IDDSI Implementation in Long-Term Care Setting

PRESENTED BY ANDREA MAHER RD, LD
REGISTERED DIETITIAN & FOOD SERVICE DIRECTOR
Agenda

1. Share educational handouts and competencies used at IVH to implement IDDSI Liquid Levels
2. Participants will be able to describe IDDSI Liquid Level and Food Level testing criteria
3. Participants will understand the importance of utilizing IDDSI Audit Tools
4. Share educational resources that IVH is using to prepare for IDDSI Food Level implementation
IVH Team

• Home to 500+ residents
  • Veterans and spouses
  • Provide 1500-1700 meals a day
  • 21 satellite dining rooms
  • Cafeteria currently closed

• Food & Nutrition Services
  • Director
  • 2 Asst. Food Service Directors
  • 7 Clinical Dietitians
  • 1 SLP
  • 11 Cooks/1 Baker
  • 2 Diet Techs
  • 58 FT FSW/20 PT FSW
Implementation Approach

The Approach: Aware, Prepare, Adopt

- What is IDDSI?
- Why are the diet standards changing?
- What is the difference between NDD and IDDSI?

- Form IDDSI implementation team
- IDDSI education and training for staff
- Review your recipes and products

- Update EMR and Menu Planning software
- Inform and educate residents
- Develop continuous monitoring tools
IDDSI FRAMEWORK

• International terminology and definitions for modified texture foods and thickened liquids

• 8 Levels (0 through 7)

• Color-coded

• Includes descriptors and testing methods for solids/liquids
IVH Plan for IDDSI Implementation

• Liquid Consistencies
  • Include all levels except Level 1 Slightly Thick
  • Identify Level 1 Slightly Thick liquids
    • E.g., “natural nectars”

• Diet Textures
  • Include all levels except Level 5 Minced & Moist (as standalone diet)
  • Level 5 Minced & Moist will replace “ground meat”
  • Combine levels as tolerated by resident
    • E.g., Regular; MM5 Meat (regular with ground meat)
Mapping IDDSI Liquid Consistencies

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@ https://iddsi.org/framework/
IDDSI Flow Test

Level 4: Use IDDSI fork-drip or spoon-tilt tests instead

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IDDSI Flow Test Method

**STEP 1:** Remove plunger and place finger over syringe tip

**STEP 2:** Fill syringe to 10 mL mark

**STEP 3:** Simultaneously remove finger and start timer for 10 seconds

**STEP 4:** After 10 seconds have elapsed, stop flow by placing finger over syringe tip
Flow Test and Classification
Thickening & Flow Test Competency for Food Service Employees
Thickening & Flow Test Competency

- Training includes thickening and flow test competency
- Receive yellow dot after completing competency
<table>
<thead>
<tr>
<th>ITEM/METHOD</th>
<th>TEMP</th>
<th>FLOW TEST (mL remaining after 10 sec of flow)</th>
<th>IDDSI LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRUNE 40°C + 1 PUMP</td>
<td>47°C</td>
<td>1.4</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>60°C</td>
<td>0.0</td>
<td>2</td>
</tr>
<tr>
<td>2% 40°C + 1 PUMP</td>
<td>47°C</td>
<td>0.8</td>
<td>2</td>
</tr>
<tr>
<td>0.1% 40°C + 1 PUMP</td>
<td>49°C</td>
<td>2.0</td>
<td>1</td>
</tr>
<tr>
<td>Grape Juice 82°C</td>
<td>44°C</td>
<td>4.0</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>60°C</td>
<td>4.8</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>90°C</td>
<td>6.0</td>
<td>2</td>
</tr>
</tbody>
</table>
Dot Training System

- Easy visual to check who has been trained/is competent
  - FNS staff required to wear badge at all times
- **Yellow dot** = liquids/thickening
Liquid Consistency Testing

- Test the liquids offered in your facility with the IDDSI Flow Test:
  - Naturally nectar-like liquids
  - Dairy products
  - Supplements
- Create thickener recipes for slightly thick liquids
- Provide direction to all staff on how to properly thicken liquids
Supplements on Thickened Liquids

- Some supplements previously allowed in natural state on thickened liquids will now need to be thickened
  - E.g., Ensure Plus

- Provide thickening recipes, include in diet orders/med directives
  - E.g., “For one 8oz carton of ensure plus (any flavor), add x1 yellow thickener packet. STIR FOR 60 SECS”
Supplement Orders Requiring Thickener

<table>
<thead>
<tr>
<th>DIET (2)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>LEVEL 3 MODERATELY THICK LIQUIDS</td>
<td></td>
</tr>
<tr>
<td>PUREE</td>
<td></td>
</tr>
</tbody>
</table>

**SUPP (1)***

**ENSURE PLUS**

8 oz by mouth 3 times a day (10:00, 14:00, 19:00) give after resident consumes meal. Add 1 yellow thickener packet per 8 oz Ensure Plus and stir for 60 seconds. Prefers chocolate flavor.

