



Newsletter 6

14 March 2019

Dear Colleagues,

It's great to see the IDDSI activity around the country. The newsletter list continues to grow with more than 440 subscribers from a range of stakeholder group. We are now fewer than 50 days away from our 1 May 2019 IDDSI implementation date.

WHAT'S NEW?

Australia IDDSI Q&A webinars:

To help with 'Prepare' and implementation questions, a series of IDDSI Q&A webinars are planned using the Zoom teleconferencing platform. These are **free webinar sessions** and will be run by the Australian IDDSI Project Officer, Dr Julie Cichero. These 30-60 min webinars will allow interested groups to meet virtually with the Project Officer via Zoom to ask questions or brainstorm problems to assist with implementation.

The first Q&A session was held on 13 February. A brief summary of the questions covered is included below. **The next Q&A meeting is Wednesday 10 April with link in details below.**

Summary from 13 February Q&A session:

- Q: Do facilities have to wait for industry to change their labelling before they transition?
 - A: No, facilities are welcome to commence their transition process. Facilities are encouraged to consider ways to educate their staff if the labelling of pre-packaged items still use the Australian terminology. Facilities are encouraged to contact industry directly for information about when IDDSI labelling will be available.
- Q: Are Oral nutrition supplements a Level 1 Slightly Thick consistency?
 - A: Many oral nutritional supplements do fall within the Level 1 Slightly Thick range. Clinicians are encouraged to use the IDDSI Flow Test to check the thickness of the oral nutritional supplements they wish to use. Remember that serving temperature will also affect thickness.
- Q: On the new IDDSI Consumer handouts, is it possible to personalise the 'foods to avoid' section?
 - A: Yes. There is space on the form for clinicians to write specific information for their patients and clients.
- Q: Does all of the IDDSI framework have to be ready to be used by my facility by 1 May?
 - A: The Australian IDDSI Steering Committee recognises that each facility is unique. Some facilities have chosen to ensure that IDDSI Drinks are ready to be implemented by 1 May 2019, and will then concentrate on transitioning with IDDSI food levels through the rest of the year. Some facilities are able to transition completely by 1 May 2019. Work with your facility to determine what will work best for the patients and the facility.

For each IDDSI Q&A meeting you can connect using Zoom via computer or iPad using the link and Meeting ID below.

Alternatively you can connect via phone for audio only as follows:

+61 (0) 2 8015 2088

+61 (0) 8 7150 1149

Wed 10 April

Australia IDDSI – April IDDSI Q & A - MEETINGS' Zoom Meeting

Time: Apr 10, 2019 1:30 PM Brisbane Time

Join Zoom Videoconference Meeting

<https://zoom.us/j/838933157>

Meeting ID: 838 933 157

New RESOURCES

The Australian IDDSI Steering Committee is pleased to announce 3 new posters

- The whole of IDDSI Framework poster
- Colour changes for Australian thickened drinks
- 'No bread' on Level 6 Soft & Bite-Sized diet

These posters can be accessed from the Australian country specific section of the [resources page of the IDDSI website](#).

IDDSI FOOD & DRINKS CLASSIFICATION AND TESTING ADULT & PEDIATRIC

FOODS

TESTING INFO

LEVEL 7 - REGULAR (R07)
Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.

LEVEL 7 - EASY TO CHEW (E07)
Normal everyday foods of soft/tender textures only, that are developmentally and age appropriate. Requires biting and chewing ability.

LEVEL 6 - SOFT & BITE-SIZED (SB6)
Soft + Bite-sized, tender and moist throughout, with no thin liquid leaking or dripping from the food. Chewing ability needed. Pieces no bigger than 1.5 x 1.5cm in size for adults and 8mm x 8mm for babies & children. Push down on piece with fork - sample should squish completely and not regain its shape.

LEVEL 5 - MINCED & MOIST (MMS)
Very soft, small moist lumps, minimal chewing ability needed. 4mm lump size for adults and 2mm lump size for babies and children. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

LEVEL 4 - PUREED (PU4)
Smooth with no lumps, not sticky, no chewing ability needed. Can be eaten with a spoon. Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

LEVEL 3 - LIQUIDISED (LQ3)
Can be eaten with a spoon or drunk from a cup. Cannot be eaten with a fork because it slowly drips through. Effort needed to drink this through a wide straw. No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops through the prongs of a fork.

