

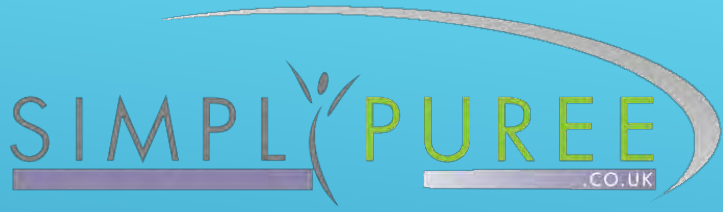


IDDSI

International Dysphagia Diet Standardisation Initiative

Standardising dysphagia diet terminology to improve safety.

SIMPLYPUREE IDDSI CHALLENGE



WHAT IS THE IDDSI?

Key Dates:

- ▶ Statement of Intent – Awareness 2nd October 2017
- ▶ October 2017 – April 2018 Countdown Clock
- ▶ 1st April 2019 – Adoption of the standard

**New set of
Internationally
recognised
descriptors for
texture modified
food**

WHY?!

Last updates to the dysphagia standards was 2012

Last update to thickened fluids was 2002

Decided to combine fluids and foods in one internationally standard

Over 100 countries will be adopting this

Approved by the BDA and now the RCSLT – however not mandated by them

We have the mantle of education and changing mind-sets to the new standards

Awareness



Preparation



Adoption

HOW THEY COMPARE TO NOW?

Current System	New IDDSI Standard
Regular	Regular
Texture E Fork Mashable	Level 6 Soft & Bite Sized
Texture D Pre –Mashed	Level 5 Minced & Moist
Texture C Thick Puree	Level 4 Pureed
Texture B Thin Puree	Level 3 Liquidised

NEW TEXTURE TESTS

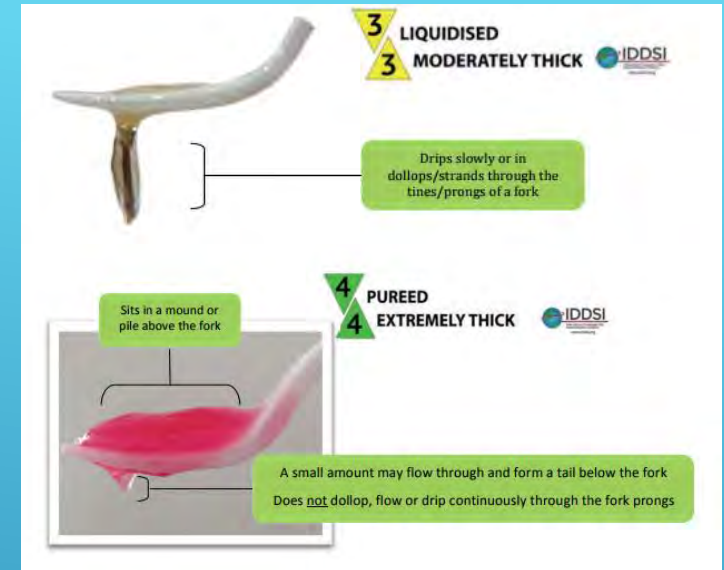


► Fork Test

Drip test – Thick drinks and fluid foods can be tested by assessing whether they flow through the slots/prongs of a fork and comparing against the detailed descriptions of each level – used for levels 3 and 4.

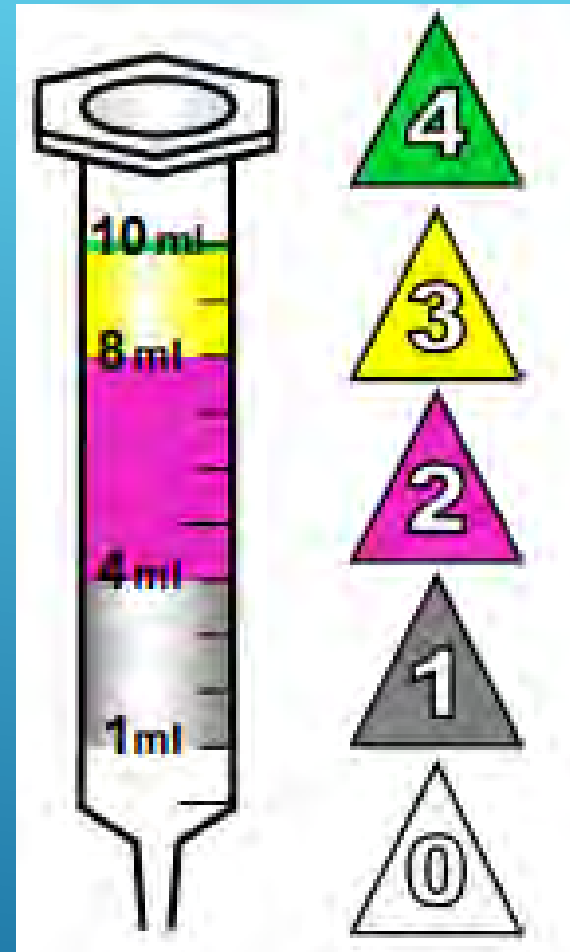
Pressure test – For hard or firm food, a Fork Pressure Test is best used to assess foods in Levels 4-7 and transitional foods.

