

Demystifying Dysphagia: Strategies, Recipes and Tips for Implementing IDDSI Guidelines



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Moderator



www.nutritionaffairs.com



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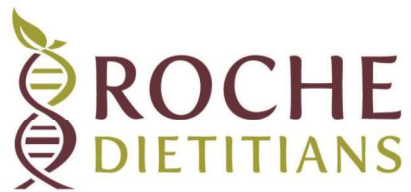
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Corporate Chef

General Mills Foodservice

Disclosures

- Roche Dietitians, LLC consults to healthcare and companies that serve healthcare organizations including food companies
- Bell Institute
- Senior Dining Association
- Leading Age Illinois



Learning Objectives

- ❑ Identify key characteristics of dysphagia
- ❑ Understand the rationale for the new IDDSI framework
- ❑ List details on each of the IDDSI levels including testing methods
- ❑ Identify specific strategies, tips and recipes for IDDSI implementation



What is Dysphagia?

Dysphagia (dis-fay-juh)

Difficulty or discomfort in swallowing

- takes more time and effort to move food or liquid from your mouth to your stomach
- ranging from mild difficulty to complete and painful blockage.



Concern:

- Malnutrition & Dehydration
 - Aspiration Pneumonia
 - Choking
 - Death
-

Current Research on Dysphagia



Dysphagia: How Prevalent Is It?

**1 in 25 adults
experience
swallowing
problems**

- 30% or higher in inpatient care
- Research shows 33% of patients with dysphagia develop pneumonia
- 60,000 individuals die each year from complications

**Dysphagia is more
common among
older adults**

- Up to 68% for residents in long-term care
- 13%-38% among those living independently
- Older adults have increased risk for dysphagia-related complications such as pulmonary aspiration

Reference: American Speech-Language-Hearing Association: Adult Dysphagia
https://www.asha.org/PRPSpecificTopic.aspx?folderid=8589942550§ion=Incidence_and_Prevalence

www.RocheDietitians.com

Managing Dysphagia



Thickening Fluids

- Thickening Agents
- Commercially Manufactured



Food Texture Modification

- The National Dysphagia Diets (NDD)
 - Level 1 Dysphagia-Pureed
 - Level 2 Dysphagia-Mechanical Altered
 - Level 3 Dysphagia-Advanced

Remember: Dysphagia Diets are Therapeutic Diets

- Dietary Pattern used to treat a condition
- Prescribed by a physician
- Physician orders are followed
- Instructions are clearly defined
- Instructions are based on Professional Standards of Practice
- State licensing regulations apply

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A generically equivalent drug product may be dispensed unless the practitioner hand writes the words "Brand Necessary" or "Brand Medically Necessary" on the face of the prescription.

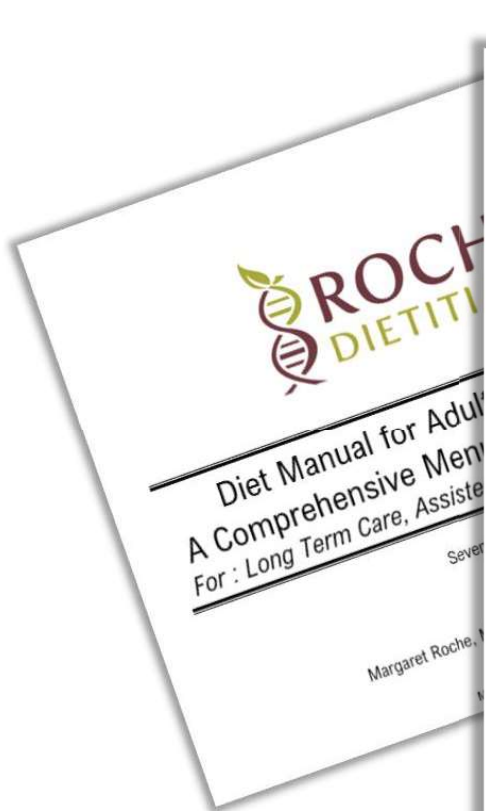
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Dysphagia Diets are Based on the General Diet



Menu Guidelines

- The General Diet for the Older Adult includes a variety of foods based on the **USDA MyPlate food plan for 75-year-old males and females**. However, it has been adjusted to meet the needs of the older adult who may not be able to consume the large volume of food recommended. Nutrient dense foods are encouraged in order to **meet the DRI recommendations for the older adult**.
- All food items are included, and no foods are excluded in this meal pattern.

Daily menus should include the following at minimum:

Minimum Daily Servings ¹	
Food Group	Servings/Day
Grain	6 servings
Protein	6 ounces
Vegetable	3 servings
Fruit	2 servings
Dairy	3 servings
Fat	3 servings
Good Vitamin C Source (at least 60 mg/serving) ²	1 serving
Dark leafy greens and orange vegetables for Vitamin A*	3-4 servings/week

IDDSI Diets are Clearly Defined

Texture Modified Diets

IDDSI Pureed Diet (Level 4)

IDDSI Pureed Diet (Level 4)

Overview

The Pureed diet (Level 4) is appropriate for individuals with chewing limitations and/or swallowing disorders (dysphagia). It is used to aid with reduced tongue control, pain on chewing or swallowing or with missing teeth or poorly fitting dentures. No biting or chewing is required on this diet. The Pureed Diet (Level 4) requires less propulsion effort than Minced & Moist (Level 5), Soft & Bite Sized (Level 6) and Regular (Level 7) but more than Liquidised/Moderately Thick (Level 3). This diet is consistent with the International Dysphagia Diet Standardization Initiative (IDDSI) Framework and Descriptors for the Pureed Diet (Level 4).

The Pureed diet (Level 4) guidelines apply to food. For Extremely Thick Liquids (Level 4) see page 69.

Characteristics of Pureed Diet (Level 4)

- Smooth throughout, does not contain lumps or particles
- Is not sticky
- Liquids must not separate from solids
- Gravies and sauces are integrated into the pureed item
- Is usually eaten with a spoon but can be eaten with a fork
- Can be piped, layered or molded
- Cannot be drunk from a cup
- Cannot be sucked through a straw
- Shows some very slow movement under gravity but cannot be poured
- Falls off the spoon in a single spoonful when tilted and continues to hold shape on a plate (may spread out slightly or slump on the plate)

Foods Included/Excluded on the Pureed Diet (Level 4)

Items listed below as included in the Pureed Diet (Level 4) are a general guideline. All foods should be tested following the IDDSI testing methods to ensure the items meet the criteria for inclusion on the Pureed Diet (Level 4).



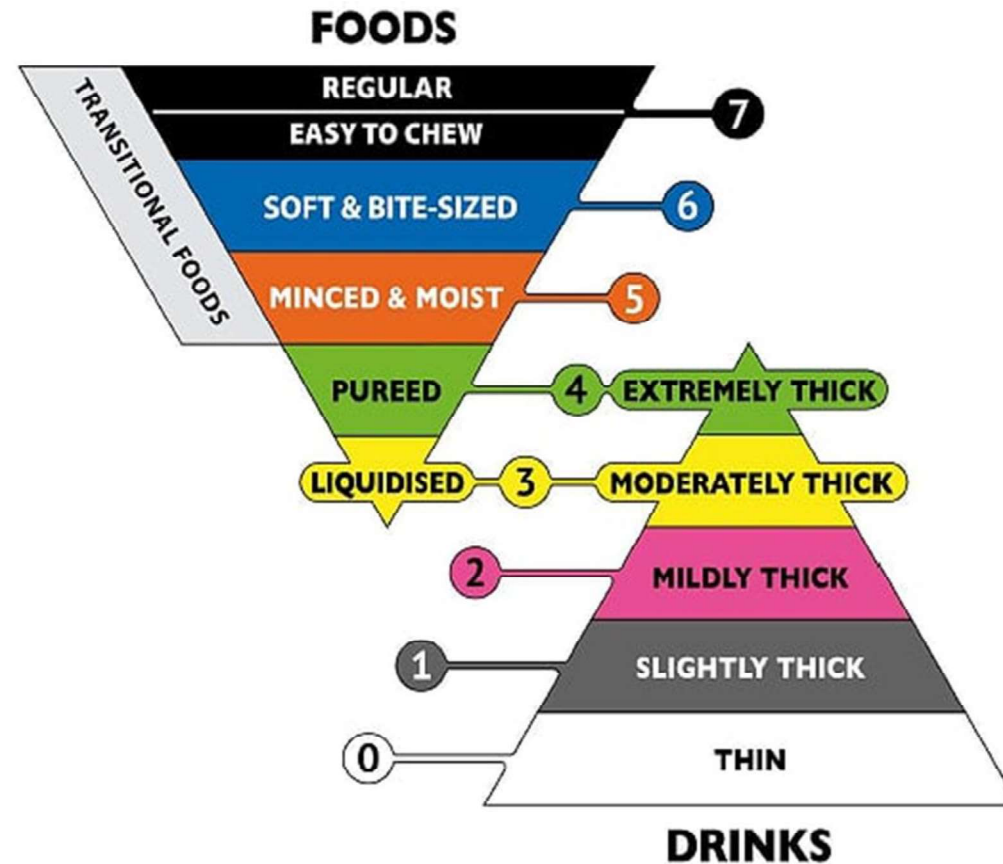
Diet Manual for Adult Nutritional Support
A Comprehensive Menu Plan
For : Long Term Care, Assisted Living

Seventh Edition
2019

Author:
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Dietitian

Contributor:
Mary Adams,
Dietitian

International Dysphagia Diet Standardisation Initiative (IDDSI) Framework and Descriptors



Why IDDSI?

