

# Dysphagia:

## the ongoing implementation of IDDSI



Since IDDSI (International Dysphagia Diet Standardisation Initiative) was launched in the UK in April 2019, its robust implementation has been an ongoing priority. Experts in the area of dysphagia diets and IDDSI, Preston Walker, the NACC Midlands chair, and Sophie Murray, the former NACC deputy chair, are representing care caterers at a national level. Here's a round-up of the latest developments.

### THE UNITED KINGDOM IDDSI REFERENCE GROUP (UKIRG)

2021 has seen the creation of the United Kingdom IDDSI Reference Group (UKIRG). Regional reference groups have been set up across the globe to ensure IDDSI's ongoing implementation. The UK branch held its inaugural meeting in January and the NACC was proud to have a seat at the table.

The UKIRG exists to engage all stakeholders (e.g. NHS trusts, clinical commissioning groups, practice areas, profession, sector, regulations, etc.) and meets regularly to help find solutions for local UK issues. It also acts as an informational and instructional body to guide, foster, advocate, facilitate and support the ongoing and progressive implementation and use of IDDSI.

### SINCE ITS FORMATION, THE UKIRG HAS BEEN SPLIT INTO WORKGROUPS TO FOCUS ON THE KEY AREAS OF DEVELOPMENT:

1. Communications
2. Utilisation / Guidance / Best practice
3. Implementation / Advocacy
4. Research / Data collection
5. Resource collection / Development
6. Education / Training



### UNDERSTANDING THE TASK IN HAND

With the workgroups in place, the first identified task has been to fully understand the current level of IDDSI knowledge and understanding of UK healthcare professionals. A survey was therefore created to gain insights from a broad range of healthcare professionals – including speech and language therapists, registered dietitians, chefs, catering service staff, nurses, managers, and senior leadership teams – into the current level of IDDSI knowledge and understanding and the current practice in use in the UK.

The next step is to collate and analyse the results of this survey. This will provide valuable information to support the group in channelling its focus to develop the resources and actions required to strengthen and expand current understanding and implementation of the IDDSI framework in the UK.

*Go to p93 for Preston Walker's delicious IDDSI recipes.*

## The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



### IDDSI (INTERNATIONAL DYSPHAGIA DIET STANDARDISATION INITIATIVE)

IDDSI is the internationally recognised framework that defines texture-modified foods and thickened liquids for global consistency and safeguarding of individuals with dysphagia. It was implemented in the UK in April 2019 and the NACC has been actively involved in supporting the initiative that drives safety through common terminology for all ages, care settings and cultures.