


Webinar 1: IDDSI: What's it all about? Why do we need to change?

International Dysphagia Diet Standardization Initiative (IDDSI) Training Series

WEBINAR 01

IDDSI: What's it all about? Why do we need to change?



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What you will learn

After listening to this training session, you should be able to:

1. Describe why IDDSI is being implemented
2. Describe the IDDSI international framework
3. Explain how the old NDD maps to the new IDDSI international standards

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PRESENTER


Brenda Richardson MA, RDN, LD, CD FAND

- Award winning, nationally known leader in the field of nutrition and dietetics
- Speaker, author, and consultant to health care facilities and providers
- Active in the Academy of Nutrition and Dietetics, the largest organization of food and nutrition professionals in the U.S.



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Background Information about IDDSI



- Choking deaths around the world in people of all ages
- Overriding goal: Patient safety
- 2013: IDDSI was officially formed
- Board members are volunteers and are committed to improving the safety of people with dysphagia and sharing information freely around the world

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Safety through...

- Common terminology for
- All ages
- All care settings
- All cultures

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Why Do We Need a Standardized System?

Safety

- Multiple Labels and definitions cause confusion
- Within and between institutions
 - Individuals with swallowing difficulties
 - Family / care providers
 - Healthcare professionals
 - Food services

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IDDSI Framework and Detailed Descriptors

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IDDSI Framework and Descriptors
Revised July 2019

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7 Regular - Level 7

What does a Regular Diet (Level 7) require?

Description/characteristics

- Normal, everyday foods of various textures that are developmentally and age appropriate
- Any method may be used to eat these foods
- Foods may be hard and crunchy or naturally soft
- Sample size is not restricted at Level 7, therefore, foods may be of a range of sizes
 - Smaller or greater than 8mm pieces (pediatric)
 - Smaller or greater than 15 mm = 1.5 cm pieces (Adults)
- Includes hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy, or crumbly bits
- Includes food that contains pips, seeds, pith inside skin, husks or bones
- Includes 'dual consistency' or 'mixed consistency' foods and liquids

There are **NO** texture restrictions at this level

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7 Regular - Level 7 Easy to Chew

Description/characteristics

- Normal, everyday foods of soft/tender textures that are developmentally and age appropriate. Chewing is necessary
- Any method may be used to eat these foods
- Sample size is not restricted at Level 7, therefore, foods may be of a range of sizes
- Does not include: hard, tough, chewy, fibrous, stringy, crunchy, or crumbly bits, pips, seeds, pith inside skin, husks or bones
- May include 'dual consistency' or 'mixed consistency' foods and liquids

Fork/Spoon Pressure Test

Pressure from a fork/spoon held on its side can be used to 'cut' or break or flake this texture into smaller pieces

When a sample the size of a thumb nail (1.5x1.5cm) is pressed with the base of a fork/bowl of a spoon to a pressure where the thumb nail blanches to white, the sample squashes, breaks apart, changes shape and does not return to its original shape when the fork is removed.

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6 Soft & Bite-Sized – Level 6

Description/characteristics

- Bite-sized pieces of
 - 1.5 x 1.5cm for adults (about the size of an adult thumb nail)
 - 8mm x 8mm for children
- Chewing is necessary
- Tongue strength and control needed to move food for chewing and for swallowing
- Should be able to easily cut this texture with just the side of a fork

Fork Pressure Test

Press into a bite-sized piece of food with your thumb in the bowl of a fork hard enough that the thumbnail turns white

The food should squash easily and **not** return to its original shape

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5 Minced & Moist - Level 5

Description/characteristics

- Can be eaten with a fork or spoon
- Could be eaten with chopsticks in some cases, if the individual has very good hand control
- Can be scooped and shaped (e.g. into a ball shape) on a plate
- Soft and moist with no separate thin liquid
- Small lumps visible within the food
 - Paediatric, equal to or less than 2 mm width and no longer than 8mm in length
 - Adult, equal to or less than 4mm width and no longer than 15mm in length
- Lumps are easy to squash with tongue

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SOLIDS

5 Minced & Moist - Level 5

Fail
Too crumbly and dry

Pass
Moist and soft



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SOLIDS

4 Pureed- Level 4

4 Extremely Thick - Level 4

LIQUIDS

Description/characteristics



- Usually eaten with a spoon (a fork is possible)
- Cannot be drunk from a cup because it does not flow easily
- Cannot be sucked through a straw
- Does not require chewing
- Can be piped, layered or molded because it retains its shape, but should *not* require chewing if presented in this form
- Shows some very slow movement under gravity but cannot be poured
- Falls off spoon in a single spoonful when tilted and continues to hold shape on a plate
- No lumps
- Not sticky
- Liquid must not separate from solid