Using the prongs for particle size – The slots/gaps between the tines/prongs of a standard metal fork typically measure 4 mm, which provides a useful compliance measure for particle size of foods at Level 5 – Minced & Moist



► **Syringe test**

Fill 10mm syringe and let flow for 10 seconds
used for Level 3 and 4

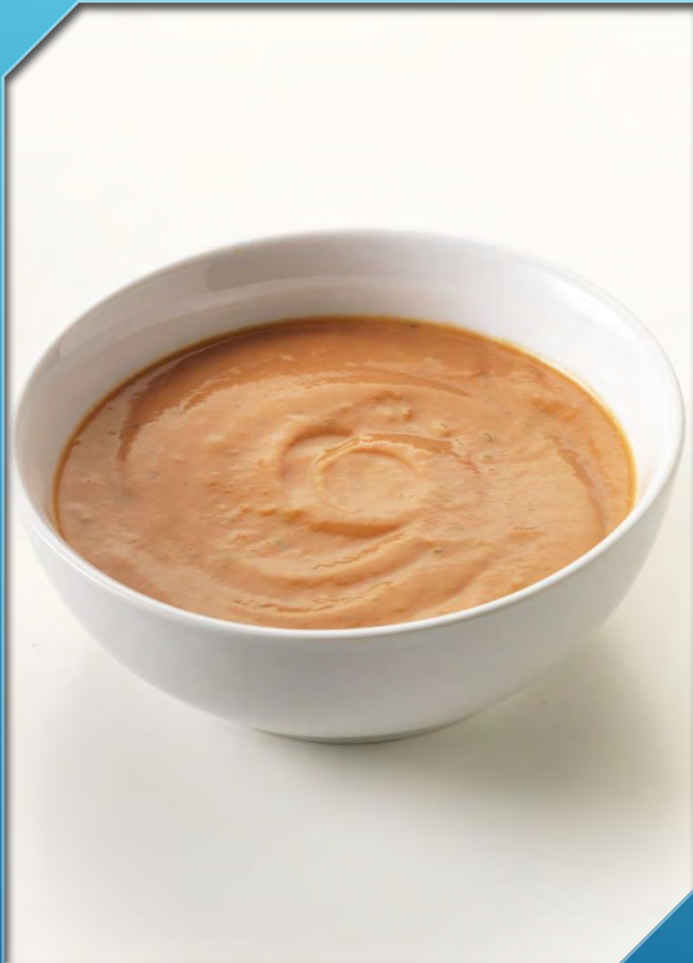


► **Spoon tilt test**

Used to determine stickiness and cohesiveness
– used for level 4



LEVEL 3 LIQUIDISED



3

The description reflects the process used to achieve the correct texture

- Does not hold its shape on a spoon
- Sippable and pours slowly off a spoon
- Overlaps with the liquid texture for drinks
- Cant be piped, layered or moulded
- Drops through the prongs of a fork

Flow Test

Flows through a 10mm syringe to 8mm in 10 seconds

Fork Test

Prongs of the fork don't make a clear pattern

Spreads out if spilled



LEVEL 4 PUREED



- No Lumps
- Does not flow under gravity
- Requires no chewing
- Can be moulded/layered/piped
- Not sticky
- No liquid separation
- Falls off spoon when tilted

Flow Test

No flow

Spoon Test

Should pop off spoon when tilted, may need a gentle flick

Fork Test

Prongs of the fork make a clear pattern
Does not spread out if spilled

Too thick if doesn't fall off spoon when tilted or sticks



Transitional Foods

LEVEL 5 MINCED & MOIST

5

- Scoopable & no loose fluid/sauce
- Small particles - 4mm
- Mixed well with moisture
- No mixed (thin- thick) textures
- No hard, chewy, tough, fibrous, dry, crispy, crunchy, sharp or crumbly bits
- No pips, seeds or pith
- No skins or husks
- No skin, bone or gristle
- No round or long shapes foods
- No hard or sticky foods
- No crusting through the heating process
- No floppy texture
- No juicy foods where water separates