Ground

Cut Up

**Texture
Mod**

Chopped

Mechanical

Bread?

Pureed

Why IDDSI?

Safety

- ↓ Confusion
- + Research

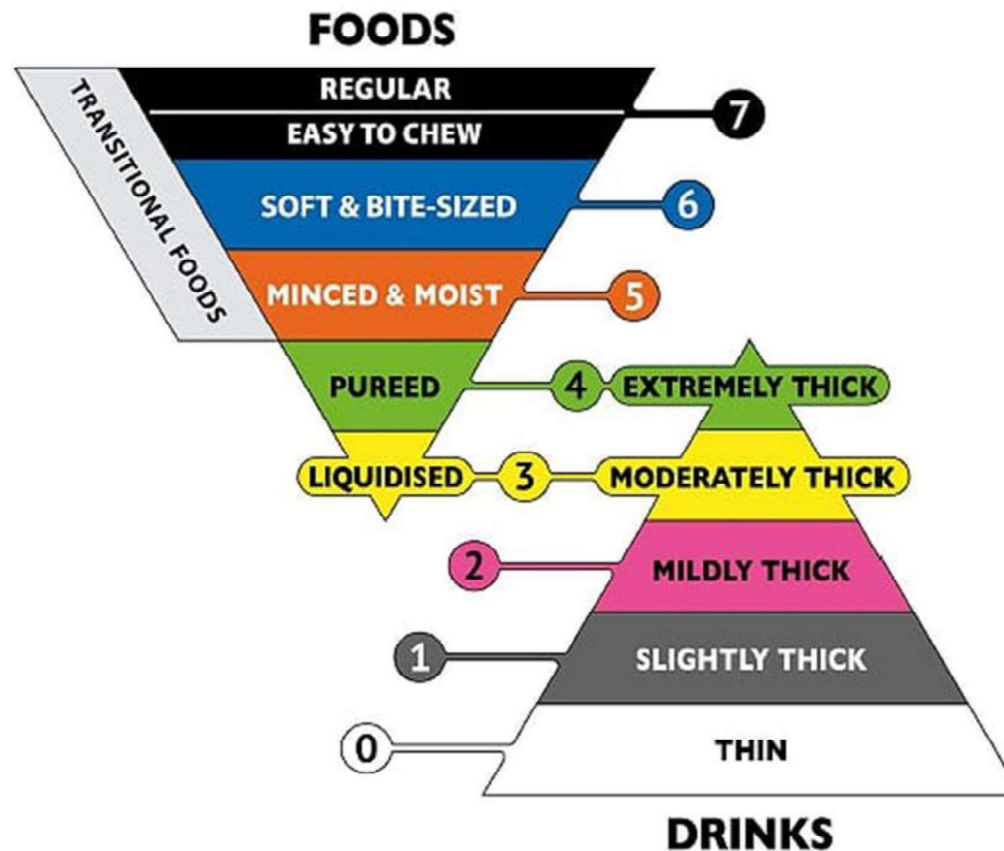
Clinical Efficiency

- ∅ Re-assess
- ∅ Verify

Commercial Implications

- ↑ Consistency

International Dysphagia Diet Standardisation Initiative (IDDSI) Framework and Descriptors



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Impact of Implementation



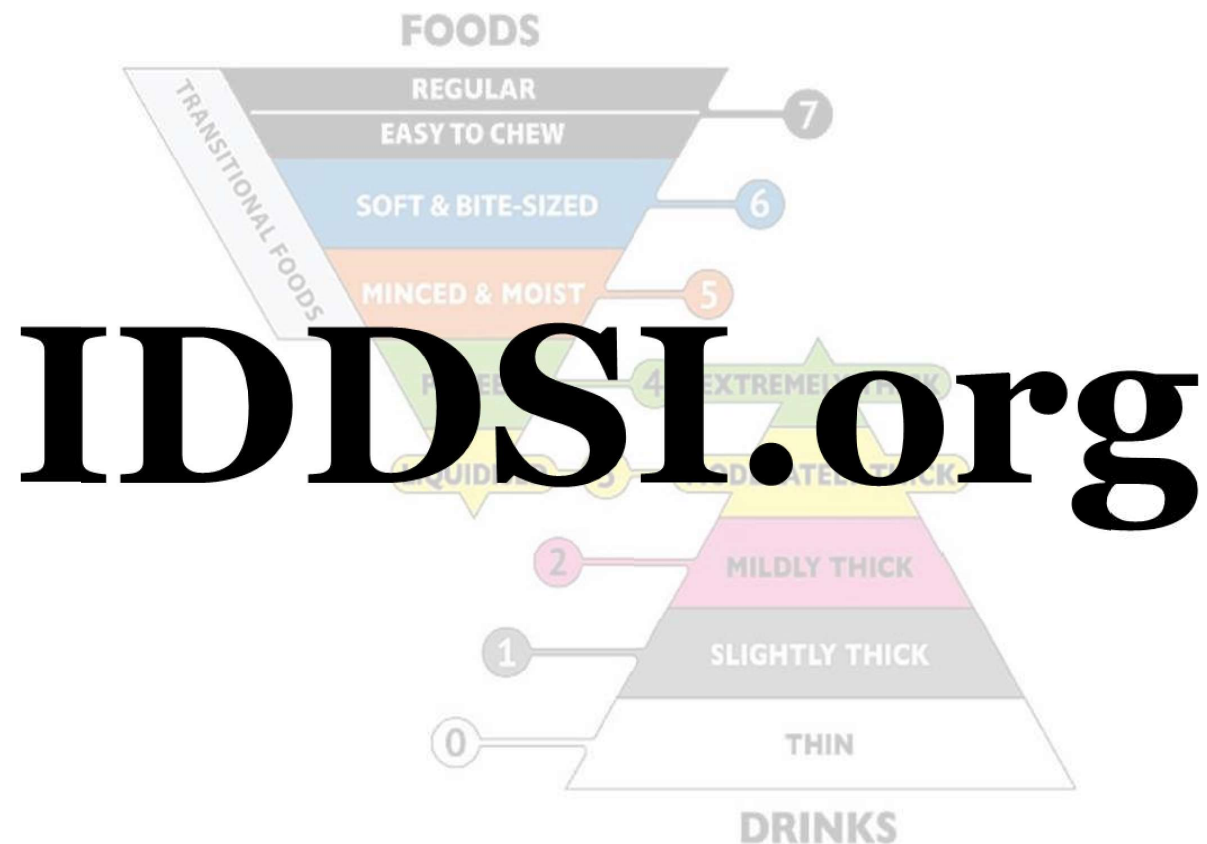
Manufacturers will need to:

- “Review, test, revise / reformulate products to reflect IDDSI framework
- Provide resources, education and training for customers
- General Mill is an IDDSI Gold Sponsor



Food Service Professionals

1. Adapt to new terminology and descriptors
2. Embrace testing methods
 - Product Specifications
 - During Meal Preparation
 - At Point of Use



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Detail Descriptors & Testing Methods

2 MILDLY THICK 

Description/Characteristics	<ul style="list-style-type: none"> Flows off a spoon Sippable, 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	<ul style="list-style-type: none"> If thin drinks flow too fast to be controlled safely, these Mildly Thick liquids will flow at a slightly slower rate

4 EXTREMELY THICK

Description/characteristics	<ul style="list-style-type: none"> 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 <i>not</i> 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
-----------------------------	---

3 LIQUIDISED 

3 MODERATELY THICK


Description/characteristics	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> If tongue control is insufficient to manage Mildly Thick drinks (Level 2), this Liquidised/Moderately thick level may be suitable Allows more time for oral control Needs some tongue propulsion effort Pain on swallowing

Although descriptions are provided, use IDDSI Testing methods to decide if the food/liquid meets IDDSI Level 3.