**Med Directives:** Level 3 Moderately Thick fluids, Pureed diet. Provide 8oz cold water (thickened with 2 yellow packers) per shift
IDDSI Education for Non-Food Service Staff

- Thickening Competency
  - Nursing & Nurse Supervisors
  - Paid Nutritional Assistants
  - Recreation Therapy

- Delegated training/thickening competency to Nurse Supervisors
  - Completed “trainer” course

- New Employee Orientation
  - Thickening competency for all new nursing, food & nutrition services, & recreational therapists/assistants
Reception & Next Steps for IVH

• Nursing involvement with IDDSI Liquid Levels
  • Provided adequate education to minimize confusion
  • IDDSI Liquid levels & abbreviations posted on units

• Food Levels
  • Additional education
  • New EMR & Menu Planning software
Mapping to IDDSI Diet Textures

<table>
<thead>
<tr>
<th>Previous Name</th>
<th>IDDSI Name &amp; Abbreviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular</td>
<td>Level 7 Regular</td>
</tr>
<tr>
<td>Dysphagia Advanced</td>
<td>Level 6 Soft &amp; Bite-Sized</td>
</tr>
<tr>
<td>Dysphagia Mechanical Altered</td>
<td>Level 5 Minced &amp; Moist</td>
</tr>
<tr>
<td>Pureed</td>
<td>Level 4 Pureed</td>
</tr>
<tr>
<td>Liquidized</td>
<td>Level 3 Liquidised</td>
</tr>
</tbody>
</table>

Copyright: The International Dysphagia Diet Standardisation Initiative 2016 @ https://iddsi.org/framework/
<table>
<thead>
<tr>
<th>LEVEL 3</th>
<th>LEVEL 4</th>
<th>LEVEL 5</th>
<th>LEVEL 6</th>
<th>LEVEL 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIQUIDISED</td>
<td>PUREED</td>
<td>MINCED &amp; MOIST</td>
<td>SOFT &amp; BITE-SIZED</td>
<td>EASY TO CHEW</td>
</tr>
</tbody>
</table>

1. **FORK DRIP TEST**: drips slowly in dollops through fork prongs
   - [Image of a fork with liquid dripping]

2. **FLOW TEST**: no less than 8 mL remaining in syringe after 10 seconds of flow
   - [Image of a syringe]

1. **FORK DRIP TEST**: sits in a mound/pile above fork
   - [Image of a fork with food on it]

2. **SPOON TILT TEST**: holds its shape on spoon and falls off fairly easily if the spoon is tilted or lightly flicked
   - [Image of a spoon with food]

3. **FORK PRESSURE TEST**: press down on fork until thumbnail blanches white, lift fork to see that food is completely squashed and does not regain its shape
   - [Image of a fork with food]

1. **FORK PRESSURE TEST**: press down on fork until thumbnail blanches white, lift fork to see that food is completely squashed and does not regain its shape
   - [Image of a fork with food]

1. **BREAK APART TEST**: must be able to break food apart easily with the side of a fork or spoon
   - [Image of a fork with food]

Pieces no bigger than 1.5 cm x 1.5 cm

No wider than 4 mm
Level 4 Pureed Training & Education

• Perfecting volume technique & pureed consistencies
  • Fork Drip Test
  • Spoon Tilt Test

• Pureed molds

• Pureed bread

• Receive Green Dot after completing competency
Puree Shapes
Fork Drip Test for Level 4 Pureed

• Use to assess whether the food can flow through the tines/prongs of a fork
• Food should sit in a mound or pile above the fork
• A small amount may flow through and form a short tail below the fork

*Should not* dallop, flow or drip continuously through the fork prongs
Spoon Tilt Test for Level 4 Pureed

- Used to determine the stickiness of the food sample (adhesiveness)
- Use wrist action to see if the puree can easily dislodge from the spoon when gently flicked from the spoon
- Only minimal amounts of pureed food should be left on the spoon

*Tip: Hold your elbow to ensure you are only using wrist action*
Spoon Tilt Test for Level 4 Pureed

- Used to determine the stickiness of the food sample (adhesiveness)
- Use wrist action to see if the puree can easily dislodge from the spoon when gently flicked from the spoon
- Only minimal amounts of pureed food should be left on the spoon

