

Valley Health's Transition  
to the  
International Dysphagia Diet  
Standardization Initiative  
(IDDSI):

A SYSTEM WIDE INITIATIVE

# OBJECTIVES

At the conclusion of this presentation, learners will:

1. Understand the purpose behind the diet transition from the National Dysphagia Diet to IDDSI.
2. Be able to understand the new IDDSI diets and terminology
3. Have awareness of testing methods available to ensure compliance to IDDSI standards and SLP diet recommendations.

# BACKGROUND



- ▶ Dysphagia is estimated to affect 8% of the general population (580 million people). People with dysphagia may have trouble with:
  - ▶ Enjoying food or drinks safely
  - ▶ Taking medications
  - ▶ Protecting the airway
- ▶ Dysphagia can lead to illnesses including pneumonia, malnutrition, or dehydration.
- ▶ Diet modification is common in dysphagia management, but standardization is lacking!

# BACKGROUND (cont.)



- ▶ IDDSI committee founded in 2013.
- ▶ The final IDDSI framework is a result of over 3 years of work by the IDDSI committee.
- ▶ Development of standardized food/liquid specifications and valid measurement techniques to maintain compliance.

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# WHY IDDSI?

- ▶ Better continuity of care
- ▶ Reproducible testing methods to maintain quality and compliance.
- ▶ Improved patient safety!

# ROAD TO IMPLEMENTATION

- ▶ Committee Formed consisting of: Speech Pathologists, Dietitians, Food Service Manager, Executive Chef, Nursing, EPIC team
- ▶ Biweekly meetings to assign projects and report on progress
- ▶ Policies updated
- ▶ Education materials developed for all staff affected by changes (nursing, physicians, food service, patients/families)
- ▶ Changes in EPIC to reflect new diet terminology
- ▶ Community outreach materials
- ▶ Post Go-live problem solving for the “bumps in the road.”
- ▶ Meeting with leaders of outside referral sources and physician offices.





# IDDSI OVERVIEW



## **DIETS:**

- Pureed
- Minced and Moist
- Soft and Bite-sized
- Easy to Chew

## **LIQUID CONSISTENCIES:**

- Thin
- Mildly thick (nectar)
- Moderately thick (honey)

# TESTING METHODS



## FOOD

- ▶ Spoon-tilt Test
- ▶ Fork Pressure Test
- ▶ Size descriptions

## LIQUID

- ▶ Flow test

# SPOON TILT TEST

**5** **MINCED & MOIST**

**IDDSI**  
International Dysphagia Diet Standardisation Initiative  
[www.iddsi.org](http://www.iddsi.org)  
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**CHILD**  
2mm

**ADULT**  
4mm

**Spoon Tilt Test**

**Particle size**

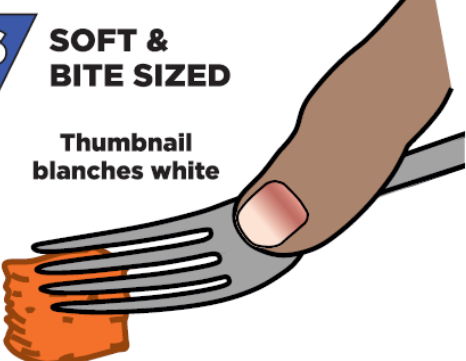
Adult - 4mm

Child - 2mm

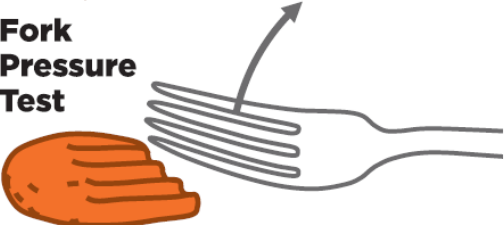
# FORK PRESSURE TEST

**6** **SOFT & BITE SIZED**

Thumbnail  
blanches white



**Fork  
Pressure  
Test**



**Adult**  
15 mm

**Child**  
8 mm

**Bite size**

**IDD SI**  
International Dysphagia  
Standardisation Institute  
[www.idd.si.org](http://www.idd.si.org)  
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# FLOW TEST

- ▶ [IDDSI Flow Test Instructions](#)

# DIETS

# PUREED



Pureed foods should sit in a mound above a fork and should not drip continuously through a fork. It should hold its shape on a spoon but fall off easily if tilted or flicked. It is not firm or sticky.

Intended for



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

**Instructions:**

- Level 4 Pureed 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	Meets criteria at		
	Time of service	15 mins after serving	30 mins after serving
<b>Critical: Appearance</b>			
* 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
<b>Critical: Fork Drip Test (metal dinner fork needed)</b>			
* Food sits in a mound above 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 <u>not</u> drip or flow continuously through 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
<b>Critical: Spoon Tilt Test (teaspoon needed)</b>			
* 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 teaspoon with little food left on teaspoon (i.e. <b>not</b> sticky)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
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
<b>Alternative if Fork or Spoon not available: Finger Test</b>			
* 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 may leave noticeable residue on fingers but is <b>not</b> sticky	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Preferred but not critical: Fork Pressure Test</b>			
Prongs of dinner fork make clear pattern on surface OR food briefly retains 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
<b>OVERALL CONCLUSION: Does the sample meet the criteria for Level 4 Pureed?</b>	<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:**
- \* A puree needs 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.
  - \* If you can pick the sample up in your hands and could bite a piece of it (e.g. moulded puree), **the sample is not a puree and poses a choking risk.**
  - \* Please see also <http://iddsi.org/framework/food-testing-methods/>



# MINCED AND MOIST



Minced and moist foods should have lumps no larger than 4 mm in size, which should fit between the tines of a regular dinner fork. It should hold its shape on a spoon but fall off easily if tilted or flicked. It is not firm or sticky.