TESTING METHODS

See also *IDDSI Testing Methods* document or <https://iddsi.org/framework/drink-testing-methods/> and <https://iddsi.org/framework/food-testing-methods/>

IDDSI Flow Test*

5 MINCED & MOIST 

Description/characteristics	<ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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
Physiological rationale for this level of thickness	<ul style="list-style-type: none"> Biting is not required Minimal chewing is required Tongue force alone can be used to separate the soft small particles in this texture Tongue force is required to move the bolus Pain or fatigue on chewing Missing teeth, poorly fitting dentures

Although descriptions are provided, use IDDSI Testing methods to decide if the food meets IDDSI Level 5.

TESTING METHODS

See also *IDDSI Testing Methods* document or <https://iddsi.org/framework/food-testing-methods/>

Visit the IDDSI.org Website



The screenshot shows the homepage of the International Dysphagia Diet Standardisation Initiative (IDDSI). At the top, the IDDSI logo is displayed with the tagline "Standardizing dysphagia diet terminology to improve safety". Below the logo is a navigation menu with links for Home, About IDDSI, IDDSI Framework, Translations, IDDSI Community, Resources, and Sign Up for News. A central banner features a funnel diagram representing the IDDSI Framework and a call to action: "Learn more about the IDDSI Framework and how you can help persons with dysphagia in your practice or home. Click here to read more." Below this are three featured sections: "IDDSI Community" (IDDSI is looking for community and regional members to join our global network), "Sponsors" (Discover the sponsors helping the IDDSI movement. Learn how you can be a sponsor of IDDSI), and "Resources" (Find resources developed by IDDSI related to dysphagia). The main heading "www.IDDSI.org" is prominently displayed. Below it, the text "Helping People with Dysphagia Around the World" is followed by a search bar and a "What's New?" section. The "What's New?" section includes a list of updates: "Speech Language & Pathology Canada's Board of Directors has voted to support the Framework, implementation and rollout in Canada", "Download IDDSI labels here", "Translations for French and French-Canadian has been released and is ready for review here", "Our research paper on the IDDSI Framework has been published. Read here", "The IDDSI Framework has been updated", "We are thrilled to be recognized by ASHA, the American Speech and Hearing Association, for Outstanding Contributions in International Achievement. Thank you!", "New Zealand Speech-language Therapists' Association formally endorses IDDSI standards and implementation processes are underway", "Thank you to the Canadian Dysphagia Industry Group, who has agreed to fully transition to the IDDSI Framework and standards by January 1, 2018", and "Interprofessional collaboration task forces have been established in the UK and Belgium". To the right of the "What's New?" section are sections for "Sponsors" (listing companies like Colman's, Nestlé, and Unilever) and "Follow Us on Twitter" (showing the IDDSI Twitter profile).

IDDSI
International Dysphagia Diet Standardisation Initiative
Standardizing dysphagia diet terminology to improve safety

Home About IDDSI IDDSI Framework Translations IDDSI Community Resources Sign Up for News

Learn more about the IDDSI Framework and how you can help persons with dysphagia in your practice or home. [Click here to read more](#)

IDDSI Community
IDDSI is looking for community and regional members to join our global network.

Sponsors
Discover the sponsors helping the IDDSI movement. Learn how you can be a sponsor of IDDSI.

Resources
Find resources developed by IDDSI related to dysphagia.

www.IDDSI.org

Helping People with Dysphagia Around the World

Click below to see news about IDDSI, important updates you may need to know about the IDDSI Framework, and recent and upcoming presentations around the world.

What's New? Important Updates Upcoming Presentations

- Speech Language & Pathology Canada's Board of Directors has voted to support the Framework, implementation and rollout in Canada.
- Download IDDSI labels here.
- Translations for French and French-Canadian has been released and is ready for review here.
- Our research paper on the IDDSI Framework has been published. Read here.
- The IDDSI Framework has been updated.
- We are thrilled to be recognized by ASHA, the American Speech and Hearing Association, for Outstanding Contributions in International Achievement. Thank you!
- New Zealand Speech-language Therapists' Association formally endorses IDDSI standards and implementation processes are underway.
- Thank you to the Canadian Dysphagia Industry Group, who has agreed to fully transition to the IDDSI Framework and standards by January 1, 2018.
- Interprofessional collaboration task forces have been established in the UK and Belgium.

Sponsors

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IDDSI Resources



The screenshot shows the top portion of an IDDSI e-bite newsletter. At the top left is the IDDSI logo, which consists of a globe icon and the text "IDDSI International Dysphagia Diet Standardisation Initiative". To the right of the logo is a blue box with the text "e-bite" in white, and further right is a smaller blue box with the text "July 2017". Below this is a section titled "IN THIS BITE:" followed by a bulleted list of topics: "Implementing IDDSI: Updates", "IDDSI Translations", "Implementation Ideas", "New Supporter", and "IDDSI on the Move". The next section is titled "Implementing IDDSI: Updates" and contains a paragraph of text with a link "Click here to access the article". Below that is a section titled "Mapping Varibar to the IDDSI framework" with a paragraph of text and a link "by clicking here". The final section is titled "Translation of IDDSI Framework: Update" and contains a paragraph of text. To the right of this text is a small image of a globe on a plate with a fork and knife.

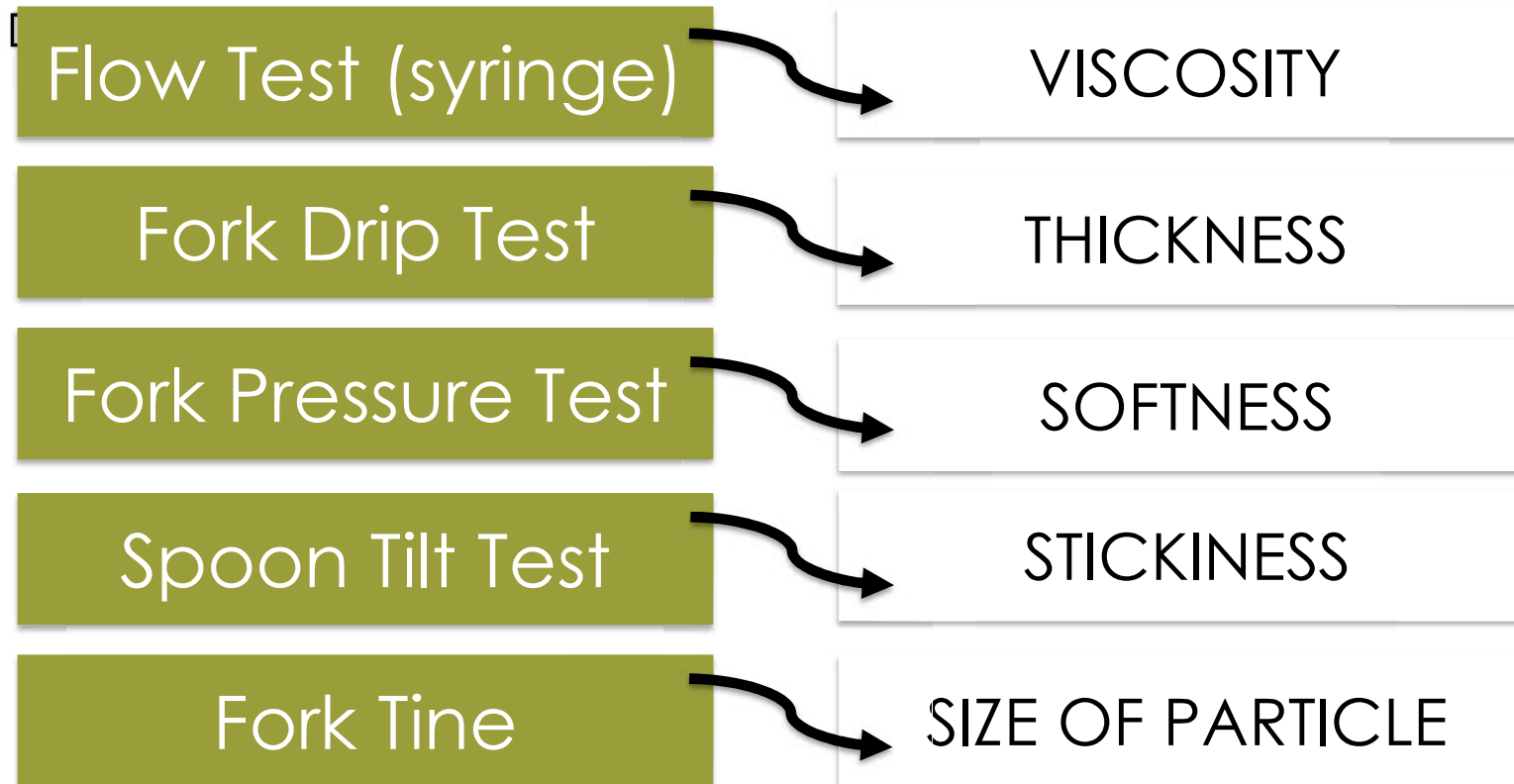
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Share your stories!

