



# Newsletter 5

5 February 2019

Dear Colleagues,

Welcome to the first AU IDDSI Newsletter for 2019. We are now 85 days away from our 1 May 2019 IDDSI implementation date. It's great to see we still have new subscribers to the Australian IDDSI newsletter! Keep them coming.

## 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.

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 13 February**

Australia IDDSI - February IDDSI Q&A MEETINGS' Zoom Meeting

Time: Feb 13, 2019 1:30-2.30 PM Brisbane Time

Join Zoom Videoconference Meeting

<https://zoom.us/j/319688420>

**Meeting ID: 319 688 420**

### **Wed 13 March**

Australia IDDSI - March IDDSI Q&A - MEETINGS' Zoom Meeting

Time: Mar 13, 2019 1:30 PM Brisbane Time

Join Zoom Videoconference Meeting

<https://zoom.us/j/396677153>

**Meeting ID: 396 677 153**

### **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

## New RESOURCES

**IDDSI International released consumer handouts** for each IDDSI level were released on 31 January 2019. These handouts were developed for adults with dysphagia and families of children and babies with dysphagia as well as other care providers.

Each IDDSI level of food (Levels 3-7) and drinks (Levels 0-4) is presented in an easy to read format with separate handouts for adults and care providers of babies/children. The recommended testing methods are clearly shown in visual graphic format.

The consumer handouts are available on the [resources page of the IDDSI website](#).

IDDSI have also included resources such as:

- Examples of foods that may be appropriate for a particular IDDSI Level
- Example lists of **foods to avoid**.
- A handout on Transitional foods
- An FAQ on when to transition from baby/child size to adult food sizes
- A handout explaining IDDSI and how it can help improve safety.

## **SURVEY RESULTS snapshot- Where are you up to with IDDSI and how can we help?**

Many thanks to those people who have completed the *Australian IDDSI implementation Survey 2*. Most respondents have come from Victoria, Queensland, New South Wales and Western Australia with responses also recorded from Tasmania, ACT and South Australia. Responses came through from a wide variety of work settings covering hospitals, community, disability services, aged care, schools, adult and paediatric services. More than 50% of respondents are in the 'Prepare' stage, about 30% are in the 'Aware' Stage and more than 7% have adopted. Importantly, all respondents had heard of IDDSI!! Thank you for the webinar and other resource suggestions provided.

The Australian IDDSI Steering committee is working on:

- Two key posters around (a) the colour changes for thick drinks and (b) 'no bread' on a Level 6 Soft + Bite-sized
- Australian specific IDDSI education PowerPoint /video

## **2018 Australian Webinars now available on the IDDSI website**

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

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)

**Recorded Webinars now available** These recorded webinars are available **free of charge** on the [IDDSI Resources page](#) under the *Videos* and also the *Webinar recordings* tab.

- IHHC 2018 Webinar Series
  - 5: IDDSI Fork pressure test for Level 6 Soft & Bite-Sized
  - 4: IDDSI Fork Pressure test and particle size tests – what are they and why are they used?
  - 3: IDDSI Fork Drip Test and Spoon Tilt Tests (IDDSI Levels 3 and 4)
  - 2: IDDSI Flow Test and Liquid Level (0-3)
  - 1: Introduction and Overview of the IDDSI Framework (Australia)
- IDDSI and Paediatrics
- Implementing IDDSI in Queensland Health: The journey to a new standard presented by Denise Cruikshank This was a thorough presentation on a state wide approach to IDDSI implementation.
- IDDSI and Aged Care Facilities
- IDDSI and Food Service
- IDDSI and Disability Services

## 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)

Dr Julie Cichero  
Australian IDDSI Project Officer (0.2 EFT)  
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.