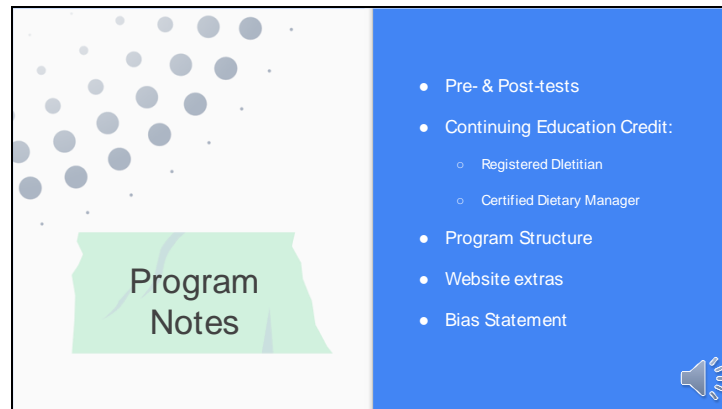


Slide 1



- Welcome back! I am Larkin Kelly, registered Dietitian, thanks again for joining me!
- Today we are going to get into the IDDSI framework!

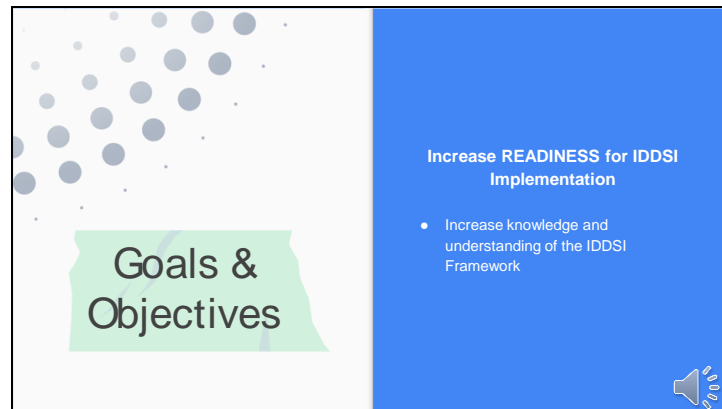
Slide 2



Agenda

- Again a few housekeeping notes before we get going...
 - You should have completed a short post-test after the previous webinar. Thank-you for getting those completed!
 - This is the third of four parts. Just a reminder that you will need to complete all four parts to receive your continuing education credits.
 - I will keep providing my favorite resources for you at the end of each webinar. There are a lot of great resources for this webinar and our next. Don't forget, you can find the links for all of these on the program website, under the resources tab.
 - And again, I need to tell you that this program is free of marketing or commercial bias and financial influence, and has been produced using evidence-based information. Any personal opinions are that of the presenter.

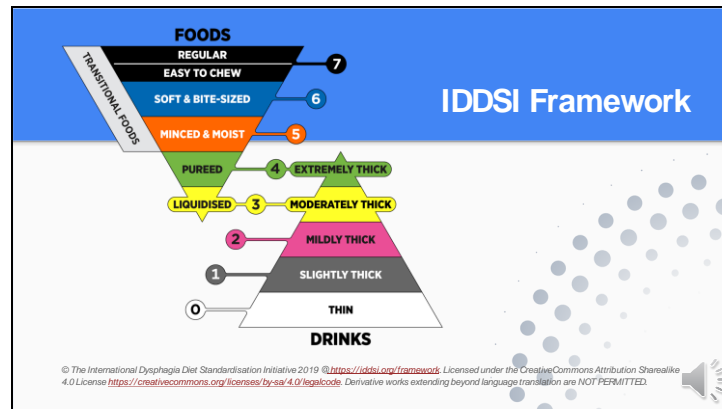
Slide 3



The slide is divided into two main sections. The left section has a white background with a pattern of grey dots of varying sizes in the top left corner. A green, irregularly shaped box contains the text "Goals & Objectives". The right section has a solid blue background. At the top, it says "Increase READINESS for IDDSI Implementation". Below this, there is a bullet point: "• Increase knowledge and understanding of the IDDSI Framework". In the bottom right corner of the blue section, there is a small speaker icon.

- Again, the overall goal of this program is to increase your readiness for IDDSI implementation.
 - Part of feeling ready is feeling confident in the framework itself. We have spent a lot of time so far talking about why IDDSI is important and why we should implement it but haven't spent any time on the nuts and bolts, the framework itself!
 - Our goal today is to go through the Framework and testing methods for each IDDSI level.
 - During my interviews with speech therapists and dietitians over the previous year, many have said that the framework is much more intuitive to use than previous models. Although the testing methods you will learn today are completely new, you will recognize the old national dysphagia diet in this new framework! And I think once you get a handle on the updated language you will find that IDDSI is much more similar than you may think to things you are already doing in your kitchen today!