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communications@iddsi.org


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Bird's Eye View: IDDSI Testing Methods




Mapping to IDDSI Drinks


Current NDD Liquids




Thin




(Naturally thick liquids, e.g. infant formula, supplements)




Nectar-thick
51-350 mPa.s @50/s ✓




Honey-thick
351-1750 mPa.s @50/s ✓




Spoon-thick
>1750 mPa.s @50/s ✓




0 Thin




1 Slightly Thick



2 Mildly Thick



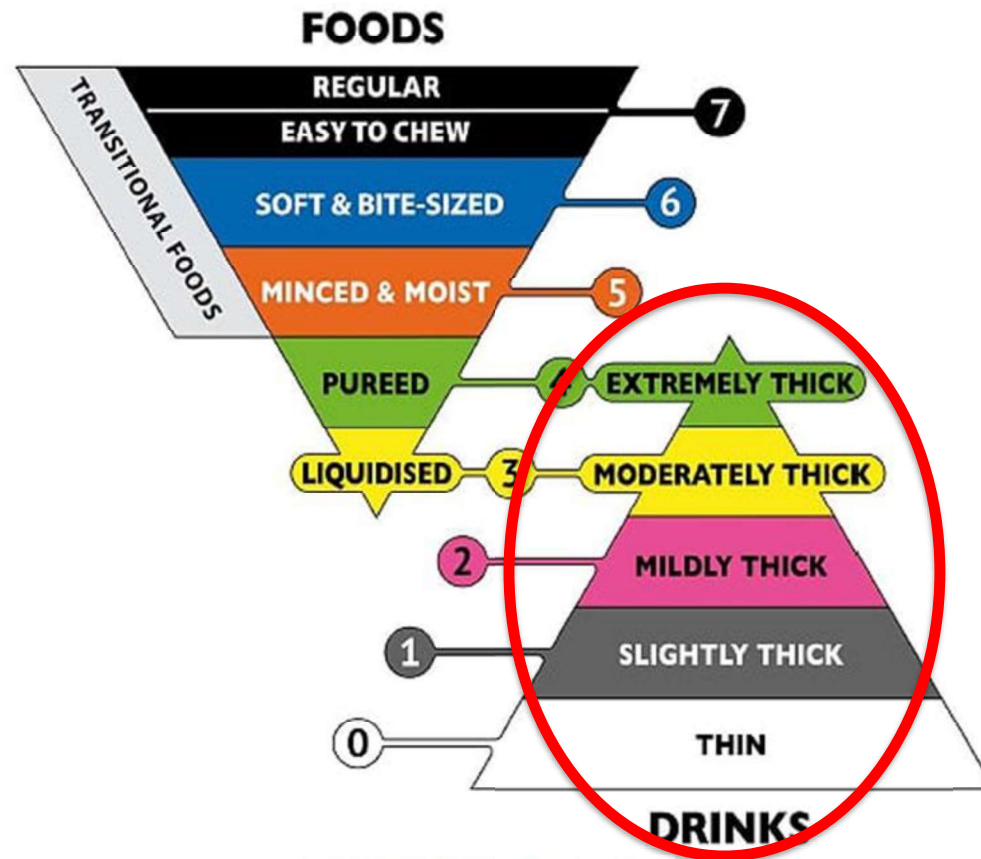
3 Moderately Thick



4 Extremely Thick

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International Dysphagia Diet Standardisation Initiative (IDDSI) Framework and Descriptors



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IDDSI 2.0| July, 2019

IDDSI Thickened Liquid Descriptors



1 SLIGHTLY THICK

Description/
Characteristics

- Thicker than water
- Requires a little more effort to drink than thin liquids
- Flows through a straw, syringe, teat/nipple

Physiological rationale for this
level of thickness



2 MILDLY THICK

Description/
Characteristics

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

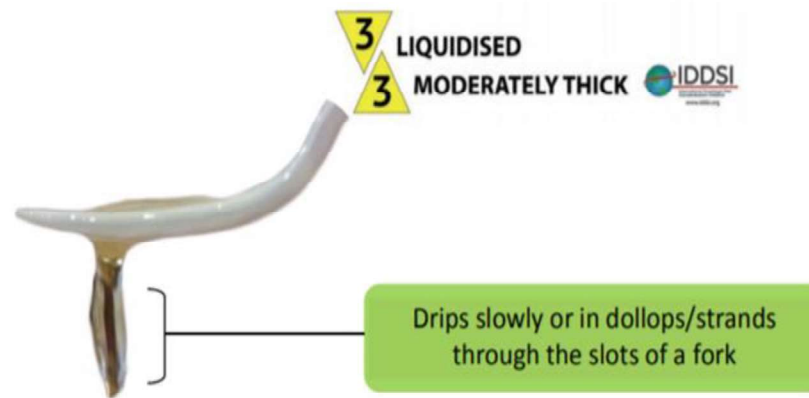
Physiological rationale for this
level of thickness

- 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.

IDDSI Flow Test: Comparison of Levels 1-4

Testing Methods for Liquidised Diet

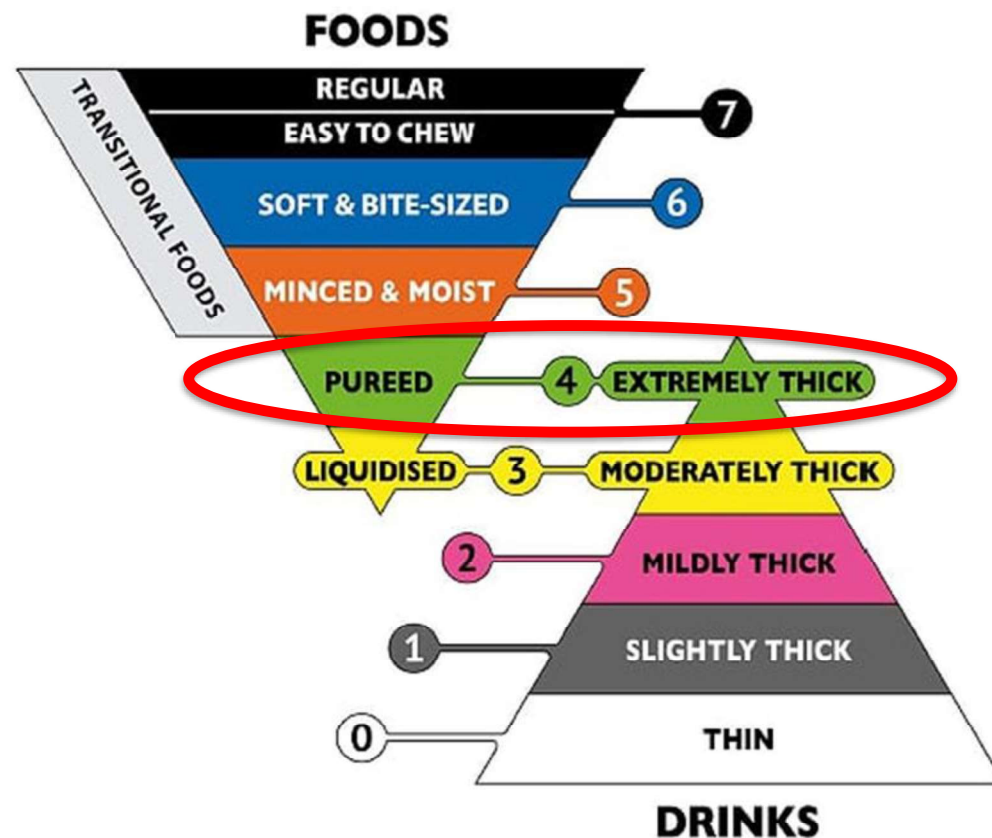
3 LIQUIDISED



Mapping to IDDSI Food



International Dysphagia Diet Standardisation Initiative (IDDSI) Framework and Descriptors