TRANSITIONAL FOODS TEST INSTRUCTIONS

1. Add 1mL of water to 1.5cm x 1.5cm sample and wait 1 minute.
2. Then complete the IDDSI Fork Pressure Test.

FLOW TEST INSTRUCTIONS

1. Remove Plunger
2. Cover nozzle with finger and fill 10ml
3. Release nozzle & start timer
4. Stop at 10 seconds

FOOD TEST INSTRUCTIONS

- 4. PUREED
- 4. EXTREMELY THICK
- 5. MINCED & MOIST (ADULT 4mm, CHILD 2mm)
- 6. SOFT & BITE-SIZED (Thumbnail blanches white)
- 7. EASY TO CHEW (Thumbnail blanches white)

DRINKS / LIQUIDS

TESTING INFO

LEVEL 4 - EXTREMELY THICK (EX4)
Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

LEVEL 3 - MODERATELY THICK (MO3)
No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops through the prongs of a fork.

LEVEL 2 - MILDLY THICK (MT2)
4-8mL remaining in the syringe after 10 sec of flow.

LEVEL 1 - SLIGHTLY THICK (ST1)
1-4mL remaining in the syringe after 10 sec of flow. Thicker than water. Can flow through a standard straw/teat/nipple.

LEVEL 0 - THIN (TNO)
Flows like water. Flows easily through any straw/teat/nipple. Less than 1mL remaining in the syringe after 10 sec of flow.

© IDDSI 2019 www.iddsi.org

Supported by the Australian IDDSI Steering Committee, Dietitians Association of Australia, Speech Pathology Australia, Institute of Hospitality in HealthCare, International Dysphagia Diet Standardisation Initiative, Nestlé Health Science, Precise ThickN, Flavour Creators.

GREEN LABEL CHANGE!

BE AWARE OF THE NEW INTERNATIONAL COLOUR CLASSIFICATIONS FOR THE DYSPAGHIA DIET.



Level 900
Extremely Thick

Level 400
Moderately Thick

Level 150
Mildly Thick

Unmodified regular



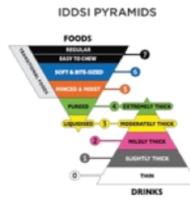
4 EXTREMELY THICK
(IDDSI Fork-drip Test and Spoon Tilt Test)

3 MODERATELY THICK
(8-10mL remaining after 10 sec flow)

2 MILDLY THICK
(4-8mL remaining after 10 sec flow)

1 SLIGHTLY THICK
(1-4mL remaining after 10 sec flow)

0 THIN
(less than 1 mL remaining after 10 sec flow)



IDDSI ABBREVIATIONS

7 Regular	REG7
7 Easy To Chew	EC7
6 Soft & Bite-Sized	SBS6
5 Minced & Moist	MM5
4 Puréed	PU4
4 Extremely Thick	EX4
3 Liquidised	LQ3
3 Moderately Thick	MC3
2 Mildly Thick	MT2
1 Slightly Thick	ST1
0 Thin	TNO

© IDDSI 2019

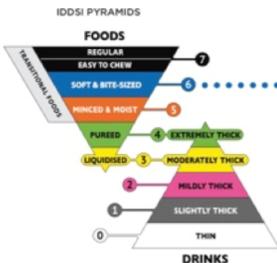
Supported by the Australian IDDSI Steering Committee

For more information got to: www.iddsi.org



LEVEL 6 | SOFT & BITE-SIZED

DUE TO DEATHS FROM CHOKING, BREAD & SANDWICHES ARE **NOT INCLUDED** IN LEVEL 6 SOFT & BITE-SIZED



6 SOFT & BITE-SIZED

X NO BREAD
NO SANDWICHES



© IDDSI 2019

Supported by the Australian IDDSI Steering Committee

For more information got to: www.iddsi.org



IDDSI International has released a range of additional posters showing

- IDDSI Drinks Only
- IDDSI Food Only
- IDDSI Pediatric Framework information
- IDDSI Adult Framework information
- IDDSI Testing methods

These posters can be accessed from the [resources page of the IDDSI website](http://resources.page.of.the.IDDSI.website).

Reminder - 2018 Australian Webinars now available on the IDDSI website

All 2018 Australian webinars are available for viewing **free of charge** on the [IDDSI Resources page](#) under the *Videos* and also the *Webinar recordings* tab. Webinar content is relevant to all stakeholders (Clinicians, Food service, Catering, Industry, Suppliers, Government, NGOs, Professional Associations, Individuals with dysphagia, Carers)

HAPPY TO HELP

Please feel free to forward this email to others and encourage them to be added to the newsletter group by emailing australia@iddsi.org

Dr Julie Cichero
Australian IDDSI Project Officer (0.2 EFT)
On behalf of the Australian IDDSI Steering Committee
email: australia@iddsi.org

AUSTRALIA: IDDSI Implementation

AWARE 1 December 2016

PREPARE 1 January 2018

ADOPT 1 May 2019

Australian IDDSI Steering Committee Members: Dietitians Association of Australia, Speech Pathology Australia, Institute of Hospitality in HealthCare, International Dysphagia Diet Standardisation Initiative, NestléHealth Science, Precise ThickN, Flavour Creations.