

Webinar 2: IDDSI: Testing measures for food quality control and safety

International Dysphagia Diet Standardization Initiative (IDDSI) Training Series

Prior to Viewing Webinar 2:

1. Gather the equipment and supplies needed for each person to participate in the hands on testing (See Food Testing on the next page).
 - Stop the recording and to try the testing during the webinar. Practice will help you learn and feel comfortable with the testing methods.
2. Each person should have a copy of the IDDSI Framework poster to refer to during the webinar:
https://ftp.iddsi.org/Documents/IDDSI_framework_with_creative_commons_Mar2019.pdf
3. Review the IDDSI Framework and Descriptors:
https://ftp.iddsi.org/Documents/Complete_IDDSI_Framework_Final_31July2019.pdf

Webinar 2 Objectives:

After this training, the learner will be able to:

1. Demonstrate effective testing and analysis of foods, according to the IDDSI Framework, Descriptors and Testing Methods.
2. Gain skills and resources to move from IDDSI awareness, to preparation, and eventually to adoption.

Webinar 2 Outline:

- I. Brief review of the IDDSI Framework and Detailed Descriptions and Testing Measures.
 - II. Review of important food properties: how time and temperature can alter consistency (as food cools it can become thicker and hard/sticky), why testing is important.
 - III. Introduction to IDDSI Test Cards
 - IV. Review of various testing measures:
 - IDDSI Spoon Tilt Test
 - IDDSI Fork Pressure Test
 - IDDSI Fork/Spoon Separation Test
 - IDDSI Particle Size Compliance
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After Webinar 2:

1. Refer to the IDDSI FAQs for answers to questions: <https://iddsi.org/faq/>
2. Hands on Food Testing: Play each of the IDDSI food testing videos, pausing in between to practice testing. Videos can be found here:
<https://www.youtube.com/channel/UC0I9FDjwJR0L5svIGCvIqHA/videos>

Resources for Webinar 2:

IDDSI documents and resources (<https://iddsi.org/resources/>):

1. Detailed Descriptors and Testing Methods
https://ftp.iddsi.org/Documents/Complete_IDDSI_Framework_Final_31July2019.pdf
2. IDDSI Framework Testing Methods
https://ftp.iddsi.org/Documents/Testing_Methods_IDDSI_Framework_Final_31_July2019.pdf
3. Full IDDSI Framework Poster with Foods & Drinks Classifications and Testing Methods (Adult and Pediatric) https://ftp.iddsi.org/Documents/IDDSI_Whole_Framework_A3_Poster_Final.pdf

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4. Food Test Cards
 - https://ftp.iddsi.org/Documents/IDDSI_Reference_Card_Folded_DL_Sponsors_vers_4_FINAL_SPREADS.pdf
 - https://ftp.iddsi.org/Documents/IDDSI_Food_Test_Cards_USA_vers_89x51mm_FINAL_with_bleed.pdf
5. Consumer Handouts for Adults and Pediatrics: Go to <http://iddsi.org/resources/>. Then click on General Resources, and then Consumer Handouts (Pediatric or Adults)

Resources for Professionals:

Audit Sheets: <https://iddsi.org/resources/> → Implementation Resources tab → Audit Sheets

- For example, here is the Audit Sheet for Soft & Bite-Sized, Level 6: https://iddsi.org/wp-content/uploads/2018/02/L6-Soft-and-Bite-sized_Audit-Tool_18January2018.pdf

Free IDDSI webinar (90 minutes, 1.5 CPE) can be accessed here:

- <https://www.beckydorner.com/free-resources/free-cpes/>
- <https://www.hormelhealthlabs.com/resources/for-healthcare-professionals/>
(Scroll down to Free CPE Training)

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Food Testing During or After Webinar 2

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Supplies Needed:

1. **Napkins** or paper towels
2. **Plates** - space to plop pureed samples onto and surface to do the fork pressure test.
3. **Real metal utensils.** (Not plastic utensils):
 - Lots of spoons to do a Spoon Tilt Test on a variety of pureed foods.
 - Standard dinner forks
 - Knives if you need to cut foods to make a lot of sample food pieces for people to test.
 - Pureed food samples (e.g., applesauce, pudding, yogurt, pureed food from a tray line)
 - Soft food samples. The easiest to have available is a bunch of bananas. You can cut a chunk for each person to test. Or you can use soft cookies, ground or chopped foods from your kitchen.
 - People can try the Fork/Spoon Separation Test (for Easy To Chew and Soft & Bite-sized). Have them use the side of the fork to cut off a chunk of banana.
 - Use the dinner forks to do the Fork Pressure Test with banana chunk on the plate. See how easy it is to squash and it leaves indentations on the banana sample.
 - If you have foods from your tray line, you can do these tests on many other foods. Try a food like bread, and show how fork pressure does not change its shape. Talk about how much chewing and manipulation is required in the mouth to make it swallow ready and safe.
4. **Metric rulers** for particle size testing (copy a centimeter ruler off the internet to give little paper rulers, or laminate them, so that people can keep these in their pockets).

Testing

1. Measure your own thumbnail, and measure across the top of a standard dinner fork. Is it about 1.5cm? That is the size of a bite that is small enough to fall through the airway and not block the airway.
2. You can use soft cookies and break them into small pieces for 1.5cm.
3. See Soft & Bite-sized Level 6 Test Cards with the 1.5 measurement already on the bottom of the card.
4. Now look at 4mm. Measure the space between the tines of a standard dinner fork - that should be 4mm. That is the size of a piece of food when it is already chewed and swallow ready. If you are a close/familiar group, people can chew a hard cookie and spit it out to see their particle sizes right before they were ready to swallow. You don't need to touch that sample, just observe and throw away. Have napkins and hand sanitizer ready! If you don't do this live, you can suggest people try this at home.
5. See Minced and Moist Level 5 Test Cards with the 4mm measurement on the bottom of the card.
6. Have different foods from the tray line to measure your "ground" and "chopped" or whatever you call your equivalents of Minced and Moist; Soft & Bite-Sized.

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