SIMPLYPUREE IDDSI CHALLENGE
WHAT IS THE IDDSI?

New set of Internationally recognised descriptors for texture modified food

Key Dates:

- Statement of Intent – Awareness 2nd October 2017
- October 2017 – April 2018 Countdown Clock
- 1st April 2019 – Adoption of the standard
Why?! 

Last updates to the dysphagia standards was 2012

Last update to thickened fluids was 2002

Decided to combine fluids and foods in one internationally standard

Over 100 countries will be adopting this

Approved by the BDA and now the RCSLT – however not mandated by them

We have the mantle of education and changing mind-sets to the new standards

Awareness → Preparation → Adoption
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<th>Current System</th>
<th>New IDDSI Standard</th>
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<td>Texture E Fork Mashable</td>
<td>Level 6 Soft &amp; Bite Sized</td>
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<td>Texture D Pre –Mashed</td>
<td>Level 5 Minced &amp; Moist</td>
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<td>Texture C Thick Puree</td>
<td>Level 4 Pureed</td>
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<td>Texture B Thin Puree</td>
<td>Level 3 Liquidised</td>
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NEW TEXTURE TESTS
Fork Test

Drip test – Thick drinks and fluid foods can be tested by assessing whether they flow through the slots/prongs of a fork and comparing against the detailed descriptions of each level – used for levels 3 and 4.

Pressure test – For hard or firm food, a Fork Pressure Test is best used to assess foods in Levels 4-7 and transitional foods.

Using the prongs for particle size – The slots/gaps between the tines/prongs of a standard metal fork typically measure 4 mm, which provides a useful compliance measure for particle size of foods at Level 5 – Minced & Moist
Syringe test

Fill 10mm syringe and let flow for 10 seconds used for Level 3 and 4
Spoon tilt test
Used to determine stickiness and cohesiveness
– used for level 4
LEVEL 3 LIQUIDISED

The description reflects the process used to achieve the correct texture:
- Does not hold its shape on a spoon
- Sippable and pours slowly off a spoon
- Overlaps with the liquid texture for drinks
- Can't be piped, layered or moulded
- Drops through the prongs of a fork

Flow Test
Flows through a 10mm syringe to 8mm in 10 seconds

Fork Test
Prongs of the fork don’t make a clear pattern
Spreads out if spilled
LEVEL 4 PUREED

- No Lumps
- Does not flow under gravity
- Requires no chewing
- Can be moulded/layered/piped
- Not sticky
- No liquid separation
- Falls off spoon when tilted

**Flow Test**
No flow

**Spoon Test**
Should pop off spoon when tilted, may need a gentle flick

**Fork Test**
Prongs of the fork make a clear pattern
Does not spread out if spilled

Too thick if doesn’t fall off spoon when tilted or sticks
LEVEL 5 MINCED & MOIST

- Scoopable & no loose fluid/sauce
- Small particles - 4mm
- Mixed well with moisture
- No mixed (thin-thick) textures
- No hard, chewy, tough, fibrous, dry, crispy, crunchy, sharp or crumbly bits
- No pips, seeds or pith
- No skins or husks
- No skin, bone or gristle
- No round or long shapes foods
- No hard or sticky foods
- No crusting through the heating process
- No floppy texture
- No juicy foods where water separates

Transitional Foods
MINCED & MOIST

- **Meat**
  Finely minced or chopped – 2 - 4mm
  Serve in very thick non pouring sauce
  If texture can't be finely minced then it should be pureed

- **Fish**
  Finely mashed in an extremely think non pouring sauce

- **Fruit & Vegetables**
  Serve mashed
  Juice separated and drained

Fork tests:
1. Can be easily mashed with a fork
2. Particle size for children over 5 and adults: 4mm

- **Minimal chewing required**
- **Tongue force required**
- **Can use tongue to break the small lumps**
LEVEL 6 SOFT & BITE SIZED

- Tender
- Can be mashed/broken down
- Small particles - Adult size 15mm
- Mixed well with moisture
- No mixed (thin- thick) textures
- No hard, chewy, tough, fibrous, dry, crispy, crunchy, sharp or crumbly bits
- No pips, seeds or pith
- No skins or husks
- No skin, bone or gristle
- No round or long shapes foods
- No hard or sticky foods
- No crusting through the heating process
- No floppy texture
- No juicy foods where water separates

Transitional Foods
SOFT & BITE SIZED

• Meat
Tender meat served no bigger than 15mm or serve finely minced
No hard bits of mince

• Fish
Soft enough to break into small pieces with a fork

• Fruit & Vegetables
Served mashed
Juice separated and drained away

Tests:
1. Can be cut easily with a spoon
2. Can be mashed easily in fork pressure test
3. Particle size for children over 5 and adults: 15mm

• Biting not required
• Chewing is required
• Tongue force and control required
REGULAR

Patients can manage all food textures without modification – must be able to bite and chew food

- Can be hard in its original state but must break down quickly with minimal chewing and tongue pressure
- Normal everyday food
- Can be hard and crunchy or naturally soft
- Includes hard, tough, stringy, chewy, crispy, crumbly etc etc
- Pips, seeds and skin is ok
HOW DO WE KNOW WHAT WE ARE DOING IS CORRECT?
DUAL LABELLING
Regular foods falling into Category 7
IDDSI Implementation Flow

**Education**
- What is the IDDSI and how will we implement it?
- Who?
- Acute & Community
- Experience
- Lead
  - SLT
  - Dietetics
  - Nurses
  - Housekeeping
  - Catering
  - Manufacturers
  - Pharmacy?

**Team**
- Exec Support

**Preliminary Meetings**
- Meeting 1
  - Timing Talk
  - Role Allocation
  - Brainstorming
  - Develop Implementation Plan
    - Liquids first then foods or at the same time
    - Community impacts
    - Stock levels of current products and how to run them down
    - Clinical implications
    - Training
    - Appoint champions
    - Agree plan with all stakeholders

**Implementation Plan**
- Training
  - Revise/review menus
  - Training aids
  - Who is to be trained
  - Resources
  - Stock run down
  - Documentation amends
  - Pharmacy
  - Domiciliary care
  - GP Letters to community
  - Patient safety alerts

**Exec Support**

**Prevent Harm**

**Monitor Changes**

**Evaluate Changes**
WHAT NEXT?!

- Changes to the dishes – Mainly Texture D and E to convert them to levels 5 and 6
- Labelling
- Training
- Education

We drive the process

Questions?