Slide 4



- The framework has eight levels, 0 through 7, that take into account both food texture and beverage thickness, all in one continuum.
- You can see foods on the left and liquids on the right here and where they cross over.
- The terminology includes colors and names, that you will see are similar in some ways to what we have used in the past, but intentionally different in other;
- And numbers, which help to further differentiate the levels and keep us all from getting confused when you start implementation.
- It is good to use both names and numbers when training, speaking about the diets, and in documentation and diet orders.

Slide 5

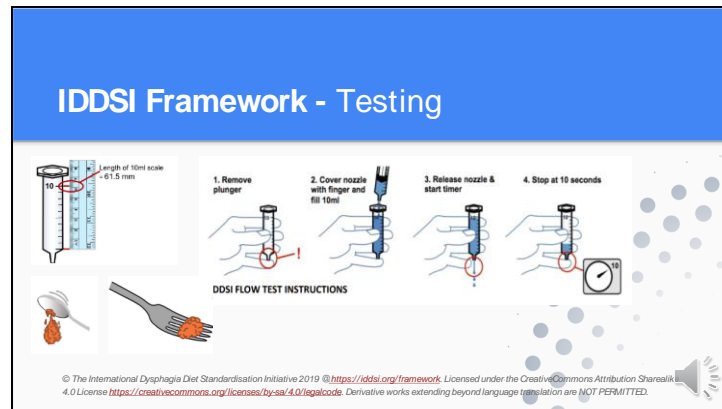
IDDSI Framework - Testing

- IDDSI testing measures the **flow** of liquids and the **texture** of foods
- Testing should take place **at the point of service**, and at the temperature of service

The diagram illustrates the IDDSI Framework for testing, showing a vertical scale of food and drink consistency levels. The scale is divided into two main sections: **FOODS** and **DRINKS**. The **FOODS** section includes levels 1 through 5, with corresponding descriptions: 1 (EASY TO CHEW), 2 (SOFT & BITE-SIZED), 3 (MINCED & MOIST), 4 (PUREED), and 5 (LIQUIDISED). The **DRINKS** section includes levels 6 through 8, with corresponding descriptions: 6 (REGULAR), 7 (EASY TO DRINK), and 8 (THIN). The diagram also includes a copyright notice: © The International Dysphagia Diet Standardisation Initiative 2019 @ <https://iddsi.org/framework>. Licensed under the Creative Commons Attribution ShareAlike 4.0 License <https://creativecommons.org/licenses/by-sa/4.0/legalcode>. Derivative works extending beyond language translation are NOT PERMITTED.

- The IDDSI testing methods are THE thing that sets the IDDSI framework apart. The testing is what makes a standardized framework even possible.
- It is easy to forget that medically prescribed diets, especially dysphagia diets are a form of physician ordered medical treatment, like any other medication or therapy. Testing ensures that we are delivering what has been ordered by the doctor, speech therapist, or dietitian.
- If we are all testing, then I can be certain that the Minced and moist level 5 foods prepared in my kitchen are going to be the same as the minced and moist foods prepared in your kitchen.
- IDDSI testing measures the flow of liquids and the textural characteristics of foods and beverages.
- Testing should take place at the point of service, meaning at the temperature and consistency at which at patient would be served the particular food. This is to ensure that time and temperature do not play a role in altering the consistency of a food or beverage.

Slide 6



- We use various tools in testing that you will see used throughout.
- The 10ml syringe, pictured here, measures flow of liquids and will help you ensure that your thickened liquids are the appropriate thickness for the assigned diet.
- Measuring flow will involve simply measuring how much liquid is left in the syringe after 10 seconds - we will delve into this more in a second.
- The last thing you will need is easy! A fork and a spoon! This is what makes IDDSI genius! They utilize simple tools that we all have.
- The fork and spoon will help us measure properties like hardness, cohesiveness, stickiness, as well as shape and size of food particles.

Slide 7

THIN IDDSI Framework

Level 0: Thin (IDDSI Fork-Spoon / Spoon-Spoon Tests)

- Thin liquid flows like water
- **Flow Test**= <1ml fluid after 10 seconds

FOODS

- REGULAR
- EASY TO CHEW
- SOFT & BITE-SIZED
- MORDED & HOUSY
- PUREED
- LIQUIDISED
- EXTREMELY THICK
- MODERATELY THICK
- HEAVY THICK
- SLIGHTLY THICK
- THIN

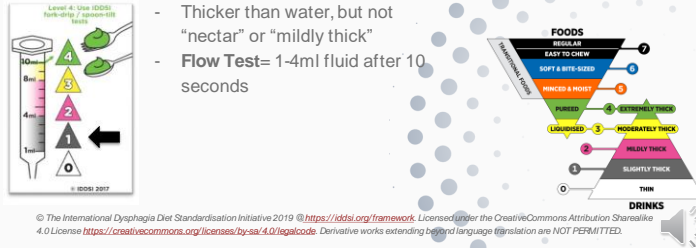
DRINKS

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- Lets start with 0! Which is thin liquids
- These are easy. Thin liquids flow like water. When you do a flow test using your syringe there should be less than 1ml left in the syringe after 10 seconds.

