

IDDSI

International Dysphagia Diet Standardisation Initiative

A global initiative to improve the lives of over 590 million people worldwide living with dysphagia

IDDSI was developed to be the global standard for the treatment of dysphagia.

We encourage all of our partners in Aged Care to use the resources below while implementing IDDSI in your facility. Follow the links to print best quality images from <https://iddsi.org>

1. Full IDDSI Framework Poster

FOOD & DRINKS CLASSIFICATION AND TESTING
ADULT & PEDIATRIC

TESTING INFO

LEVEL 7 - REGULAR RG7
No specific testing information.

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
Pieces no bigger than 1.5 x 1.5cm in size for adults and 8mm x 8mm for babies & children. Push down on piece with fork - sample should squash completely and not regain its shape.

LEVEL 5 - MINCED & MOIST MM5
4mm lump size for adults and 2mm lump size for babies and children. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

LEVEL 4 - PUREED PU4
Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

LEVEL 3 - LIQUIDISED LQ3
No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops through the prongs of a fork.

FOOD TEST INSTRUCTIONS

4 PUREED

4 EXTREMELY THICK

5 MINCED & MOIST
ADULT 4mm CHILD 2mm

6 SOFT & BITE-SIZED
Thumbnail blanches white

7 EASY TO CHEW
Thumbnail blanches white

TRANSITIONAL FOODS

TRANSITIONAL FOODS TEST INSTRUCTIONS

- Add 1mL of water to 1.5cm x 1.5cm sample and wait 1 minute.
- Then complete the IDDSI Fork Pressure Test.
- Thumbnail blanches white

FLOW TEST INSTRUCTIONS

- Remove Plunger
- Cover nozzle with finger and fill 10ml
- Release nozzle & start timer
- Stop at 10 seconds

TESTING INFO

LEVEL 4 - EXTREMELY THICK EX4
Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

LEVEL 3 - MODERATELY THICK MO3
No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops through the prongs of a fork.

LEVEL 2 - MILDLY THICK MT2
'Sippable' from a cup but effort needed to drink this through a standard straw/teat/nipple. 4-8mL remaining in the syringe after 10 sec of flow.

LEVEL 1 - SLIGHTLY THICK ST1
Thicker than water. Can flow through a standard straw/teat/nipple. 1-4mL remaining in the syringe after 10 sec of flow.

DRINKS / LIQUIDS

LEVEL 0 - THIN TNO
Flows like water. Flows easily through any straw/teat/nipple. Less than 1 mL remaining in the syringe after 10 sec of flow.

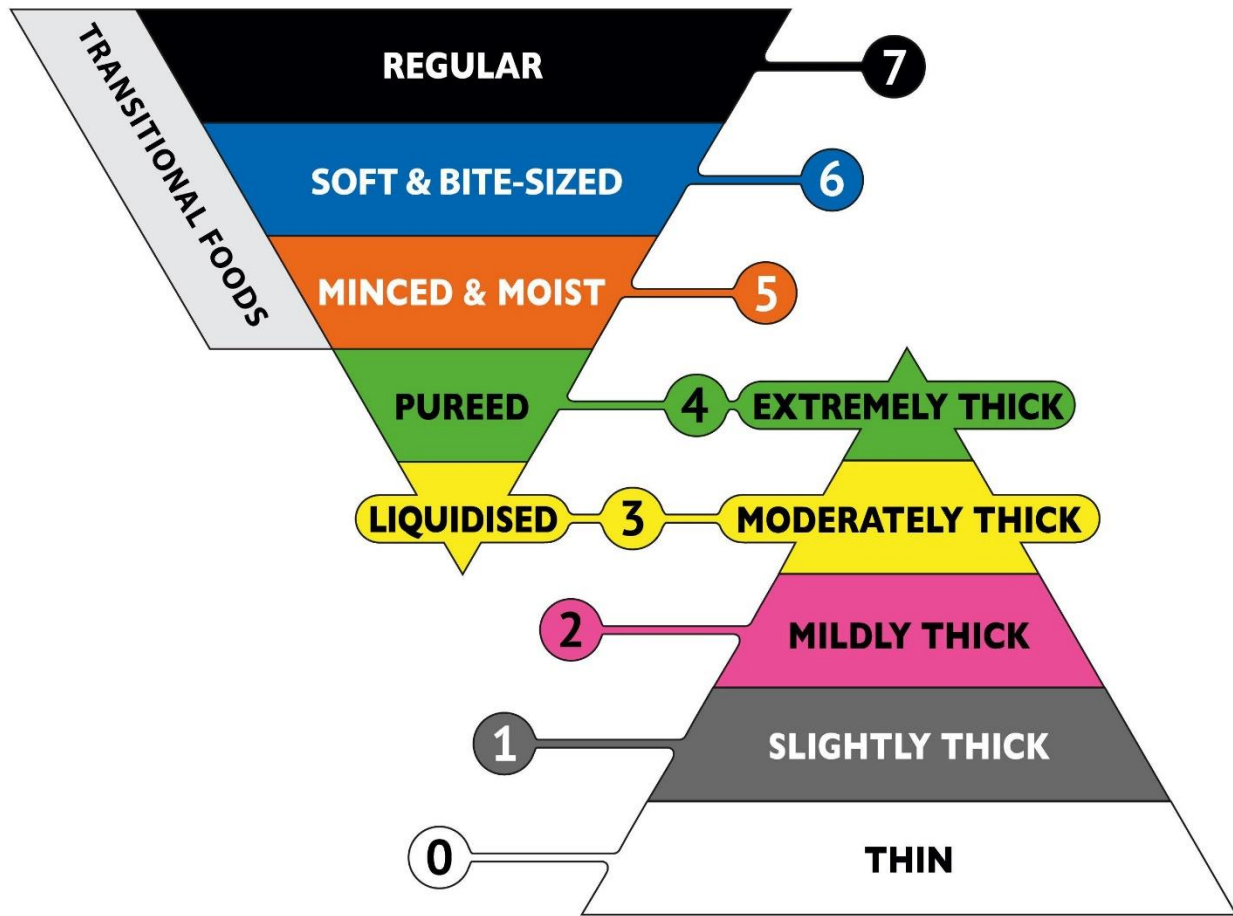
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2. IDDSI Framework



FOODS




The International Dysphagia Diet Standardisation Initiative 2016 @<http://iddsi.org/framework/>.

