

International Dysphagia Diet Standardisation Initiative (IDDSI)

Introduction:

Dysphagia (swallowing difficulties) presents a significant clinical risk for patients in a number of different settings. Dysphagia affects all ages and can accompany many conditions such as stroke and dementia. Over 500 million people worldwide are affected by dysphagia. Management of eating and drinking problems includes modifying the texture of food and/or the thickness of drinks.

Patient Safety:

The labels and descriptions for modified food and drinks have previously varied within and across countries. Research shows patients have come to significant harm because of confusing terminology.

What is IDDSI?

The IDDSI framework was published in 2015 with the goal of developing new global standardised terminology and definitions to describe texture modified foods and drinks. IDDSI is for use with all individuals within all care settings and all cultures. The new IDDSI framework consists of 8 levels (0-7) and includes testing methods which are based on clinical evidence. Levels are identified by numbers, text labels and colour codes as shown below:

Grampian Texture Classification Stages Compared to IDDSI Levels:

The table below shows how the previous Grampian Texture Classifications compare to the new IDDSI levels:

Foods			Drinks	
Previous Grampian Classifications	New IDDSI Levels		New IDDSI Levels	Previous Grampian Classifications
Normal	Regular	7		
Stage E (Soft & Easily Chewed)	Soft and Bite Sized	6		
Stage D (Finely Mashed)	Minced and Moist	5		
Stage C (Pureed)	Pureed	4	Extremely Thick	Stage 3
	Liquidised	3	Moderately Thick	Stage 2
		2	Mildly Thick	Stage 1
		1	Slightly Thick	
		0	Thin	Normal



The previous Grampian classifications for drinks are based on descriptors that are open to interpretation. Therefore the previous stages for drinks are considered to broadly match the IDDSI levels 0-4. It is important to follow the instructions on the thickener tin, or check the detailed IDDSI definitions, to provide the correct consistency of drink recommended by Speech and Language Therapy. For individuals already on thickened fluids their fluid thickness remains the same – only the terminology has changed.

The International Dysphagia Diet Standardisation Initiative 2015 @http://idddi.org/framework/ Attribution is NOT FESSETTED for alternate works incorporating any alterations to the IDDSI Framework that extend beyond language translation. Supplementary Italian. Modifications of the diagrams or descriptions 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.

Implementation:

All healthcare settings and manufacturers should be fully compliant with IDDSI by April 2019. The Grampian IDDSI Implementation Group will co-ordinate the safe and effective local transition from the 5th February 2019.

Previous NHS Grampian Texture Classification documentation should not be in circulation after April 2019.

All staff have a responsibility to be aware of and implement the new IDDSI framework.

Resources available to help achieve this are:

- IDDSI reference posters displayed in all Hospitals and Care Homes
- Pocket-size reference cards for all staff
- Supporting documentation with detailed descriptions for each level (available from your local Speech and Language Therapist or Dietitian if required)

It is recommended that all staff involved in the provision of food and drinks:

- Complete Nutricia's e-learning "Dysphagia Learning Module" (available on TURAS in January 2019)
- Check with their local Speech and Language Therapist, Dietitian or with Learning and Development regarding further training and information

Catering:

- Menus must be IDDSI compliant from the 5th February 2019
- Ordering processes in hospitals will remain the same using the new IDDSI levels / numbers
- Catering staff should attend training where possible

At the point of serving, the duty of care remains with the staff providing food and drinks e.g. staff may be required to cut up food to meet the criteria for Level 6, Soft and Bite Sized diet (1.5cm pieces for Adults, 8mm pieces for Paediatrics).

Adverse Events Reporting:

All adverse events involving the assessment and management of dysphagia should continue to be reported via the Datix Reporting System as per NHS Grampian Policy. For all other settings, follow local procedures to report adverse events.

Further information or guidance is available at:

- Nutricia e-learning 'Dysphagia Learning Module'-
https://nutriciahcp.com/adult/Studies/Dysphagia_Learning_Module/
- International Dysphagia Diet Standardisation Initiative – www.iddsi.org
- British Dietetic Association - www.bda.uk.com
- Royal College of Speech and Language Therapists - www.rcslt.org
- NHS Grampian Guidance – NHS Grampian Intranet
http://guidance.nhsq.grampian.scot.nhs.uk/sites/Grampian_Guidance
- NHS Improvement - <https://improvement.nhs.uk/resources/transition-to-iddsi-framework/>
- NHS Improvement: Patient Safety Alert - https://improvement.nhs.uk/documents/2955/Patient_Safety_Alert_-_Resources_to_support_safer_modification_of_food_and_drink_v2.pdf