Level 4: Extremely Thick

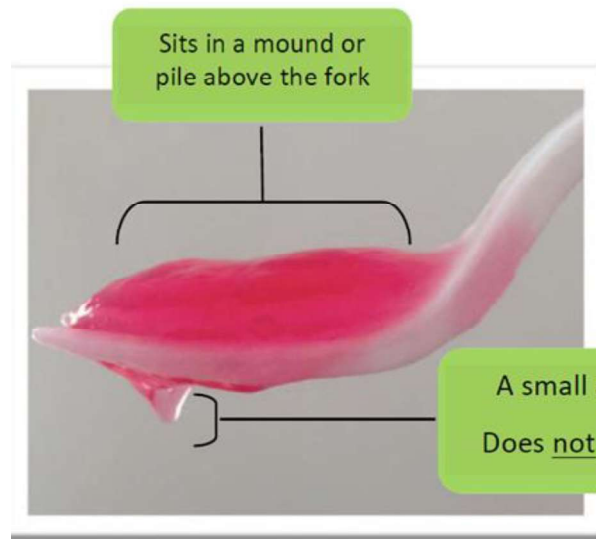


EXTREMELY THICK

Description/characteristics	<ul style="list-style-type: none">• 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 <i>not</i> require chewing if presented in this form• Shows some very slow movement under gravity but cannot be poured• <u>Falls off spoon in a single spoonful</u> when tilted and continues to hold shape on a plate• <u>No lumps</u>• <u>Not sticky</u>• <u>Liquid must not separate from solid</u>
Physiological rationale for this level of thickness	<ul style="list-style-type: none">• If tongue control is significantly reduced, this category may be easiest to control• Requires less propulsion effort than Minced & Moist (level 5), Soft & Bite-Sized (Level 6) and Regular and Regular Easy to Chew (Level 7) but more than Liquidised/Moderately thick (Level 3)• No biting or chewing is required• Increased oral and/or pharyngeal residue is a risk if too sticky• Any food that requires chewing, controlled manipulation or bolus formation are <i>not</i> suitable• Pain on chewing or swallowing• Missing teeth, poorly fitting dentures

Fork Drip Test

4 PUREED



4 PUREED
4 EXTREMELY THICK

Spoon Tilt Test

4 PUREED

Spoon Tilt Test: Holds shape on spoon; not firm and sticky; little food left on spoon



IDDSI Safe Spoon Tilt Test

4 PUREED

Spoon Tilt Test: SAFE: Holds shape on spoon; not firm and sticky; little food left on spoon



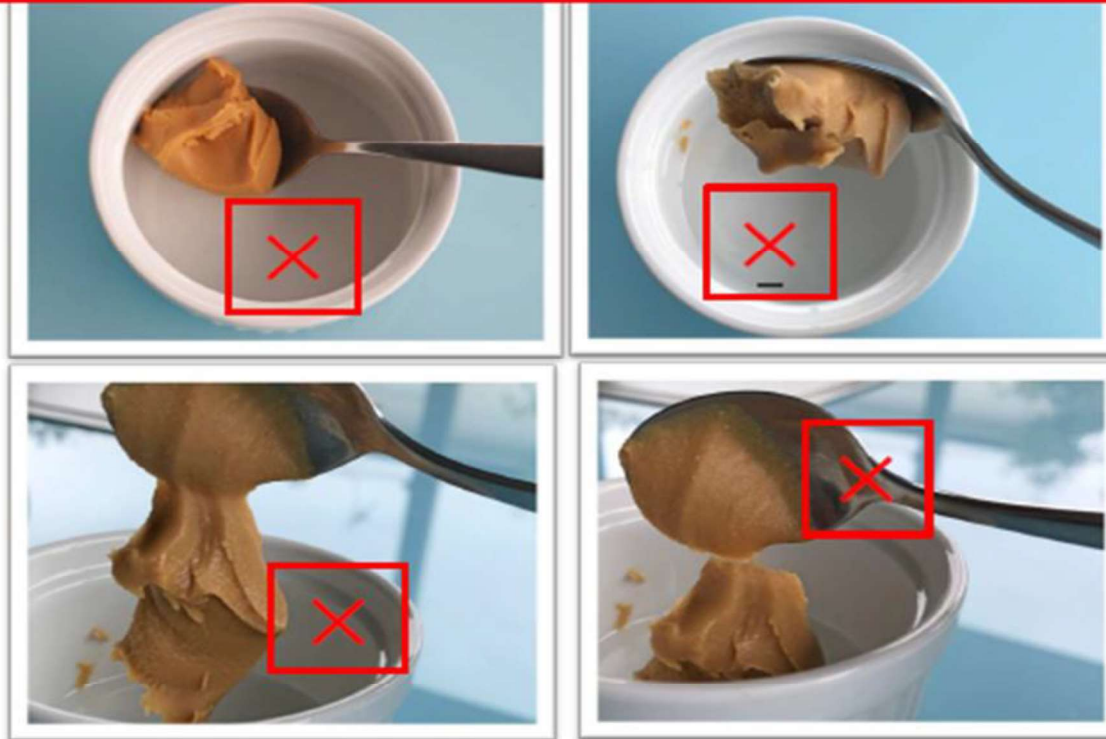
Spoon Tilt Test: SAFE: Holds shape on spoon; not firm and sticky; little food left on spoon



IDDSI Un-Safe Spoon Tilt Test

4 PUREED

Spoon Tilt Test: UNSAFE: Holds shape on spoon; FIRM AND STICKY; LOTS OF food left on spoon



International Dysphagia Diet Standardisation Initiative (IDDSI) Framework and Descriptors



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Level 5: Minced & Moist



MINCED & MOIST

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

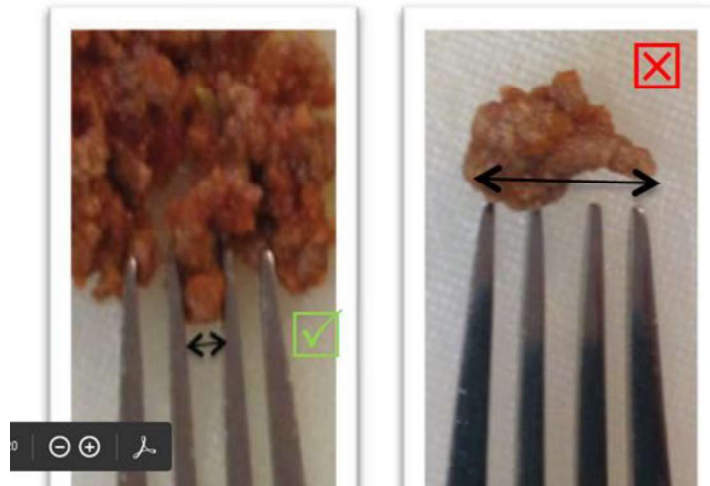
Physiological rationale for this level of thickness

- Biting is not required
- Minimal chewing is required
- Tongue force alone can be used to separate the soft small particles in this texture
- Tongue force is required to move the bolus
- Pain or fatigue on chewing
- Missing teeth, poorly fitting dentures

Level 5: Minced & Moist

5 MINCED & MOIST

Use slot between fork prongs (4mm) to determine whether minced pieces are the correct or incorrect size



Fork Pressure Test

5 MINCED & MOIST

- Food is soft: easily mashed with fork
- Pressure without nail bed turning white

IDDSI Tests: Level 5 Minced & Moist Demonstration Video- Particle Size



IDDSI Safe Spoon Title Test

5 MINCED & MOIST

Spoon Tilt Test: SAFE: Holds shape on spoon; not firm and sticky; little food left on spoon



