



# An Introduction to the International Dysphagia Diet Standardisation Initiative

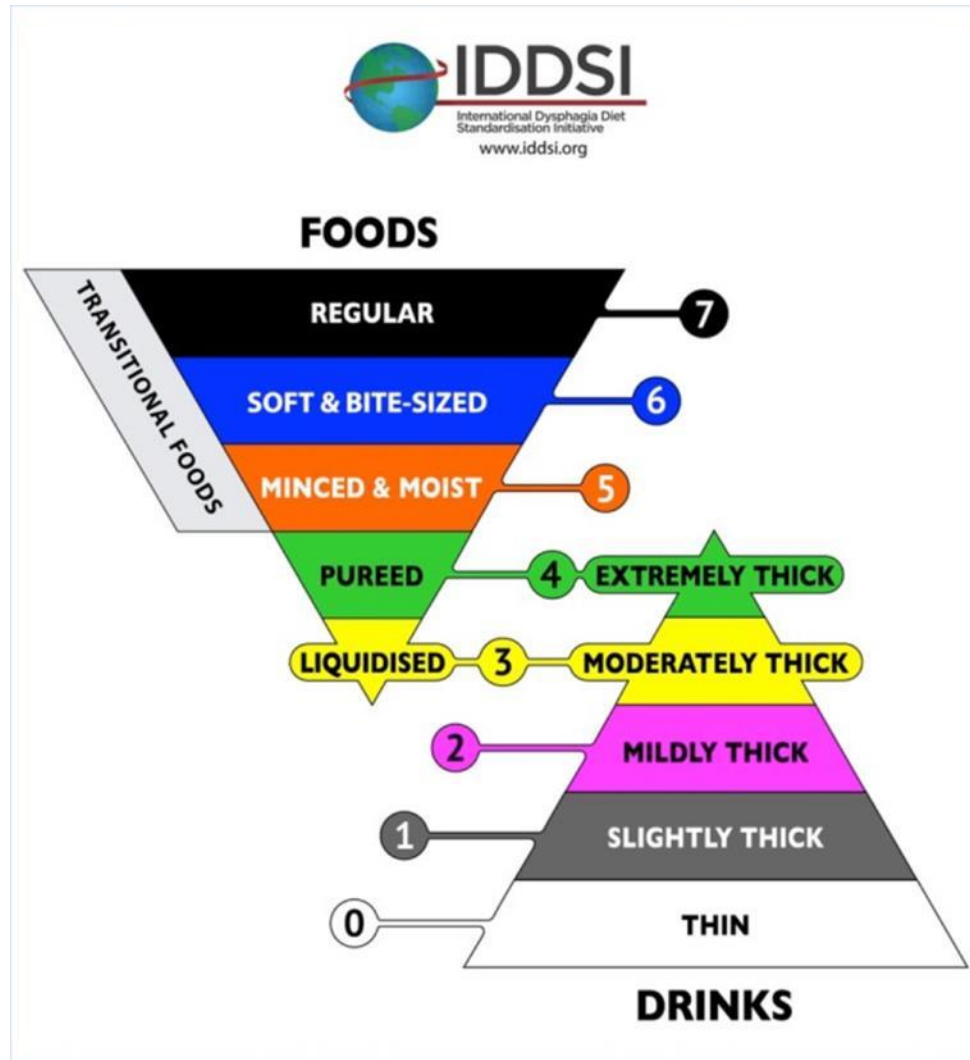
The IDDSI Framework and Testing  
Methods



# What is IDDSI?

- The IDDSI committee came together in 2013
- Develop international standardized terminology and descriptors for dysphagia diets
- Meet the needs of individuals with dysphagia across the age span, across all care setting and across all cultures
- Scientific methodology
- April 2019 Implementation

