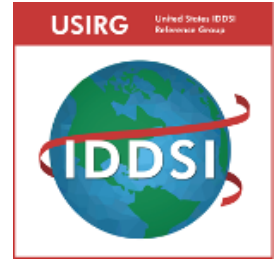


201 Competencies for Healthcare Professionals



1. Which of these tools are used in IDDSI testing?
 - a. 10 mL syringe
 - b. fork, spoon, chopsticks
 - c. fingers
 - d. all of the above

2. In IDDSI's Spoon Tilt Test: What best describes how food slides or plops off the spoon when the spoon is turned sideways?
 - a. It just falls off
 - b. You may use a gentle flick of the wrist
 - c. You may use a forceful shake of the wrist
 - d. You may use a gentle shake of your whole arm

3. Your thumbnail blanches white during IDDSI's Fork Pressure Test for Soft & Bite-Sized, Level 6. The piece of food should squash and not return to its normal shape. This shows that the food is "soft."
 - a. True
 - b. False

4. When do you change from pediatric to adult particle sizes (i.e., the size of minced or cut-up food pieces)?
 - a. When they are physically big enough
 - b. When they hit puberty
 - c. Girls 10-14 years; Boys 12-16 years
 - d. On doctor recommendation
 - e. All of the above

5. How do you determine a food is a transitional food?
 - a. Starts as one texture and changes to another when saliva and heat is added
 - b. Minimal chewing is required, as the tongue easily mashes foods once altered by saliva and temperature
 - c. Sample dissolves and/or squashes easily after adding water to sample and waiting 1 minute
 - d. All of the above

6. The following tools can be used for IDDSI Flow Testing:
 - a. 10ml Syringes where the 10ml scale measures exactly 61.5mm.
 - b. BD 10ml Slip Tip Syringe
 - c. BD 10ml Luer-Lock Syringe
 - d. IDDSI Funnel
 - e. All of the above

7. IDDS's Flow Test uses a 10ml syringe (or IDDSI Funnel) to test the thickness of liquids. How long should you allow liquid to flow through the syringe before replacing your finger at the bottom of the syringe to stop the liquid flowing?
 - a. 5 seconds
 - b. 10 seconds
 - c. 15 seconds
 - d. 20 seconds

8. Where are the best places to locate IDDSI resources?
 - a. The IDDSI website under Resources tab & in the United States chart on Homepage
 - b. Create them yourself
 - c. Social media
 - d. Purchase them

9. In which IDDSI Level does the thumbnail **NOT blanch white** in the Fork Pressure Test?
 - a. Easy to Chew, Level 7
 - b. Soft & Bite-Sized, Level 6
 - c. Minced & Moist, Level 5
 - d. All of the above

10. IDDSI's Fork Drip Test is used for Moderately Thick & Liquidised, Level 3; Extremely Thick & Puree, Level 4; and Minced & Moist, Level 5.
Your recipe for a Moderately Thick, Level 3 smoothie should:
 - a. Not drip through the tines (aka, prongs) of the fork at all
 - b. Mound on top of the fork tines
 - c. Drip slowly in strands or dollops through the tines of the fork
 - d. Drip quickly and continuously through the tines of the fork

Answer Key:

1. d
2. b
3. a
4. e
5. d
6. e
7. b
8. a
9. c
10. c