



# Newsletter 2

20 September 2018

Dear Colleagues,

It's terrific to have so many new subscribers to the Australian IDDSI newsletter! Keep them coming. Please encourage colleagues to sign up to receive information about Australian Implementation of IDDSI.

## WHAT'S NEW?

### Are you catching up on IDDSI in Australia?

Two Australian webinars have been recorded and are available for viewing free of charge on the [IDDSI Resources page](#) under the *Webinar recordings* tab. The webinars have been coordinated by the Institute of Hospitality in Healthcare (IHHC). Webinar content is relevant to all stakeholders (Clinicians, Food service, Catering, Industry, Suppliers, Government, NGOs, Professional Associations, Individuals with dysphagia, Carers)

#### **Webinar 1: Introduction and Overview of the IDDSI framework**

This webinar includes an overview of the IDDSI framework. It includes information on why Australia is transitioning to the IDDSI framework and the changes for Australia with IDDSI implementation. Identified risk management issues are addressed, and tips on how to get ready for IDDSI implementation are included in the webinar.

#### **Webinar 2: IDDSI Flow Test and Liquid Levels 0-3**

This webinar provides information about the IDDSI Flow test and how it is used. It includes detailed information about the descriptors for Level 0 Thin, Level 1 slightly Thick, Level 2 Mildly Thick and Level 3 Moderately Thick. There is a small section on why thickened liquids are used that includes videofluoroscopy images. The IDDSI Flow test is used to check the thickness of liquids such as drinks, soups, gravies, sauces, liquid medications and nutritional supplements. It is used for thin liquids, naturally thick liquids and thickened liquids. Detailed instructions on using the IDDSI flow test are included along with a Question and Answer section. The 10 mL syringe used for the flow test needs to measure 61.5mm from the 0-10mL line markings on the syringe – further information is included in the webinar.

## Have you seen the IDDSI abbreviations for use in computer software systems?

The IDDSI abbreviations are available on the [IDDSI Resources page](#) under the *Implementation* Tab, and *Food service* sub-tab. The abbreviations have been checked against and are in accordance with the advice from the Institute for Safe Medical Practices List of Error-Prone abbreviations, symbols and dose designations. Potentially confusing abbreviations have been avoided. Numbers occur at the end of the abbreviations to ensure that they are not confused for 'number of meals or drinks ordered'. Abbreviations retain the core of the IDDSI label (e.g. SB6

acknowledges both 'Soft' & 'Bite-sized'.) IDDSI is grateful to the Foodservice Computer Software, hospital, aged care and health professional stakeholders who reviewed and provided valuable feedback on the abbreviations.

Please visit the IDDSI website for our new Australian Resources section under the 'Country-Specific' Tab on [IDDSI Resources page](#)

7 Regular	RG7
6 Soft & Bite-Sized	SB6
5 Minced & Moist	MM5
4 Pureed	PU4
4 Extremely Thick	EX4
3 Liquidised	LQ3
3 Moderately Thick	MO3
2 Mildly Thick	MT2
1 Slightly Thick	ST1
0 Thin	TN0

*Abbreviations suitable for use with Foodservice Computer Software*

## WEBINARS AND EVENTS

This webinar series has been coordinated by the Institute of Hospitality in Healthcare (IHHC).

### Upcoming Webinars

**Tuesday 2 October 1:30pm-2:15pm AEST**

Webinar 4: IDDSI Fork pressure test and particle size tests – what are they and why are they used?

**\* Monday 5 November 1:30pm-2:15pm AEST (\*note new date to avoid Melbourne Cup Day)**

Webinar 5: IDDSI Fork pressure test for Level 6 Soft & Bite-Sized and topics for 2019

### About the webinars

Each webinar is presented by Dr Julie Cichero, (Co-Chair IDDSI International and Australian IDDSI Project Officer). Webinar content is presented for ~ 30 minutes with the remaining time for questions and discussion.

**Registration:** You will need to register for each webinar. Webinar registration information will be loaded to the [IHHC Events tab](#)

### Cost to attend the live webinar:

IHHC members – free of charge

IHHC Platinum & Gold Supporters – Free of Charge – contact state chair for promo code

Non-IHHC members - \$20

The video conference is hosted by Zoom meeting. You will need to register to attend the event for connection details.

All webinars will be recorded and made available for viewing on the IDDSI website after the event on the *Webinar* subtab of the [IDDSI Resources page](#) . *Recorded webinars can be viewed free of charge.*

**Webinar 3 – IDDSI Fork Drip Test and Spoon Tilt Tests (IDDSI Levels 3 and 4)** is being prepared for upload and will be available by the end of September

## COMING SOON

IDDSI has developed patient handouts for all levels of the framework for both adult and paediatric populations. The handouts are currently being trialled in New Zealand. The handouts have been very popular. Feedback has been collated and IDDSI looks forward to sharing the updated patient handouts within the next month.

## 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](mailto:australia@iddsi.org)

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On behalf of the Australian IDDSI Steering Committee  
email: [australia@iddsi.org](mailto: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, Nestle Health Science, Precise ThickN, Flavour Creations.