MINCED & MOIST

- **Meat**

Finely minced or chopped – 2 - 4mm

Serve in very thick non pouring sauce

If texture cant be finely minced then it should be pureed

- Fish

Finely mashed in an extremely thick non pouring sauce

- Fruit & Vegetables

Serve mashed

Juice separated and drained

- Minimal chewing required
- Tongue force required
- Can use tongue to break the small lumps

Fork tests:

1. Can be easily mashed with a fork
2. Particle size for children over 5 and adults: 4mm



Transitional Foods

LEVEL 6 SOFT & BITE SIZED

6

- Tender
- Can be mashed/broken down
- Small particles - Adult size 15mm
- Mixed well with moisture
- No mixed (thin- thick) textures
- No hard, chewy, tough, fibrous, dry, crispy, crunchy, sharp or crumbly bits
- No pips, seeds or pith
- No skins or husks
- No skin, bone or gristle
- No round or long shapes foods
- No hard or sticky foods
- No crusting through the heating process
- No floppy texture
- No juicy foods where water separates

SOFT & BITE SIZED

- Meat

Tender meat served no bigger than 15mm
or serve finely minced
No hard bits of mince

- Fish

Soft enough to break in to small pieces with
a fork

- Fruit & Vegetables

Served mashed
Juice separated and drained away

- Biting not required
- Chewing is required
- Tongue force and control required

Tests:

1. Can be cut easily with a spoon
2. Can be mashed easily in fork pressure test
3. Particle size for children over 5 and adults: 15mm



Transitional Foods

REGULAR

Patients can manage all food textures without modification – must be able to bite and chew food

7

- Can be hard in its original state but must break down quickly with minimal chewing and tongue pressure
- Normal everyday food
- Can be hard and crunchy or naturally soft
- Includes hard, tough, stringy, chewy, crispy, crumbly etc etc
- Pips, seeds and skin is ok

HOW DO WE KNOW WHAT WE ARE
DOING IS CORRECT?



Intended for **4** EXTREMELY THICK



Product or food tested			
If soup, heating method(s)			
Temperature when tested at:	<input type="checkbox"/> optimal serving temperature	<input type="checkbox"/> 15 mins after serving	<input type="checkbox"/> 30 mins after serving

Instructions:

- Level 4 Extremely Thick critical tests include **Appearance + Fork Drip Test + Spoon Tilt Test** OR if these are not available Finger Test. Chopstick test not appropriate.
- The food item must pass or meet criteria for any row marked *.

Tests: Suitable drinks, soups, nutritional supplements, gravies, sauces, liquid medications	Meets criteria at		
	Time of service	15 mins after serving	30 mins after serving
Critical: Appearance			
* No lumps	<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 Drip Test (metal dinner fork needed)			
* Food sits in a mound above the dinner fork (a small amount may form a tail below the 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
* Does not drip or flow continuously through the 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. not sticky) 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			
* Hold a sample on fingers without it dripping through continuously	<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 smoothly and easily 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 leaves noticeable residue on 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
Preferred but not critical: Fork Pressure Test			
* Prongs of fork make clear pattern on surface OR food briefly retains dinner fork indentation marks	<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 4 Extremely Thick?	<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: * Extremely Thick liquids need to be able to be put in the mouth and swallowed whole. No chewing and no bolus formation skills should be needed to eat this consistency.

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

Intended for **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. not sticky) 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/>

Testing intended for **6** SOFT & BITE-SIZED



Product or food tested			
Heating method(s)			
Temperature when tested at:	<input type="checkbox"/> time of service	<input type="checkbox"/> 5 mins after serving	<input type="checkbox"/> 30 mins after serving

Instructions:

- Level 6 Soft & Bite-Sized critical tests include **Appearance + Fork/Spoon Pressure Test** OR if these are not available Finger Test.
- For particle size: food intended to mimic a 'bite of food' – must be equal to or less than 15mm x 15mm (adults); equal to or less than 8mm x 8mm (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			
* Pieces less than or equal to 15mm x 15mm (adults); 8mm x 8mm (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/Spoon Pressure Test (metal dinner fork or teaspoon needed)			
* When pushing down on a 15mm x 15mm sample with a dinner fork or teaspoon, with enough pressure that the thumb nail turns white, the food can be squashed and will not return to original shape	<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 can be separated into smaller pieces using pressure from a dinner fork or teaspoon held on its side	<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			
* When pushing down on a 15mm x 15mm sample using thumb, with enough pressure that the thumb nail turns white, the food can be squashed and will not return to original shape	<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	<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 break 15mm x 15mm pieces into smaller pieces	<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 6 Soft & Bite-sized?	<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: * Chewing ability is needed for this texture, although biting is not required. Pieces should be 'bite-sized' at time of serving.

