

FOOD & NUTRITION INSERVICE

AN INTRODUCTION TO THE
INTERNATIONAL DYSPHAGIA DIET
STANDARDIZATION INITIATIVE
(IDDSI)



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HOW TO USE MATERIALS

This inservice is designed to be used as a tool to train staff in long-term care facilities. Although we have provided an outline of the topic at hand, you may need to prepare in advance and tailor this inservice to your staff.

Consider the following:

- Employees' experience and knowledge levels
- Areas needing reinforcement
- Facility policy and state regulations relevant to this topic

To increase employee engagement and retention of information, incorporate thought-provoking questions, ask for examples, and have employees read aloud the handouts, if applicable.

INSERVICE OBJECTIVES

This training provides an introduction to the International Dysphagia Diet Standardization Initiative (IDDSI) framework. Following the completion of this training, employees will be able to:

1. Explain the rationale behind IDDSI
2. Identify the eight food and drink levels by their number, text label, and color code
3. Understand the IDDSI testing methods for both foods and liquids

Main Topics to Cover Are:

- IDDSI Framework
- Level Identifiers
- Transitional Foods
- Food and Drink Testing Methods

Lecture & Discussion

International Dysphagia Diet Standardization Initiative

The International Dysphagia Diet Standardization Initiative (IDDSI) is a global standard with terminology and definitions to describe texture modified foods and thickened liquids for individuals with dysphagia.

The standardized framework for dysphagia diets is intended to improve:

- **Safety.** Multiple labels and definitions cause confusion within and between healthcare professionals and facilities.
- **Efficiency.** Eliminates need for reassessment of food texture and drink thickness when residents move between healthcare settings.
- **Commercial Consistency.** Ready-to-use items and products provide the same consistency between manufacturers.
- **Research.** Increase opportunities to collect and evaluate treatment outcomes.

The IDDSI framework consists of a continuum of 8 levels (0-7), which are identified by three identifiers – text labels, numbers, and colors – to improve safety and identification.

Currently, there is a lack of standardized nomenclature regarding food texture and drink thickness.

For example, a study by IDDSI found that there were 27 different names for levels of drink thickness and 54 different names for texture modification to be in use to refer to 5 or less levels of drink thickness and texture modification.