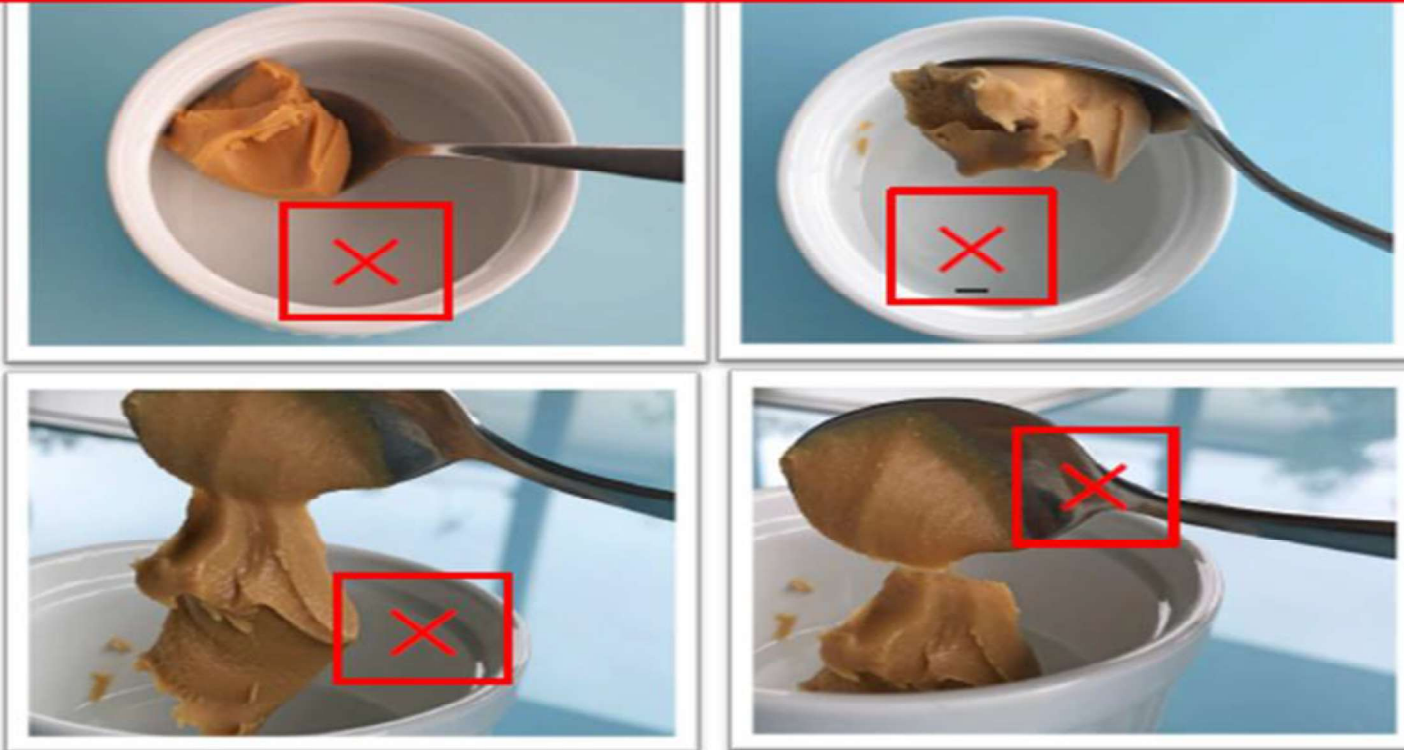
Spoon Tilt Test: SAFE: Holds shape on spoon; not firm and sticky; little food left on spoon



IDDSI Un-Safe Spoon Tilt Test

5 MINCED & MOIST

Spoon Tilt Test: UNSAFE: Holds shape on spoon; FIRM AND STICKY; LOTS OF food left on spoon



Level 5: Minced & Moist

5 MINCED & MOIST

Minced & Moist food must pass all three tests!



IDDSI Fork Test
Paediatric, equal to or less than 2mm width and no more than 8mm in length
Adult, equal to or less than 4mm width and no more than 15mm in length
4mm is about the gap between the prongs of a standard dinner fork

Fork Tine Test



Soft enough to squash easily with fork or spoon
Don't need thumb nail to blanch white

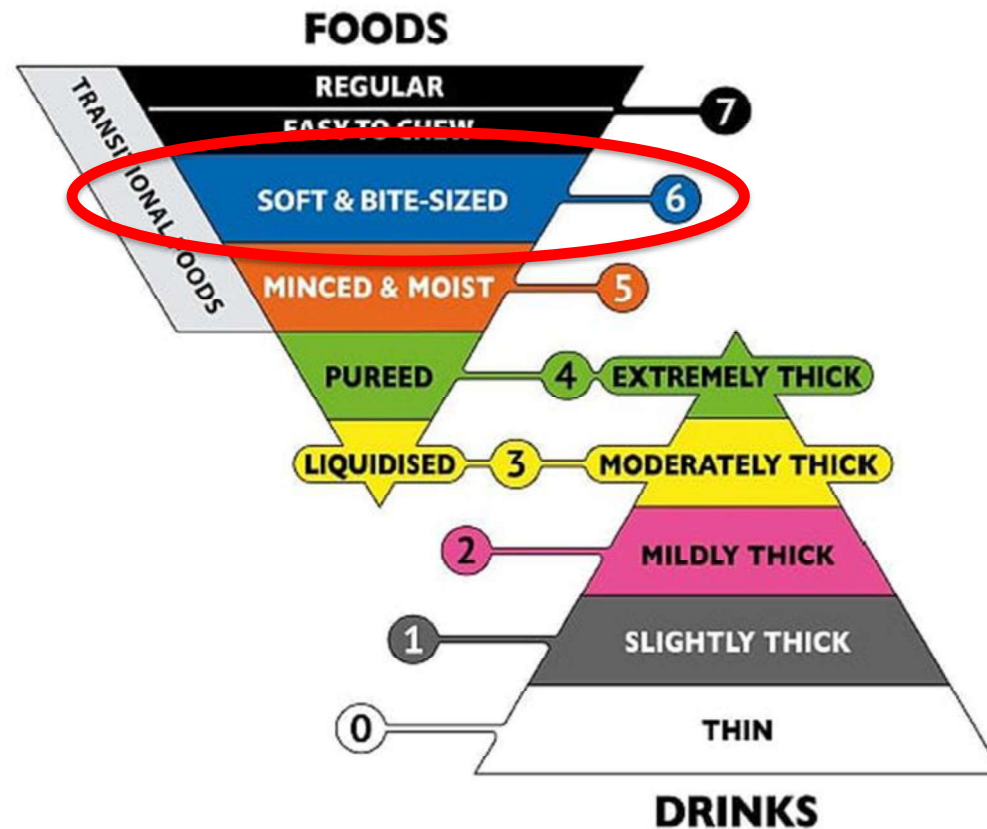
Fork Pressure Test



IDDSI Spoon Tilt Test
Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked
Sample should *not* be firm or sticky

Spoon Tilt Test

International Dysphagia Diet Standardisation Initiative (IDDSI) Framework and Descriptors



Level 6: Soft & Bite-Sized



SOFT & BITE-SIZED

Description/characteristics	<ul style="list-style-type: none">• Can be eaten with a fork, spoon or chopsticks• Can be <u>mashed/broken down with pressure from fork, spoon or chopsticks</u>• A knife is not required to cut this food, but may be used to help load a fork or spoon• <u>Soft, tender and moist throughout but with no separate thin liquid</u>• Chewing is required before swallowing• 'Bite-sized' pieces as appropriate for size and oral processing skills<ul style="list-style-type: none">➢ <u>Paediatric, 8mm pieces (no larger than)</u>➢ <u>Adults, 15 mm = 1.5 cm pieces (no larger than)</u>
Physiological rationale for this level of thickness	<ul style="list-style-type: none">• Biting is not required• Chewing is required• Food piece sizes designed to minimize choking risk• Tongue force and control is required to move the food and keep it within the mouth for chewing and oral processing• Tongue force is required to move the bolus for swallowing• Pain or fatigue on chewing• Missing teeth, poorly fitting dentures