Tip: Hold your elbow to ensure you are only using wrist action
We eat with our \\

The challenge to making shaped, gelled or molded purees safe is three-fold:
1- Remember why pureed foods have been recommended
2- Make sure it is not too firm
3- Make sure it is not too sticky
Fork Testing for Molded Purees

- Press fork into molded puree
- Little pressure should be needed to make the puree collapse and lose its shape
- No fork ridges should be left after fork is removed, otherwise it is not a puree
Starchy Pureed Foods

• As starchy pureed foods cool (such as potatoes, pasta and rice), they become thicker

• Hot foods pureed with bread can become glutinous
  • Will require more liquid to thin down
  • Too much bread per serving could pose a greater risk of choking

• Routinely apply all appropriate IDDSI Testing Methods on the IDDSI Audit Sheets to test
Pureed Food Does Not Meet Standard... What Now?

• Is there a way to fix or refresh the product at the time of service? (e.g. addition of moisture, stirring, reheating, etc.)

• Do the ingredients or ratio of ingredients or recipe need to be adjusted?

• Do the preparation, cooking/chilling, or holding methods/times have to be modified?
# PUREED

**IDDSI Audit Tool**

<table>
<thead>
<tr>
<th>Product or food tested</th>
<th>If heated, heating method(s)</th>
<th>Temperature when tested at:</th>
<th>°C</th>
<th>time of service</th>
<th>°C</th>
<th>15 mins after serving</th>
<th>°C</th>
<th>30 mins after serving</th>
</tr>
</thead>
</table>

### Instructions

- Level 4 Pureed critical tests include **Appearance + Fork Drip Test + Spoon Tilt Test** OR if these are not available **Finger Test**. Chopstick test not appropriate.
- The food item must pass or meet criteria for any row marked *.

### Tests

<table>
<thead>
<tr>
<th>Critical: Appearance</th>
</tr>
</thead>
<tbody>
<tr>
<td>* No lumps</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Critical: Fork Drip Test (metal dinner fork needed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Food sits in a mound above the dinner fork (a small amount may form a tail below the dinner fork)</td>
</tr>
<tr>
<td>* Does not drip or flow continuously through dinner fork</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Critical: Spoon Tilt Test (teaspoon needed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Holds shape on teaspoon</td>
</tr>
<tr>
<td>* Food slides off teaspoon with little food left on teaspoon (i.e., not sticky)</td>
</tr>
<tr>
<td>May spread or slump slowly on a flat plate</td>
</tr>
</tbody>
</table>

**Alternative if Fork or Spoon not available:** **Finger Test**

| Hold a sample on fingers without it dripping through continuously |
| Food slides smoothly and easily between fingers |
| May leave noticeable residue on fingers but is **not sticky** |

**Preferred but not critical:** **Fork Pressure Test**

| Prongs of fork make clear pattern on surface OR food briefly retains dinner fork indentation marks |

### Overall Conclusion: Does the sample meet the criteria for:

- Level 4 Pureed?

### Notes:

- A puree needs to be able to be put in the mouth and swallowed whole. No chewing and no bolus formation skills should be needed to eat this consistency.
- If the sample is gelled or compressed so that it is firm enough to pick it up with your fingers and bite a piece of it at serving temperature, the sample is **not a puree and poses a choking risk**.

Version: AuditToolL4Pureed26Sep2020
**AIRLINES**
STIR EVERY MINUTES to ensure no hard crusts form. Foods may spread or slump slowly on flat plate.

<table>
<thead>
<tr>
<th>Item Tested</th>
<th>Temp</th>
<th>Fork Drip Test</th>
<th>Spoon Tilt Test</th>
<th>Not Sticky</th>
<th>No Lumps</th>
<th>Pass PU4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pur BBQ Pork</td>
<td>144</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Pur Ham 112un</td>
<td>155</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Pureed Veg</td>
<td>154</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Mashed Garlic Pot 172</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item Tested</th>
<th>Temp</th>
<th>Fork Drip Test</th>
<th>Spoon Tilt Test</th>
<th>Not Sticky</th>
<th>No Lumps</th>
<th>Pass PU4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pur French Toast</td>
<td>167</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Pur Hashbrown</td>
<td>191</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Pur Potatoes</td>
<td>194</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Pur Oatmeal</td>
<td>192</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Pur Scrambled Egg</td>
<td>183</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
</tbody>
</table>
# PUR Instructions on Production Sheet

