

# Webinar 3: IDDSI: Testing measures for beverage quality control and safety

International Dysphagia Diet Standardization Initiative (IDDSI) Training Series

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## Prior to Viewing Webinar 3:

1. Gather the equipment and supplies needed for each person to participate in the hands on testing (See separate document on Drink 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 to refer to  
[https://ftp.iddsi.org/Documents/IDDSI\\_Whole\\_Framework\\_A3\\_Poster\\_Final.pdf](https://ftp.iddsi.org/Documents/IDDSI_Whole_Framework_A3_Poster_Final.pdf)
3. Each person should also have a copy of the IDDSI Flow Test Poster:  
<https://iddsi.org/wp-content/uploads/2017/04/20170403-IDDSI-Flow-Test-Handout.pdf>

## Webinar 3 Objectives:

After this training, the learner will be able to:

1. Demonstrate effective testing and analysis of drinks, 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 3 Outline:

- I. Review of why testing is important, and review of various drink testing methods (fork drip test, flow test).
  - II. Review of steps from preparation to service for each category.
    - How time and temperature can change the consistency of liquids (ex. starch thickens over time, xanthan gum will thicken with cold).
    - The qualities of the drink can change how these products thicken based on acid (i.e. OJ) or protein content (i.e. oral nutritional supplements).
  - III. Frequency of testing.
  - IV. Use of commercial products, etc.
  - V. Encourage participants to take a few minutes to try the testing! (The more you practice, the more you learn and feel comfortable with the testing methods.)
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## After Webinar 3:

1. Refer to the IDDSI FAQs for answers to questions: <https://iddsi.org/faq/>
2. Hands on Drink Testing: Play each of the IDDSI drink testing videos, pausing in between to practice testing. Videos can be found here:  
<https://www.youtube.com/channel/UCO19FDjwJR0L5svIGCvIqHA/videos>
  - Make sure you test liquids when they are cold, room temperature, and hot as thickness is temperature dependent.
  - Test the oral nutritional supplements that you are using. If in a health care facility, encourage SLPs, RDNs, and RNs to test liquids together.

## Resources for Webinar 3:

Refer to IDDSI documents and resources. <https://iddsi.org/resources/>

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1. IDDSI Flow Test Cards: [https://ftp.iddsi.org/Documents/IDDSI\\_Flow\\_Test\\_Cards\\_USA\\_vers\\_89x51mm\\_FINAL\\_with\\_bleed.pdf](https://ftp.iddsi.org/Documents/IDDSI_Flow_Test_Cards_USA_vers_89x51mm_FINAL_with_bleed.pdf)
2. IDDSI App – Go to your App store on your iPhone or android and search “IDDSI”
3. Consumer handouts for thickened liquids: Go to <https://iddsi.org/resources/> → General Resources → Consumer Handouts for adults and pediatrics

### Resources for Professionals:

1. IDDSI Flow Test Card:  
[https://ftp.iddsi.org/Documents/IDDSI\\_Flow\\_Test\\_Cards\\_USA\\_vers\\_89x51mm\\_FINAL\\_with\\_bleed.pdf](https://ftp.iddsi.org/Documents/IDDSI_Flow_Test_Cards_USA_vers_89x51mm_FINAL_with_bleed.pdf)
  - Printing information for Flow Test Card: <https://iddsi.org/wp-content/uploads/2018/07/IDDSI-Flow-Test-Cards-Ordering-Instructions.pdf>
2. IDDSI Audit for Liquids  
[https://iddsi.org/wp-content/uploads/2018/01/Liquids\\_L0\\_L1\\_L2\\_L3\\_18-January-2018.pdf](https://iddsi.org/wp-content/uploads/2018/01/Liquids_L0_L1_L2_L3_18-January-2018.pdf)
3. Review the IDDSI Slide Presentation called: “Using the IDDSI Flow test in clinical practice: How thick is thick and does thickness really matter?”  
[http://ftp.iddsi.org/Documents/IDDSI\\_Webinar\\_Sep\\_18\\_19\\_2018\\_Using\\_the\\_IDDSI\\_Flow\\_Test\\_in\\_Clinical\\_Practice.pdf](http://ftp.iddsi.org/Documents/IDDSI_Webinar_Sep_18_19_2018_Using_the_IDDSI_Flow_Test_in_Clinical_Practice.pdf)
  - See Publications and Presentations tabs under IDDSI.org/Resources.
4. Free IDDSI webinars (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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## Drink Testing During or After Webinar 3

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### Supplies Needed:

1. Multiple **cups**
  2. Multiple **different liquids** to thicken. Juice vs water vs milk - all will thicken at different rates.
  3. **Thickening agents**. It is good to test corn-starch based versus gum-based thickeners to see and taste the difference.
    - Have moderately thick and extremely thick liquids available (use the thickening agent to thicken to those levels). Knives if you need to cut foods to make a lot of sample food pieces for people to test.
  4. **Forks and spoons** for mixing thickened liquids and for testing with the Fork Drip Test and Spoon Tilt Test.
  5. **10mL syringes**. Your testing syringe for the Flow Test will need to have the plunger removed. It easily pulls out.
  6. **Stopwatch** (the stopwatch on your phone is a good option)
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### Testing

1. Fill a syringe to the 10mL line with liquid from one cup (or you can use another syringe to fill the testing syringe), and you will need an empty cup below to drip the liquid into it.
2. If you have other liquids available, such as oral nutritional supplements or liquid medications, we suggest that you test these with the Flow Test. See if your supplements are a “slightly thick liquid” or a “mildly thick liquid.”
3. Have regular silverware (forks and spoons) available to test liquids using the Fork Drip Test and Spoon Tilt Test.
4. IDDSI Flow Test poster or Flow Test Card - have this in front of you as a handy chart to measure the amount left in the syringe after 10 seconds. For example, a Slightly thick liquid should leave 1mL to 4mL in the syringe after testing. A Mildly thick liquid will leave 4mL to 8mL in the syringe after 10 seconds. Liquids should fall into one category or another, not right on the borderline between thickness consistency measurements.

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