# 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
<b>Critical: Appearance</b>			
* 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
<b>Critical: Fork Pressure Test (metal dinner fork needed)</b>			
* Food can be easily mashed with little pressure from a dinner fork [pressure should <b>not</b> 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
<b>Critical: Spoon Tilt Test (teaspoon needed)</b>			
* 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</u> sticky)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
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
<b>Alternative if Fork or Spoon not available: Finger Test</b>			
* 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
<b>Optional: Chopstick Test</b>			
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
<b>OVERALL CONCLUSION: Does the sample meet the criteria for Level 5 Minced &amp; Moist?</b>	<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/>

# SOFT AND BITE-SIZED



On a soft and bite-sized diet, pieces should be no bigger than 1.5 cm by 1.5 cm in size. When pushing down on a sample with a fork, it should squash down completely and not regain its shape.

## 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"/> 15 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
<b>Critical: Appearance</b>			
* 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
<b>Critical: Fork/Spoon Pressure Test (metal dinner fork or teaspoon needed)</b>			
* 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
<b>Alternative if Fork or Spoon not available: Finger Test</b>			
* 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
<b>Optional: Chopstick Test</b>			
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
<b>OVERALL CONCLUSION: Does the sample meet the criteria for Level 6 Soft &amp; Bite-sized?</b>	<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/>



# EASY TO CHEW



Regular food, but soft, easy-to-chew items.

# 7 EASY TO CHEW

## Testing intended for

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

### Instructions:

- Level 7 Easy to Chew critical tests include **Fork/Spoon Pressure Test** OR if these are not available Finger Test.
- The food item must pass or meet criteria for any row marked \*.
- *Meets criteria* means answers 'Yes' to all critical tests.


Tests	Meets criteria at		
	Time of service	15 mins after serving	30 mins after serving
<b>Critical: Fork/Spoon Pressure Test (metal dinner fork or teaspoon needed)</b>			
* Must be able to break food apart easily with just the side of a fork or spoon	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* 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 breaks apart, 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
<b>Alternative if Fork or Spoon not available: Finger Test</b>			
* Must be able to break food apart easily with 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
* 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
<b>Optional: Chopstick Test</b>			
Chopsticks can easily break Easy to Chew food 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
<b>OVERALL CONCLUSION: Does the sample meet the criteria for Level 7 Easy to Chew?</b>	<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:** \* Some biting ability may be required for this texture. Chewing ability is needed for this texture.

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

# LIQUID CONSISTENCIES

- Thin
- Mildly Thick
- Moderately Thick



**Intended for Liquids**  
 
 **0 THIN**
  
 
 **1 SLIGHTLY THICK**
  
 
 **2 MILDLY THICK**
  
 
 **3 LIQUIDISED**  
 **3 MODERATELY THICK**

Liquid or product 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:**

- Liquid critical tests include IDDSI Flow test for ALL liquids PLUS for Level 3 Fork Drip Test.
- Liquid item must pass or meet criteria for any row marked \*.

Tests: Suitable for drinks, soups, nutritional supplements, gravies, sauces, liquid medications		Meets criteria at		
		Time of service	15 mins after serving	30 mins after serving
Critical: Appearance				
* Smooth liquids with no 'bits' (no lumps, fibres, shell, skin, husks, bone, or gristle)		<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: IDDSI Flow Test (10mL Syringe measuring 61.5mm from 0-10mL lines needed)				
* Level 0 Thin	All 10 mL flows through within 10 secs	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Level 1 Slightly thick	1-4 mL remains after 10 secs flow	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Level 2 Mildly thick	4-8 mL remains after 10 secs flow	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Level 3 Moderately Thick/Liquidised	>8 mL remains after 10 secs flow then proceed to Fork Drip Test (below)	<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 – Only for Level 3 - Moderately Thick/Liquidised				
* Food drips slowly in dollops 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
* Prongs of fork do not leave a clear pattern, even briefly on the surface		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>OVERALL CONCLUSION: Does the sample meet the criteria for:</b>				
	<b>Level 0 Thin?</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<b>Level 1 Slightly Thick?</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<b>Level 2 Mildly Thick?</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<b>Level 3 Moderately Thick/Liquidised?</b>	<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:** \* Please see also <http://iddsi.org/framework/drink-testing-methods/> for IDDSI Flow Test and <http://iddsi.org/framework/food-testing-methods/> for Fork Drip Test





# COMMUNITY PARTNERSHIP

- ▶ Education materials provided to our referral sources including:
  - ▶ Surrounding Nursing homes
  - ▶ Home Health agencies
- ▶ Physicians updated on changes
  - ▶ Article in Medical Staff Bulletin
  - ▶ Changes to order sets for ease of ordering new diets
  - ▶ Working on meeting with office managers of local PCP's for further education to our community physicians

# IDDSI.ORG



- ▶ Education resources
- ▶ Instructional videos and pictures
- ▶ Audit forms
- ▶ Suggested timeline for implementation
- ▶ App for download to cell phones available

SPREAD THE WORD!



QUESTIONS??