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marinate Pork Roast</td>
<td>Add 1/2 bread slice/serv.</td>
<td>Chicken Salad</td>
<td>Pizza</td>
<td>Egg Salad</td>
<td>Pork Shank</td>
<td>Pork Shank</td>
</tr>
<tr>
<td>Spinach</td>
<td>Add 1 slice bread/serv.</td>
<td>Diced Carrots</td>
<td>Pull pureed bread mold trays</td>
<td>Pull Croissants</td>
<td>Chicken</td>
<td>Lemon Pepper Fish</td>
</tr>
<tr>
<td>Zucchini</td>
<td>Add 1 slice bread/serv.</td>
<td>Capri Veg Blend</td>
<td>from freeze</td>
<td>Pickled Beets</td>
<td>Pull 33 lbs Hamburger</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Use PUR BREAD MOLD</td>
<td></td>
<td></td>
<td>Pull 38 lbs Hamburger</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>(serve w/Chicken Caesar)</td>
<td></td>
<td></td>
<td>Need prep person 4 hours</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>NO BREAD in Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Production**

- **PUR Cxx in Cabbage Stew**
- **PUR Rice separate**
- **PUR Egg Roll separate**
- **PUR Chicken Salad SW**
- **PUR Breadstick separate**
- **PUR Cornbread separate**

**Puree**

- **Turkey Burger**
- **Pork Steak**
- **Roast Beef**
- **Yellow Squash w/Red Pepper**
- **Steamed Cabbage**
- **(Ctrl) ~**

*NOTE: The third option daily is hamburger on a bun. If you have a pureed court for this item, always puree one slice of bread for each hamburger patty.*

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Dot Training System

- Easy visual to check who has been trained/is competent
  - FNS staff required to wear badge at all times
- Yellow dot = liquids/thickening
- Green dot = level 4 puree
Level 5 Minced & Moist Meats
Education & Training

• Grinder bits
• Adding moisture
  • Provided gravy/sauce list
• Fork Test
• Spoon Tilt Test
Level 5 Minced & Moist Meats
Fork Test for Level 5 Minced & Moist

- Particle size is 4 mm
- Easily separates and comes through prongs of a dinner fork
- Food can be easily mashed with little pressure from a dinner fork
Spoon Tilt Test- Level 5 Minced & Moist

• Hold shape on the spoon
• A full spoonful must slide (or fall) off the spoon if tilted or turned sideways or shaken lightly
• The sample should slide off easily with very little food left on the spoon; i.e. the sample should not be sticky
• A scooped mound may spread or slump very slightly on a plate
# Gravy/Sauce List for Ground Meats

<table>
<thead>
<tr>
<th>DAY</th>
<th>Lunch</th>
<th>Gravy/Sauce</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUN</td>
<td>Herbed Turkey</td>
<td>Turkey Gravy</td>
</tr>
<tr>
<td></td>
<td>Fried Pizza Burger</td>
<td>Marinara Sauce</td>
</tr>
<tr>
<td>MON</td>
<td>Pork Steak w/ Gravy</td>
<td>Pork Gravy</td>
</tr>
<tr>
<td></td>
<td>Roast Beef w/ Onion</td>
<td>Beef Gravy</td>
</tr>
<tr>
<td>TUES</td>
<td>Sloppy Joe on a Bun</td>
<td>---</td>
</tr>
<tr>
<td></td>
<td>Rotisserie Chicken</td>
<td>Chicken Gravy</td>
</tr>
<tr>
<td>WED</td>
<td>Sm. Beef Patty w/ Onions</td>
<td>Beef Gravy</td>
</tr>
<tr>
<td></td>
<td>Turkey w/ Mushroom Sauce</td>
<td>Mushroom Sauce</td>
</tr>
<tr>
<td>THURS</td>
<td>Fried Chicken</td>
<td>Chicken Gravy</td>
</tr>
<tr>
<td></td>
<td>Baked Ham</td>
<td>Pork Gravy</td>
</tr>
<tr>
<td>FRI</td>
<td>Baked Salmon</td>
<td>--- (Serve with Lemon Dill Sauce)</td>
</tr>
<tr>
<td></td>
<td>Chicken Salad Sandwich</td>
<td>---</td>
</tr>
<tr>
<td>SAT</td>
<td>Swiss Steak</td>
<td>Swiss Steak Gravy</td>
</tr>
<tr>
<td></td>
<td>Pork Patty</td>
<td>Pork Gravy</td>
</tr>
</tbody>
</table>