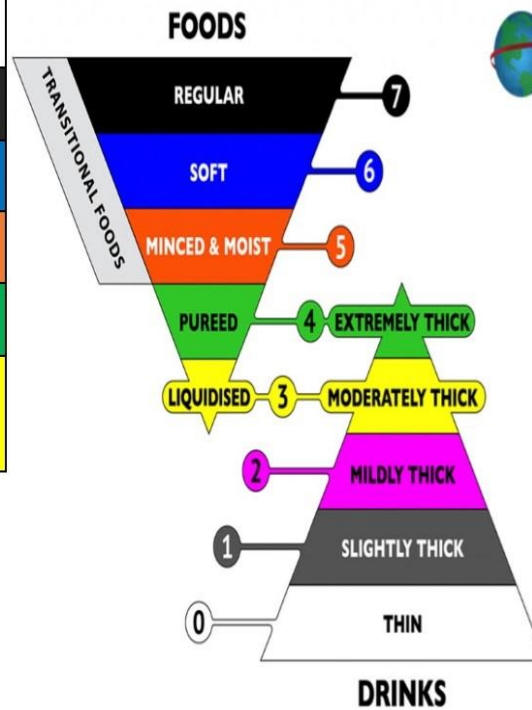
# The Framework



# IDDSI and the UK Descriptors

UK Descriptors mapped onto IDDSI Framework

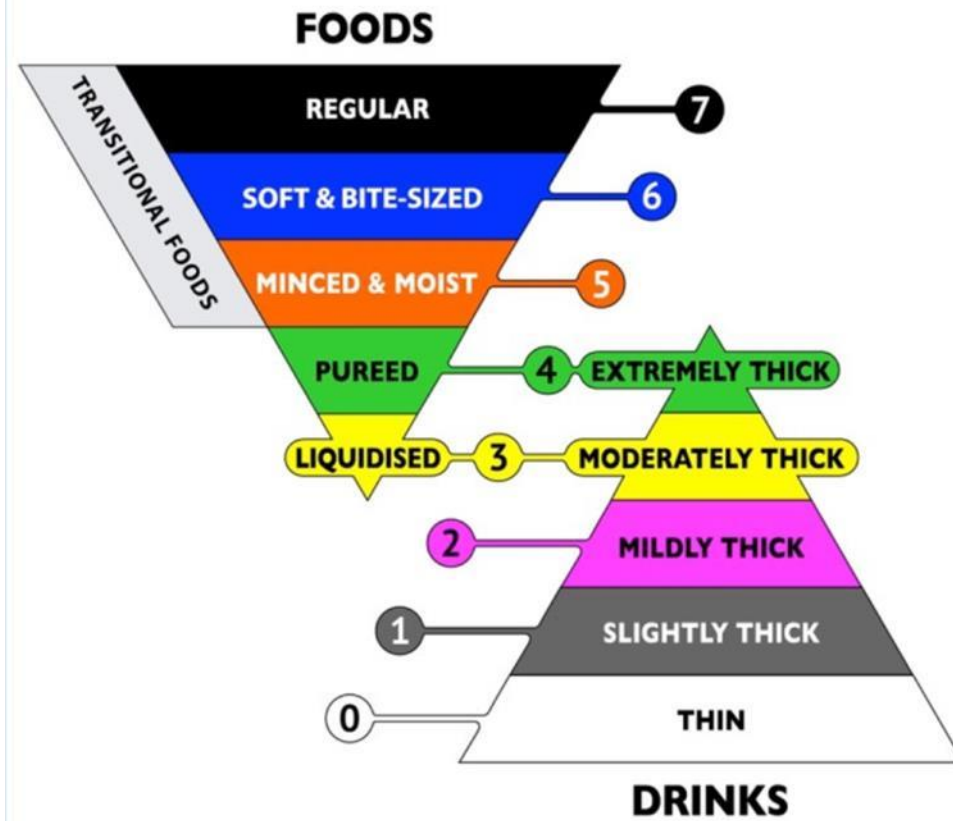
Dysphagia Diet and Food Texture Descriptors March 2012	
normal	This was not used
E fork mashable	Soft, tender, needs some chewing, can be mashed with a fork
D pre mashed	Soft, tender, needs very little chewing
C thick puree	Smooth no bits or lumps
B thin puree	Does not require chewing Does not hold its shape on a plate