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SOLIDS

3 Liquidized - Level 3

3 Moderately Thick - Level 3

LIQUIDS

Description/characteristics

- Can be drunk from a cup
- Moderate effort is required to suck through a standard bore or wide bore straw (wide bore straw = 0.275 inch or 6.9 mm)
- Cannot be piped, layered or molded on a plate because it will not retain its shape
- Cannot be eaten with a fork because it drips slowly in dollops through the prongs
- Can be eaten with a spoon
- No oral processing or chewing required - can be swallowed directly
- Smooth texture with no "bits" (lumps, fibers, bits of shell or skin, husk, particles of gristle or bone)

Physiological rationale for this level of thickness

- If tongue control is insufficient to manage Mildly Thick drinks (Level 2), this Liquidized/Moderately thick level may be suitable
- Allows more time for oral control
- Needs some tongue propulsion effort
- Pain on swallowing

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LIQUIDS

2 Mildly Thick – Level 2

Description/ Characteristics

- Flows off a spoon
- Drinkable, pours quickly from a spoon, but slower than thin drinks
- Mild effort is required to drink this thickness through standard bore straw (standard bore straw = 0.209 inch or 5.3 mm diameter)

Physiological rationale for this level of thickness

- If thin drinks flow too fast to be controlled safely, these Mildly Thick liquids will flow at a slightly slower rate
- May be suitable if tongue control is slightly reduced.

Although descriptions are provided, use IDDSI Testing methods to decide if the liquid meets IDDSI Level 2.

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LIQUIDS

1 Slightly Thick – Level 1

Description/ Characteristics

- 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 most commercially available 'Anti-regurgitation' (AR) infant formulas

Physiological rationale for this level of thickness

- Often used in the pediatric 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.
- Also used in adult populations where thin drinks flow too fast to be controlled safely. These slightly thick liquids will flow at a slightly slower rate.

Although descriptions are provided, use IDDSI Testing methods to decide if the liquid meets IDDSI Level 1.

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LIQUIDS

0 Thin– Level 0

Description/ Characteristics

- Flows like water
- Fast flow
- Can drink through any type of teat/nipple, cup or straw as appropriate for age and skills

Physiological rationale for this level of thickness

- Functional ability to safely manage liquids of all types

Although descriptions are provided, use IDDSI Testing methods to decide if the liquid meets IDDSI Level 0.

TESTING METHOD

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Transitional Foods

- Food that starts as one texture (e.g. firm solid) and change to another when moisture is applied (e.g. water or saliva) is applied, or when a change in temperature change occurs (e.g. heating)
- Biting not required
- Minimal chewing required
- Tongue can be used to break these foods once altered by temperature or with addition of moisture/saliva.
- May be used for developmental teaching or rehabilitation of chewing skills (e.g. development of chewing in the paediatric population and developmental disability population; rehabilitation of chewing function post stroke)

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Mapping to IDDSI Foods

National Dysphagia Diet

- Regular
- Level 3-Dysphagia Advanced
- Level 2-Dysphagia Mechanically Altered / Ground
- Level 1-Dysphagia Pureed
- Pureed Soups, Milkshakes, Smoothies

IDDSI

- 7 Regular
- 7 Easy to Chew
- 6 Soft & Bite-Sized
- 5 Minced & Moist
- 4 Pureed
- 3 Liquidised

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Mapping to IDDSI Drinks

National Dysphagia Diet

- Thin
- Nectar-thick
- Honey-thick
- Spoon-thick

IDDSI

- 0 Thin
- 1 Slightly Thick
- 2 Mildly Thick
- 3 Moderately Thick
- 4 Extremely Thick

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IDDSI Resources

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After the Webinar:

1. Visit the IDDSI website and download these important documents. Post these documents in areas where they can easily be referred to:
 - The IDDSI Framework poster https://ftp.iddsi.org/Documents/Complete_IDDSI_Framework_Final_31July2019.pdf
 - Mapping National Dysphagia Diet to IDDSI https://iddsi.org/ndd-to-iddsi-food_currency-converter/
2. Watch Webinar 2: IDDSI: Testing measures for food quality control and safety.

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Resources for Professionals

IDDSI Framework and Descriptors: https://ftp.iddsi.org/Documents/Complete_IDDSI_Framework_Final_31July2019.pdf

Free IDDSI webinar (90 minutes, 1.5 CPE)

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

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