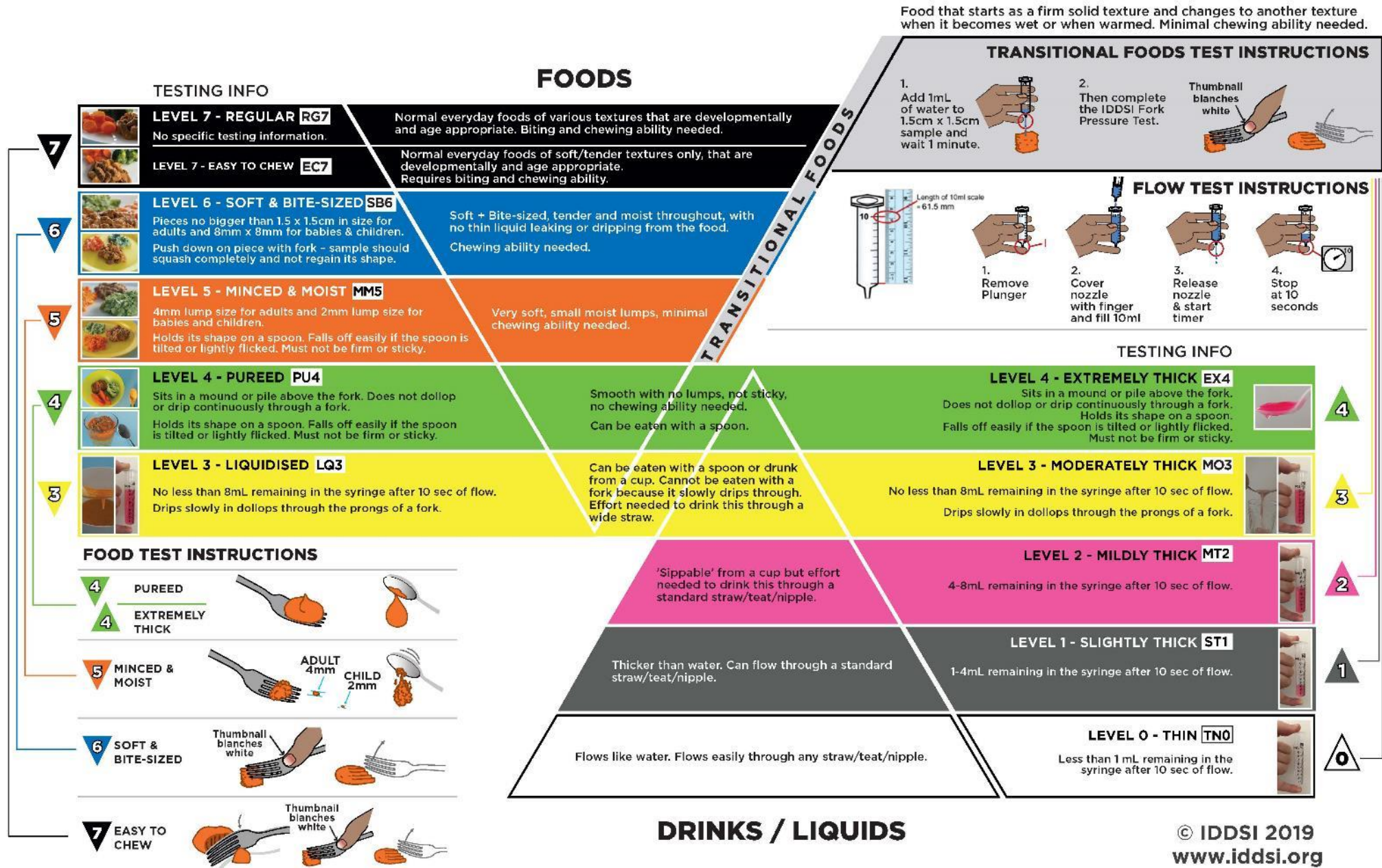
The slots/gaps between the tines/prongs of a standard dinner fork typically measure 4 mm

Pediatrics 2mm; Adults 4mm

Compliance for particle size measurement (4mm)



5 MINCED & MOIST

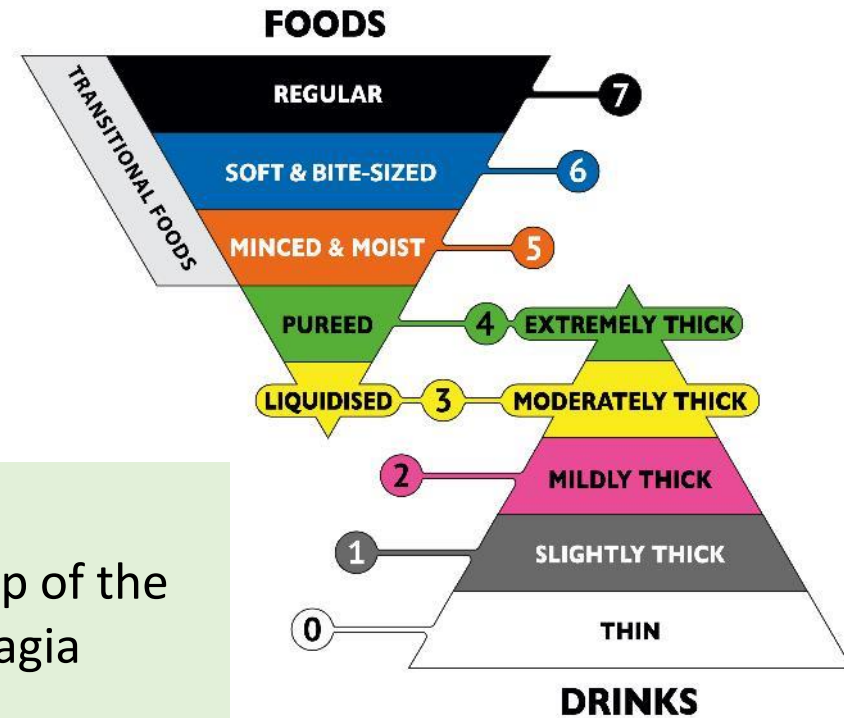


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Acknowledgements:

- Education and Training subgroup of the National HSE Changes in Dysphagia Management Working Group
- IDDSI

The End