**NOTE:** Tues Breakfast - Add Country Gravy to ground sausage
## MINCED AND MOIST

**IDDSI Audit Tool**

<table>
<thead>
<tr>
<th>Tests</th>
<th>Meets criteria at</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Time of service</td>
</tr>
<tr>
<td><strong>Critical: Appearance</strong></td>
<td></td>
</tr>
<tr>
<td>* Lumps less than or equal to 4mm (adults); 2mm (pediatrics)</td>
<td>Yes</td>
</tr>
<tr>
<td>* No separate thin liquid</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Critical: Fork Pressure Test (metal dinner fork needed)</strong></td>
<td></td>
</tr>
<tr>
<td>* Food can be easily mashed with little pressure from a dinner fork (pressure should not make thumb nail blanch to white)</td>
<td>Yes</td>
</tr>
<tr>
<td>* Easily separates and comes through prongs of a dinner fork</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Critical: Spoon Tilt Test (teaspoon needed)</strong></td>
<td></td>
</tr>
<tr>
<td>* Holds shape on teaspoon</td>
<td>Yes</td>
</tr>
<tr>
<td>* Food slides off spoon with little food left on teaspoon (i.e. not sticky)</td>
<td>Yes</td>
</tr>
<tr>
<td>May spread or slump slowly on a flat plate</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Alternative if Fork or Spoon not available: Finger Test</strong></td>
<td></td>
</tr>
<tr>
<td>* Small soft smooth rounded particles can be easily squashed between fingers</td>
<td>Yes</td>
</tr>
<tr>
<td>* Food feels moist and will leave fingers wet</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Optional: Chopstick Test</strong></td>
<td></td>
</tr>
<tr>
<td>Chopsticks can scoop or hold this texture if food is moist and cohesive</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**OVERALL CONCLUSION:** Does the sample meet the criteria for:

**Level 5 Minced and Moist?**

<table>
<thead>
<tr>
<th>Level 5 Minced and Moist?</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

**Notes:**

* Minimal chewing should be needed to eat this food texture (e.g. tongue force should be able to squash/break food).
Fork Testing for Level 6 Soft & Bite Size

- Fork Pressure Test- pressure from fork held on its side must be able to ‘cut’ or break apart or flake the food item into smaller pieces.
- When a sample the size of a thumb nail (1.5x1.5 cm) is pressed with the tines of a fork to a pressure where the thumb nail blanches to white, the sample squashes, breaks apart, changes shape, and does not return to its original shape when the fork is removed.
Fork Testing for Level 7 Easy to Chew

- Break Apart Test- must be able to break food apart easily with the side of a fork or spoon
- Push down on a 1.5cm x 1.5 cm sample with a dinner fork, with enough pressure that the thumb nail turns white
- Food should squash and not return to its original shape
Dot Training System

- Easy visual to check who has been trained/is competent
  - FNS staff required to wear badge at all times

- Yellow dot = liquids/thickening

- Green dot = level 4 puree

- Badge quick guides for levels 5 & 6

Upcoming: Blue dot = level 6
Review Spreadsheets, Recipes, & Products

- IVH creates own spreadsheets

- Education provided to cooks on IDDSI framework & testing
  - Allowed to experiment with spreadsheets as educational tool
  - Created interest in IDDSI
  - Assessment tool for IDDSI understanding

- Liquid consistency testing

- Communication with Vendors
  - Pureed molds
  - Irregular cut meats
  - Frozen/fresh vs. canned
  - Pasta for casseroles

- Communication with Company Representatives
  - May provide additional education/product guides
Resources: Simplified Diet Manual

• Simplified Diet Manual
  • Currently on 12th edition
  • 13th edition will have IDDSI included (anticipated publication date around May 2021)
  • IDDSI “Toolbox” online in the Supplementary Material
    • Handouts on allowed food textures
    • Testing Method in-services being developed with competencies

• iddssi.org
  • “Focus On Puree”, published Sept 29, 2020
  • Resources: Framework and Testing Methods
IDDSI Flow Test and Additional IDDSI Materials

**SUPPLEMENTARY MATERIAL DOWNLOADS**

**International Dysphagia Diet Standardisation Initiatives (IDDSI) Toolbox**

**IDDSI Flow Test Materials:**
- Flow Test Trainer Guidelines
- Flow Test Handout
- Flow Test Quick Guide
- Flow Test Record Sheet Example
- Flow Test Record Sheet Blank
- Flow Test Competency Form

**Additional IDDSI Materials:**
- Food Testing Poster
- Thickened Liquids Reference Sheet
- IDDSI Level 3: Liquidised Diet
- IDDSI Level 4: Pureed Diet
- IDDSI Level 5: Minced & Moist Diet
- IDDSI Level 6: Soft & Bite-Sized Diet