Fork Pressure Test

6 SOFT & BITE-SIZED

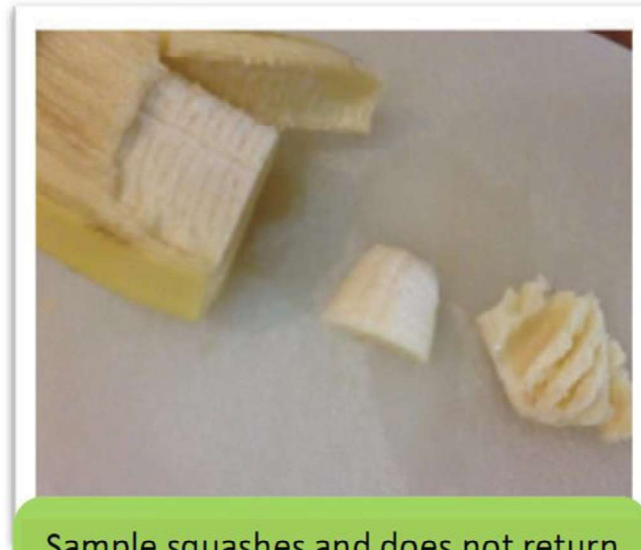
- Food is mashed without returning to its original shape
 - Pressure turns nail bed white
 - Food can be broken into pieces with fork or side of spoon
-

Level 6: Soft & Bite-Sized

6 SOFT & BITE-SIZED



Thumb nail blanched
to white






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

International Dysphagia Diet Standardisation Initiative (IDDSI) Framework and Descriptors



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Level 7: Easy to Chew

	TESTING INFO	FOODS
7	 LEVEL 7 - REGULAR RG7 No specific testing information.	Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.
	 LEVEL 7 - EASY TO CHEW EC7	Normal everyday foods of soft/tender textures only, that are developmentally and age appropriate. Requires biting and chewing ability.
	 LEVEL 6 - SOFT & BITE-SIZED SB6	

Level 7: Easy to Chew

7 REGULAR

- ❑ Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.
- ❑ No specific testing information

7 EASY TO CHEW

- ❑ Normal everyday foods of soft/tender textures only, that are developmentally and age appropriate. Requires biting and chewing ability.



Bird's Eye View of IDDSI Testing

ROCHE DIETITIANS	3 LIQUIDISED	4 PUREE	5 MINCED & MOIST	6 SOFT & BITE SIZED	7 REGULAR EASY TO CHEW
Appearance	Smooth; no bits	No Lumps	Fork Tine Size Test: 4mm x 15mm; no separate thin liquid	15mm x 15mm (0.5 inch); no separate thin liquid	May be any size.
Fork Drip Test	Food drips slowly in dollops	Mound; slight tail; no drip	---	---	---
Spoon Tilt Test	---	Holds shape; slides; may spread slowly	Holds shape; slides; may spread slowly	---	---
Fork Pressure Test	Fork does not leave pattern, even briefly	Fork leaves clear pattern; food briefly retains indentation	Easily mashed with fork; pressure w/o nail turning white; easily separates	Mashed w/o returning to original shape; pressure turns nail white; food can be broken up w/fork or side of spoon	Mashed w/o returning to original shape; pressure turns nail white; food can be broken up w/fork or side of spoon
Syringe Test (10 sec flow)	>8 ml remains; then fork drip	---	---	---	---

Puree: If you can pick the sample up in your hands and could bite a piece of it; **the sample is not a puree and poses a choking risk**

Bird's Eye View of IDDSI Testing

 ROCHE DIETITIANS	 SLIGHTLY THICK	 MILDLY THICK	 MODERATELY THICK	 EXTREMELY THICK
Appearance	---	---	Smooth; no bits	No Lumps
Fork Drip Test	---	---	Food Drips Slowly in Dollops	Mound; slight tail; no drip
Spoon Tilt Test	---	---	---	Holds shape; slides; may spread slowly
Fork Pressure Test	---	---	---	Fork leaves clear pattern, food briefly retains indentation
Syringe Test (10 sec flow)	1-4 ml remains	4-8 ml remains	> 8 ml remains; then fork drip	---

5 MINCED & MOIST

Testing intended for

Product or food tested			
Heating method(s)			
Temperature when tested:	<input type="checkbox"/> at time of service	<input type="checkbox"/> 15 mins after serving	<input type="checkbox"/> 30 mins after serving

Instructions:

- Level 5 Minced & Moist critical tests include **Appearance + Fork Pressure Test + Spoon Tilt Test** OR if these are not available Finger Test.
- For particle size: food intended to mimic a 'chewed bolus' – must be equal to or less than 4mm width and no longer than 15mm in length (adults); Equal to or less than 2mm width and no longer than 8mm length (pediatrics).
- The food item must pass or meet criteria for any row marked *.

Tests	Meets criteria at		
	Time of service	15 mins after serving	30 mins after serving
Critical: Appearance			
* Lumps less than or equal to 4mm (adults); 2mm (pediatrics)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* No separate thin liquid	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Critical: Fork Pressure Test (metal dinner fork needed)			
* Food can be easily mashed with little pressure from a dinner fork [pressure should not make thumb nail blanch to white]	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Easily separates and comes through prongs of a dinner fork	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Critical: Spoon Tilt Test (teaspoon needed)			
* Holds shape on teaspoon	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Food slides off spoon with little food left on teaspoon (i.e. <u>not sticky</u>) May spread or slump slowly on a flat plate	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Alternative if Fork or Spoon not available: Finger Test			
* Small soft smooth rounded particles can be easily squashed between fingers	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Food feels moist and will leave fingers wet	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Optional: Chopstick Test			
Chopsticks can scoop or hold this texture if food is moist and cohesive	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
OVERALL CONCLUSION: Does the sample meet the criteria for Level 5 Minced & Moist?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

Notes: * Minimal chewing should be needed to eat this food texture (e.g. tongue force should be able to squash/break food).

* Please see also <http://iddsi.org/framework/food-testing-methods/>

Bread



Minced & Moist Sandwich Video: <https://www.youtube.com/watch?v=W7bOufqmz18>

FAQs

FAQ Category: Foods

Q: My facility serves sandwiches with moist, minced fillings. Can this be included in the Level 5 - Minced & moist diet?

A: As a general rule, bread products are considered a regular food texture (Level 7) and are not

permitted at levels 6 (Soft & Bite-Sized) or 5 (Minced & Moist). Choking literature, in which bread is frequently identified as a high-risk food (Ekberg & Feinberg, 1992; South Australia Coronial Inquest, 1999, 2005; Food Safety Commission of Japan, 2005), suggests that bread should be cut to fall below the maximum size guideline of Level 5 (Minced & Moist) to allow it for some patients on a case-by-case basis. Bread should be broken down into particles of 4mm or smaller, depending on the patient's ability, for inclusion at Level 5 (Minced & Moist). In some cases, bread is used under the names "pre-gelled" or "soaked" bread. This is used to confirm whether or not these products fall

FAQ Category: Foods; choking; bread

Q: Do all foods at Level 6 – Soft & Bite-sized (adult guidelines) need to meet the 1.5 x 1.5cm particle size requirements?

A: Yes, all foods (sandwiches included) need to meet the particle size requirements for Level 6 – Soft & Bite-sized. The relationship between particle size and risk of asphyxiation has been identified in the literature (Samuels & Chadwick, 2006; Kennedy et al., 2014). It cannot be assumed that nursing staff or carers will be able to chop food to the required size for swallow safety. In order to avoid asphyxiation, particles should be small enough to pass through rather than block the trachea. The average tracheal size for adult males is 22mm and for adult females is 17 mm (Brody et al., 1996). Particle sizes of 15 mm (i.e. 1.5cm) size are therefore more likely to pass through the trachea, than block it. IDDSI appreciates that provision of food like sandwiches is very difficult at this particle size and asks clinicians and carers to consider providing 'soaked' breads as an alternative. For example, finely chop bread and add equal amounts of water and butter (fat) to create a softened bread texture, re-shape and serve. The combination of water and fat content reduces stickiness and improves bolus cohesion.

If the person is able to chop their food into small pieces AND they do not need supervision AND they are *not* at risk of choking, consider advancing to a Level 7 – Regular Diet, beginning with softer items from that level.

Implementation: Key Tasks

1. Get to know the IDDSI website and resources
2. Form an interdisciplinary IDDSI implementation team
3. Determine specific IDDSI implementation tasks and create your own IDDSI Implementation Calendar
4. Spread the word: Educate key stakeholders & **enlist a champion**
5. Evaluate current diets, foods and drinks: Test and map existing products to determine their IDDSI level using IDDSI audit tools
6. Create all dietetic tools: diet manual, menu items, product specifications and recipes
7. Establish testing processes and training standards
8. Don't go it alone!