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

DUAL LABELLING

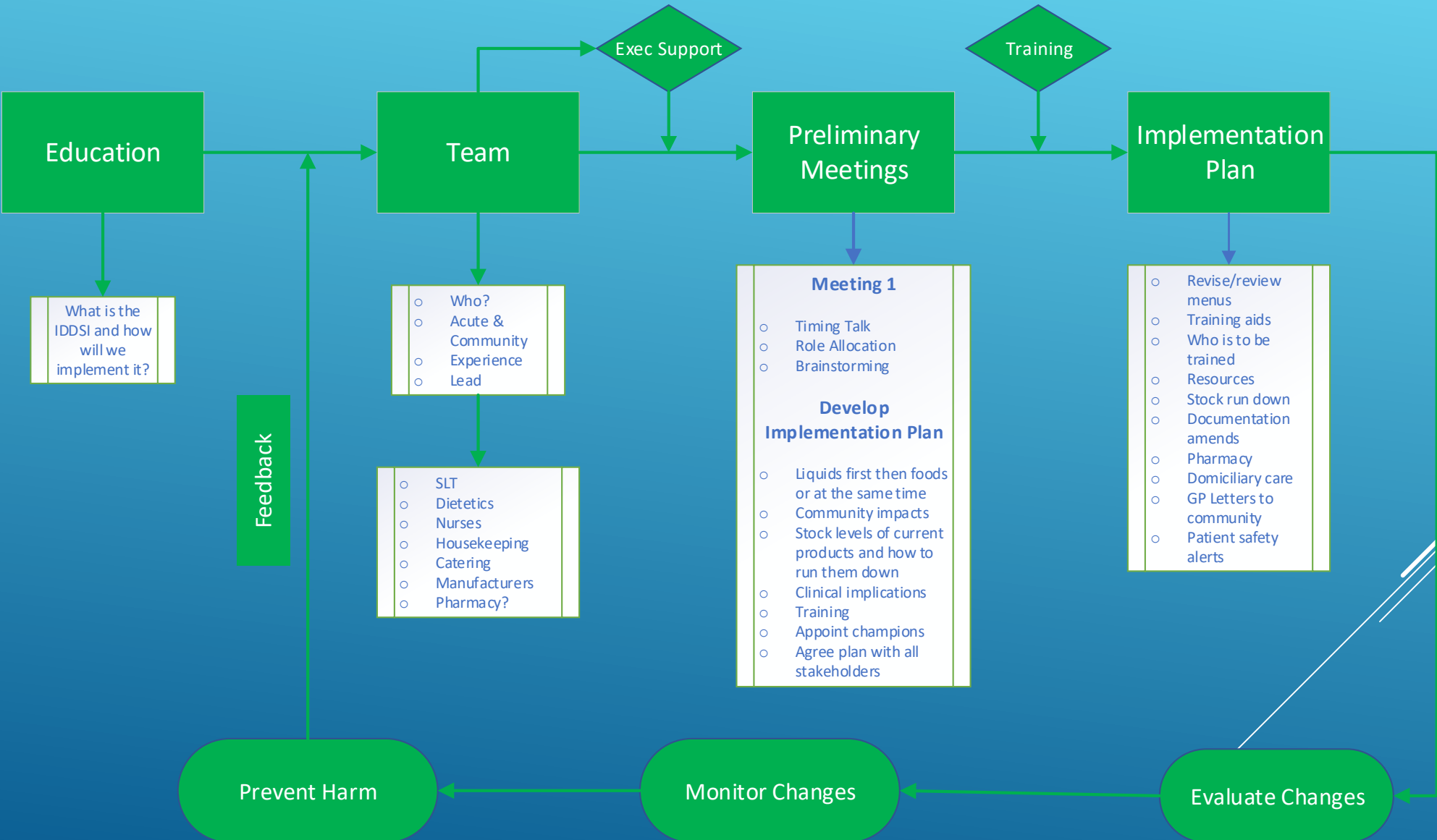




Regular foods falling into Category 7



IDDSI Implementation Flow





WHAT NEXT?!

- Changes to the dishes – Mainly Texture D and E to convert them to levels 5 and 6
- Labelling
- Training
- Education

We drive the process

Questions?