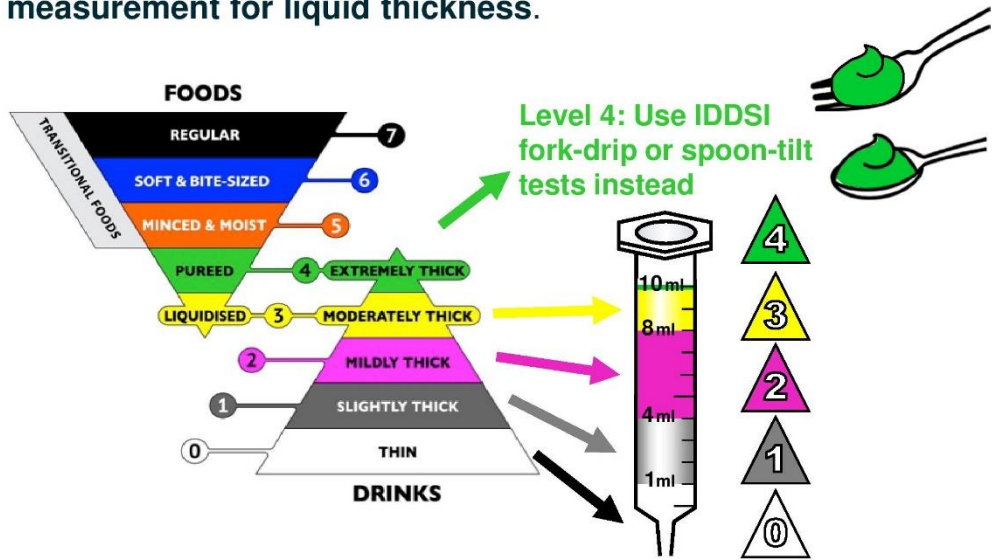
Attribution is NOT PERMITTED for derivative works incorporating any alterations to the IDDSI Framework that extend beyond language translation. Supplementary Notice: Modification of the diagrams or descriptors within the IDDSI Framework is DISCOURAGED and NOT RECOMMENDED. Alterations to elements of the IDDSI framework may lead to confusion and errors in diet texture or drink selection for patients with dysphagia. Such errors have previously been associated with adverse events including choking and death.



3. IDDSI Flow Test & Instructions

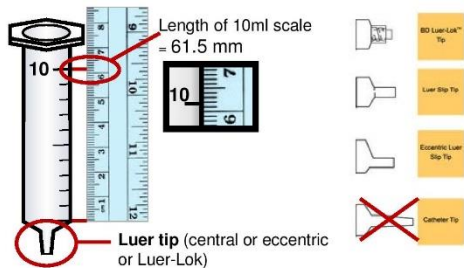
 **Flow Test**

The International Dysphagia Diet Standardisation Initiative (IDDSI) framework of terminology and definitions includes an **objective measurement for liquid thickness**.



The **IDDSI flow test** classifies **IDDSI Levels 0-3** based on their rate of flow.

Use a syringe (following syringe dimensions as per image below) for correct results.



DISCOVER MORE ABOUT IDDSI

Visit: IDDSI.org
 Follow on Twitter: [@IDDSI_org](https://twitter.com/IDDSI_org)
 Download the IDDSI App:



Updated: February 2018



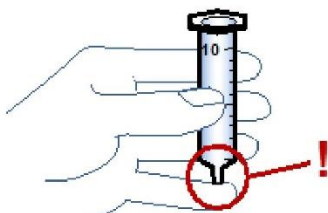
IDDSI flow test - instructions



Videos of IDDSI flow test can be found here:

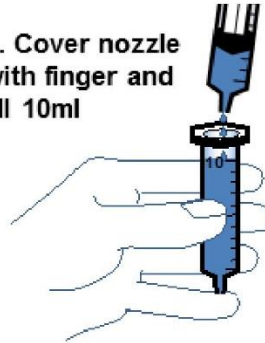
<http://iddsi.org/framework/drink-testing-methods/> or in the IDDSI App

1. Remove plunger

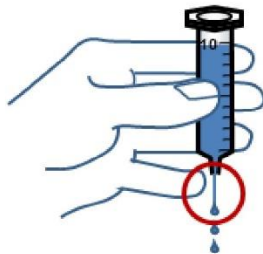


Check the nozzle is completely clear before use

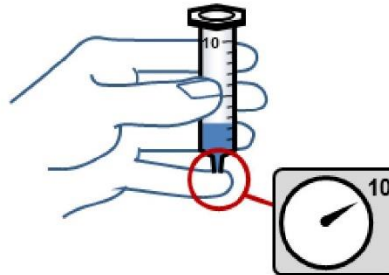
2. Cover nozzle with finger and fill 10ml



3. Release nozzle & start timer



4. Stop at 10 seconds



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Updated: May 2018