1 SLIGHTLY THICK

IDDSI Framework



The diagram illustrates the IDDSI Framework, which is a standardized system for classifying food and drink textures. It is organized into two main sections: **FOODS** and **DRINKS**. The **FOODS** section is divided into four levels: Level 0 (Thin), Level 1 (Slightly Thick), Level 2 (Mildly Thick), and Level 3 (Moderately Thick). The **DRINKS** section is divided into four levels: Level 0 (Thin), Level 1 (Slightly Thick), Level 2 (Mildly Thick), and Level 3 (Moderately Thick). A flow test diagram shows a 10ml syringe with a 4ml mark, and a 10ml syringe with a 4ml mark, illustrating the flow test procedure. The flow test procedure involves drawing 10ml of liquid into a syringe, holding it vertically for 10 seconds, and then observing the amount of liquid that remains in the syringe. The amount of liquid remaining is used to determine the IDDSI level of the liquid.

Level 1: Use IDDSI Marking / Spoon-ill Test

- Thicker than water, but not “nectar” or “mildly thick”
- **Flow Test**= 1-4ml fluid after 10 seconds

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- Level 1 is slightly thick liquids. These are slightly thicker than water, and similar to the flow of a typical oral nutrition supplement. These liquids are not thick enough to be mildly thick- which we know from previous terminology to be nectar, but are thicker than water.
- After 10 seconds of a flow test, between 1 and 4ml of fluid will be left in your 10ml syringe.

2 MILDLY THICK IDDSI Framework

The diagram illustrates the IDDSI Framework, which is a standardized system for classifying the thickness of foods and drinks. It is divided into two main sections: **FOODS** and **DRINKS**. Each section has a vertical scale from 0 to 5, with corresponding icons and descriptions. Level 2 is highlighted in pink, indicating it is the focus of the slide. The **DRINKS** section includes a 10ml syringe diagram showing the flow test results for each level: Level 0 (0-1ml), Level 1 (1-4ml), Level 2 (4-8ml), Level 3 (8-10ml), Level 4 (10-15ml), and Level 5 (15-20ml). The **FOODS** section includes a 10g spoon diagram showing the flow test results for each level: Level 0 (0-1g), Level 1 (1-4g), Level 2 (4-8g), Level 3 (8-10g), Level 4 (10-15g), and Level 5 (15-20g).

Previously known as “nectar” thickened liquids

Flow Test= 4-8ml fluid after 10 seconds

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- Level 2 is “mildly thick” liquid. The pink color of this liquid is a nod back to previously used terminology. This is the same pink color used on packaging for “nectar” thickened liquids.
- These liquids are best sipped from a cup, and require some effort to take through a straw. These liquid will flow when poured from a spoon.
- After 10 seconds of a flow test, between 1 and 4ml of fluid will be left in your 10ml syringe.

LIQUIDISED
MODERATELY THICK

IDDSI Framework

- Previously known as “honey” thickened liquids
- **Flow Test**= >8ml fluid after 10 seconds
- **Fork Drip Test**= Drips slowly in dollops
- **Spoon Tilt Test**= pours easily and does not stick

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- Level 3 is “moderately thick” liquid and “liquidised” food. Again the yellow color here should be a nod back to what this thickness of liquid was previously called “honey” thickened liquids.
- These liquids require moderate effort to take through a standard sized straw, but are not thick enough to be molded, piped, or eaten with a fork. They can however be eaten with a spoon.
- We can still perform a flow test on this consistency using our syringe. We should expect >8ml to remain after the 10 second testing period.
- We can also perform a fork drip test, where we should expect this consistency to drip in dollops through the prongs of the fork.
- And a spoon tilt test. In this test you simply tilt your spoon to the side. Moderately thick liquid should pour right off of the spoon, without being sticky.