IDDSI Abbreviations



Regular Easy to	EC7
7 Regular	RG7
6 Soft & Bite-Sized	SB6
5 Minced & Moist	MM5
4 Pureed	PU4
4 Extremely Thick	EX4
3 Liquidised	LQ3
3 Moderately Thick	MO3
2 Mildly Thick	MT2
1 Slightly Thick	ST1
0 Thin	TN0

*Abbreviations suitable
for use with
Foodservice
Computer Software*

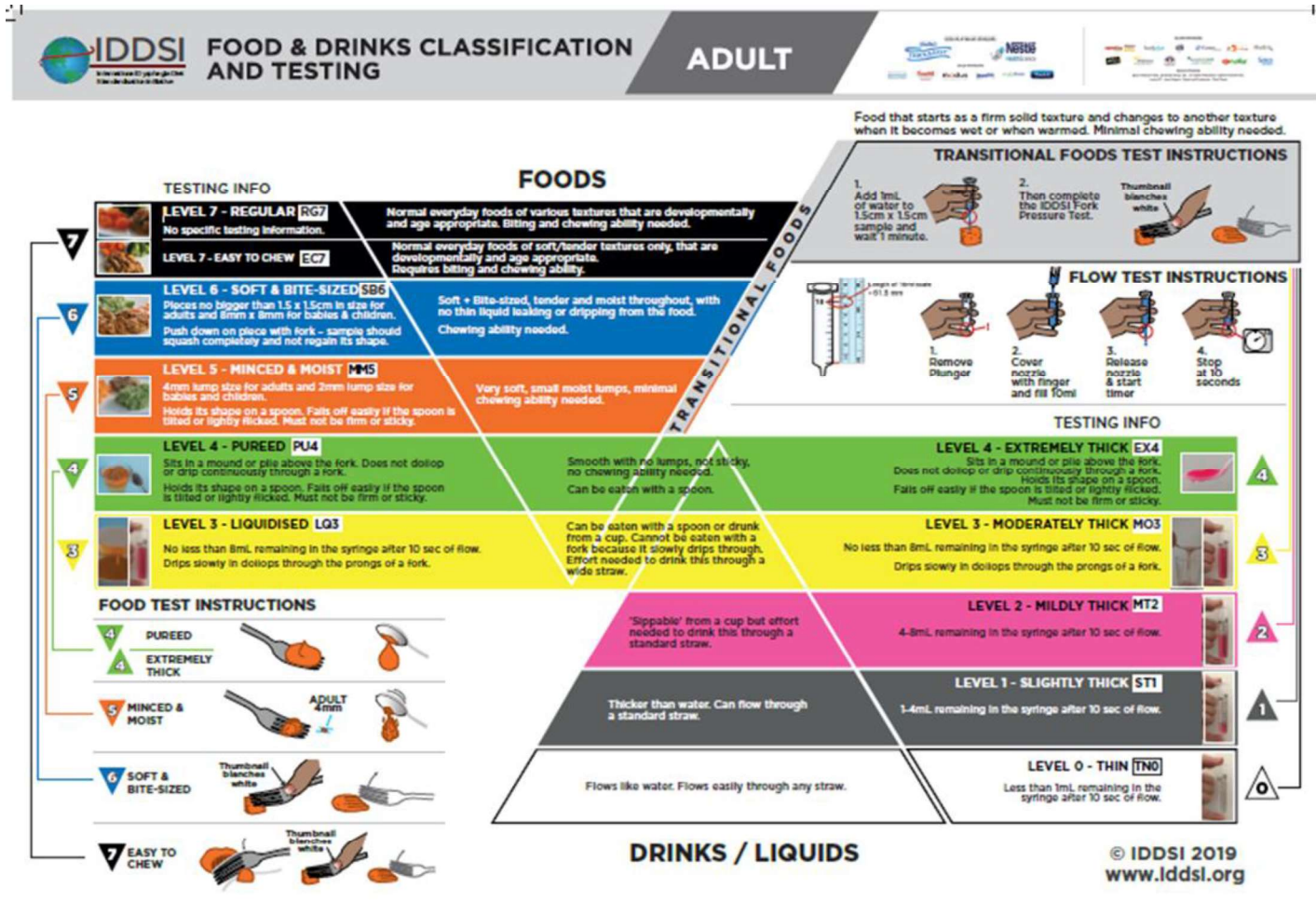
About the IDDSI abbreviations...

The IDDSI abbreviations have been checked against and are in accordance with the advice from the Institute for Safe Medical Practices List of Error-prone abbreviations, symbols and dose designations.

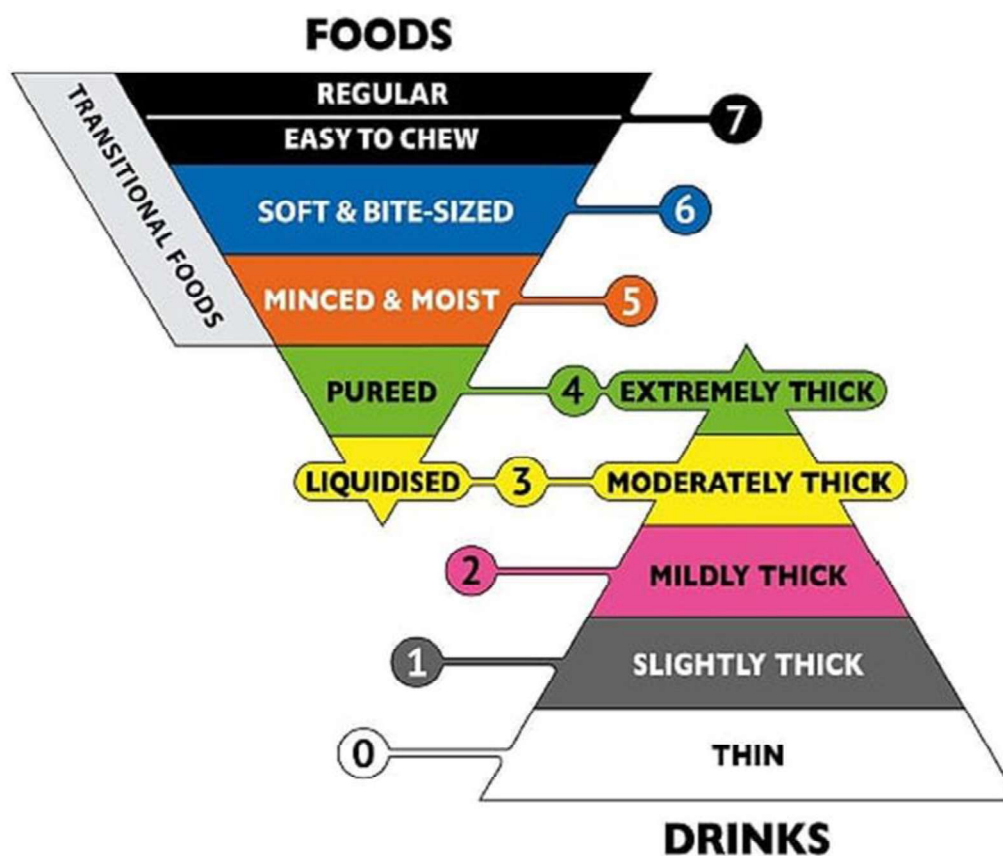
Potentially confusing abbreviations have been avoided (e.g. MD = Medical Doctor; ML = millilitre)

Numbers occur at the end of the abbreviations to ensure that they are not confused for 'number of meals or drinks ordered'.

IDDSI Handout



International Dysphagia Diet Standardisation Initiative (IDDSI) Framework and Descriptors



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IDDSI 2.0 | July, 2019

Best Implementation Strategy



Registered Dietitian

- Makes it happen
- Complex translated through execution



Peace of Mind

- Safety
- Accuracy
- Regulatory



Distinguish your organization

- Thorough implementation = mastery
 - Testing demonstrates authority
-

Thank You!

Be sure to visit RocheDietitians.com

1. Download our Top 17 IDDSI Tips
2. Learn about our training materials and posters
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Margaret Roche MS, RD, CDE, CSG, FAND

www.RocheDietitians.com

Culinary



Culinary Video



Video Recipes: www.generalmillsCF.com/dysphagia



Orange Blossom Muffins



Level 7



Level 6



Level 5



Level 4

Peaches & Cream Parfait



Level 7



Level 6



Level 5



Level 4



Additional Recipes: www.generalmillsCF.com/dysphagia

Biscuits & Gravy



Level 7



Level 6-5



Level 4

Strawberry Overnight Oats



Level 7



Level 6-5

Brown Sugar Scone



Level 7



Level 6-5



Level 4

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THANK YOU!
&
QUESTIONS

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