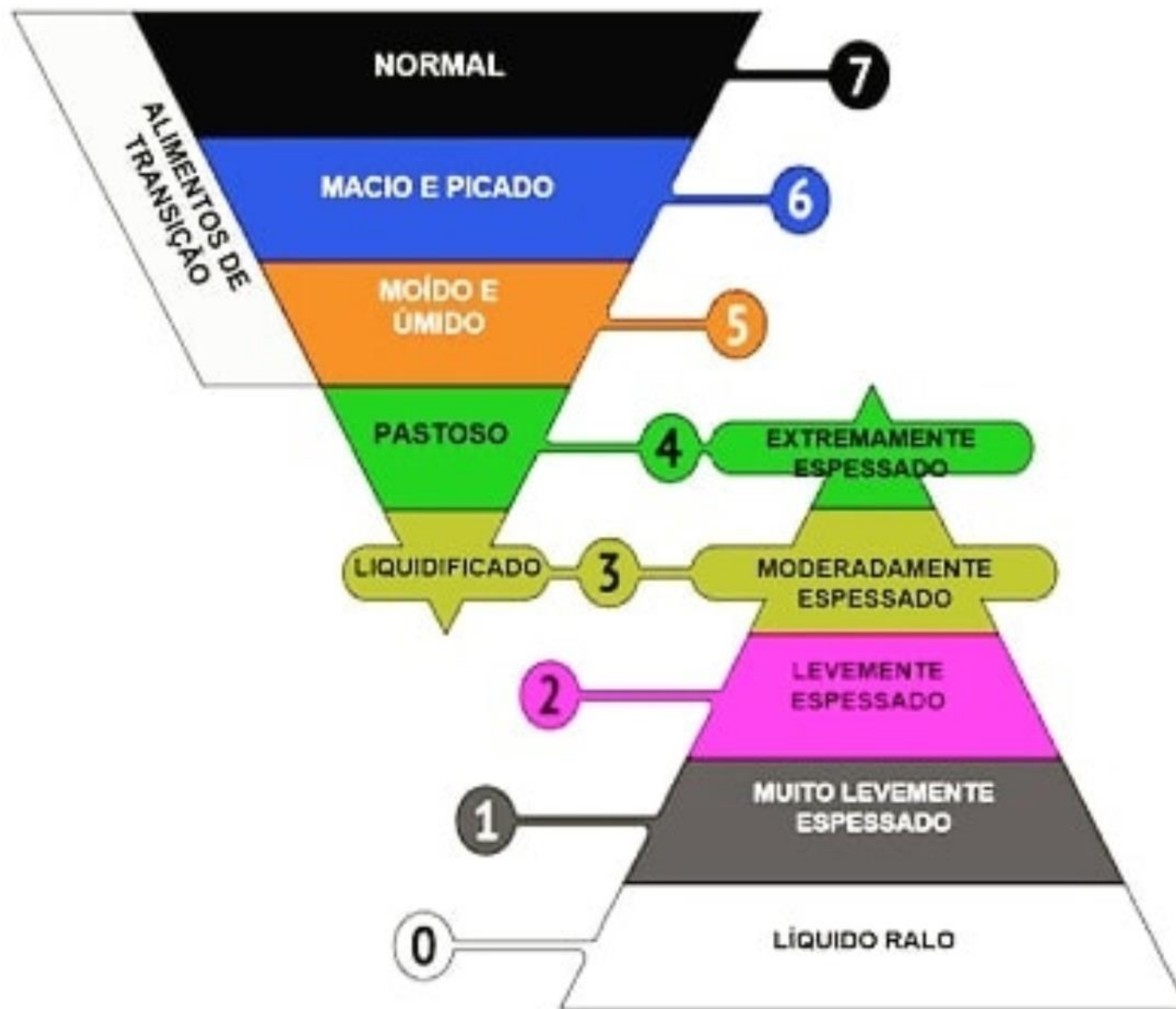


National Descriptors for Texture Modification in Adults July 2002	
Stage 3	Needs to be taken with a spoon
Stage 2	Leaves a thick coat on the back of a spoon
Stage 1	Leaves a thin coat on the back of a spoon
Naturally thick	Product leaves a coating on an empty glass
thin	Still water

# Testing Methods

- IDDSI Audit Sheets
- Drinks Test
- Food Tests
  - Fork
  - Spoon





# Oak House Kitchen

- Website – [oakhouse-kitchen.com](http://oakhouse-kitchen.com)
  - Community and Industry
- Training
  - Theoretical and Practical
  - Across care settings
- E-learning
  - Role specific
- Research and Development