4 **PUREED**
4 **EXTREMELY THICK**

IDDSI Framework

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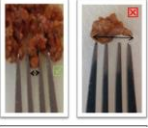
- Previously known as “nectar” thickened liquids
- **Fork Drip Test**= sits in a mound, does not drip
- **Spoon Tilt Test**= will plop or slide without stiff or sticky remaining residue

- Level 4 is pureed food also known as extremely thick liquid. In previous terminology we would have referred to this as “pudding thick” liquid.
- Purees are very familiar to all of us. This consistency cannot be consumed through a straw and is thick enough to be molded and piped. Purees should be smooth, without lumps and is NOT sticky.
- We cannot perform a flow test on this consistency.
- In a fork drip test purees should sit in a mound a top a fork, without dripping or flowing through the prongs of the fork.
- In a spoon tilt test we want purees to slide or plop off of the spoon, leaving only small amounts of residue. They should NOT appear firm, or sticky, and there should not be large amounts left on the spoon (think peanut butter)


5 MINCED & MOIST IDDSI Framework

5 MINCED & MOIST

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



- Particle Size should be small enough to fit between fork prongs
- Fork Pressure Test= easy to smash
- Fork Drip Test= sits in a mound
- Spoon Tilt Test= pours easily and does not stick
- Moist foods should **not contain** excess juice or liquid



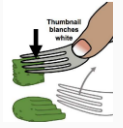
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- Level 5 Minced and Moist is very similar to what previously was described as “ground”
- Particle size is important in determining that food is appropriate as a level 5. For adult diets, each piece or particle of food should be small enough to fit in the space between the prongs of a fork.
- When a fork is pressed down onto minced and moist foods the particles should be easily mashed, without enough pressure to turn your thumbnail white.
- In a fork drip test minced and moist foods will sit atop a fork in a mound.
- In a spoon tilt test this consistency will slide/plop/fall off of a tilted spoon easily, again without being sticky or leaving significant residue.
- It is also important that preparations of minced and moist foods be moist, but not wet or contain excess juice or liquid.

6 SOFT & BITE-SIZED IDDSI Framework


Note - food size requirements for all foods in Level 6 Soft & Bite-sized:

- Pediatric, 8mm pieces
- Adult, 15mm = 1.5cm pieces



Thumb nail blanches white

- Particle Size should 15mm or approx one fork width
- Fork Pressure Test= easy to smash and should not return to previous shape
- Easy to “cut” with side of a fork or spoon
- Soft foods should **not** contain excess juice or liquid



FOODS

REGULAR (7)

EASY TO CHEW (6)

SOFT & BITE-SIZED (5)

MINCED & MOIST (4)

PUREED (3)

LIQUIDISED (2)

EXTREMELY THICK (1)

MODERATELY THICK (0)

SLIGHTLY THICK

THIN

DRINKS

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- Level 6 soft and bite sized is very similar to what previously was described as “chopped”
- Particle size again is very important in determining that a food is appropriate as a level 6. For adult diets, each piece or particle of food should be 15mm or approximately the size of the width of a fork.
- In a fork pressure test soft and bite sized foods should require more effort to mash than minced and moist and should cause your thumb nail to blanch white. The food should not return to its previous shape after being squashed.
- You can also use a fork or spoon on its side to “cut” or break apart a soft and bite sized food.

7
EASY TO CHEW

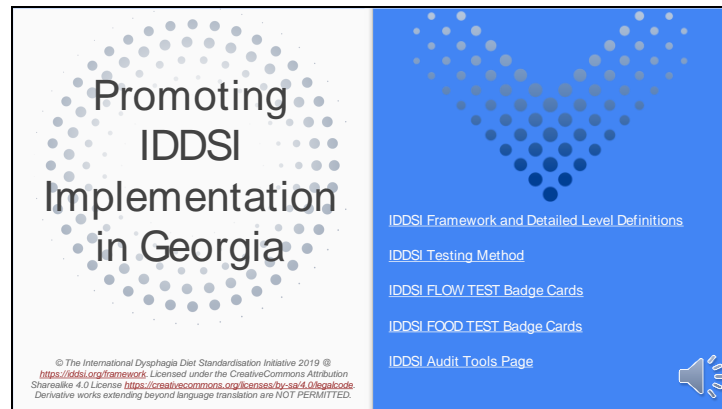
7
REGULAR

- There is no specified **Particle Size**
- **Easy to Chew** foods are soft/tender in texture
 - Will pass a **fork pressure test**
 - Can be "cut" with a fork
- **Regular** foods can also contain foods that are crunchy, hard, chewy, fibrous and crumbly

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- Level 7 can be categorized as easy to chew or regular.
- There is no specified particle size for either consistency in this case.
- Easy to chew foods will be soft and tender and will pass the fork pressure test, without returning to its previous shape, and will be easily “cut” with the side of a fork or spoon.
- Regular foods will include everything else that is not included with ETC foods, like foods that are crunchy, hard, chewy, fibrous, and crumbly. Basically, all other foods.

Slide 15



There are some supplementary handouts and links from the IDDSI website here. These documents from the IDDSI website really detail everything we have talked about today. These food and liquid testing badge cards are also an amazing tool for you and your team. As we get into planning you will see more about how to convert your existing diet orders into the IDDSI orders

Again, these resources are posted on the resources page of the website!

Thank-you so much for your time today- check out the post-test to this presentation and I will see you at the next one.

Again, feel free to use the website to communicate with me directly and for any questions and concerns you may have.