

Sharing your information

Your information will only be disclosed to those who have a genuine need to know and who agree to keep your information confidential. For your direct care we often share information with:

- NHS hospitals and clinics
- GPs
- Social care

Following the principles within the General Data Protection Regulation (GDPR), MCH processes your data for purposes of:

- provision of health or social care or treatment
- medical diagnosis
- preventative or occupational medicine
- management of health or social care systems and services, carried out by, or under the supervision of health professional or another person, who in the circumstances owes a duty of confidentiality under an enactment or rule of law

Who to contact

Children's therapy

t: 0300 123 3444

Medch.childrenscommunity@nhs.net

Medway Community Healthcare CIC providing services on behalf of the NHS
Registered office: MCH House, Bailey Drive, Gillingham, Kent ME8 0PZ
Tel: 01634 337593
Registered in England and Wales, Company number: 07275637

Our privacy notice is available at [medwaycommunityhealthcare.nhs.uk/privacy/](https://www.medwaycommunityhealthcare.nhs.uk/privacy/)

If you would like to view or request a copy of your patient record, please email medch.dataprotection@nhs.net or call 01634 334640. In most instances this service is free and we aim to provide the requested information within 1 calendar month. More information can be found by visiting:

[medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/](https://www.medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/)

Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hours urgent care.

Customer care

Please send any comments about Medway Community Healthcare services to: -

Customer care coordinator
Medway Community Healthcare
MCH House, Bailey Drive, Gillingham,
Kent, ME8 0PZ

t: 0300 123 3444

medch.customer care@nhs.net

All contact will be treated confidentially
This information can be made available in other formats and languages. Please email medch.communications@nhs.net

Ref: MCH 598



IDDSI

Changes to food and drink consistencies



IDDSI

The final dysphagia diet framework consists of a continuum of 8 levels (0-7), where drinks are measured from Levels 0 – 4, while foods are measured from Levels 3 – 7. These have been adapted from previous descriptors

Thickened Drinks

Thickened drinks are changing from 'syrup, custard & pudding' to **IDDSI* levels 1-4**.

Previous Descriptor	IDDSI Descriptor
Naturally Thick	IDDSI Level 1 Slightly thick
Syrup	IDDSI Level 2 Mildly thick
Custard	IDDSI Level 3 Moderately thick
Pudding	IDDSI Level 4 Extremely thick

The IDDSI flow test to classify liquid thickness

The International Dysphagia Diet Standardisation Initiative (IDDSI) framework of terminology and definitions includes an objective measurement tool for liquid thickness.

The syringe flow test classifies IDDSI levels 0-3 based on their rate of flow. It is essential to use the following syringe dimensions for correct results:

White. This pressure is consistent with tongue force used during swallowing.

For assessment, it is recommended that the fork be pressed onto the food sample by placing the thumb onto the bowl of the fork (just below the prongs) until blanching is observed.

For soft and bite-sized (level 6) foods, these should squash and should not return back to the original shape when pressure is released.



The importance of these changes

Disorders of swallowing are associated with increased likelihood of aspiration, chest infections and pneumonia. Dysphagia is associated with increased morbidity, mortality and reduced quality of life. Pneumonia is a common sequelae of dysphagia and is associated with higher costs of care.

Dysphagia can be a transient, persistent or deteriorating symptom according to the underlying pathology.

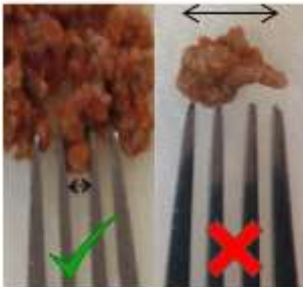
Dysphagia can present in many ways, and the patient may demonstrate one or several of the following symptoms:

- Food spillage from lips
- Taking a long time to finish a meal
- Poor chewing ability
- Dry mouth
- Drooling
- Nasal regurgitation
- Food sticking in the throat
- Poor oral hygiene
- Coughing and choking
- Regurgitation
- Weight loss
- Repeated chest infections

If you have any concerns regarding a child in your care, a referral to Speech and Language Therapy should be made.

Level 5 - Assessing for 4mm particle size compliance

Foods at level 5 (minced and moist) should comply with a 4mm particle food size (this is the average particle size of chewed solids foods before swallowing in adults). This can be tested by measuring whether the particles fit between the prongs of a fork. For infants, samples that are smaller than the maximum width of the child's little fingernail should not cause a choking risk.



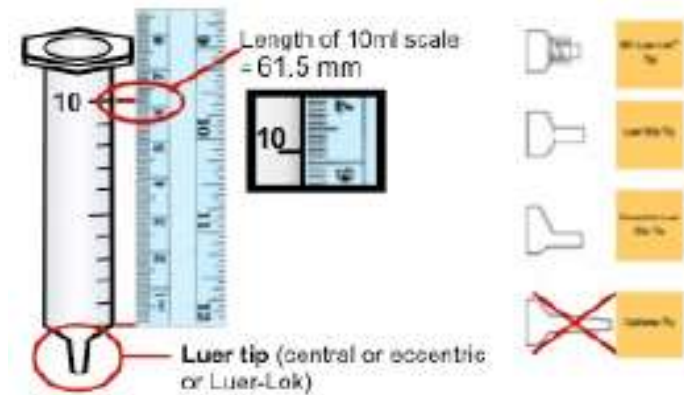
Level 6 - Assessing for 15mm (1.5cm) particle size compliance

For hard and soft solid food, a maximum of 1.5x1.5cm is recommended (approx. side of adult human thumb or width of standard fork). This particle size is also recommended for Level 6 (soft & bite-sized)



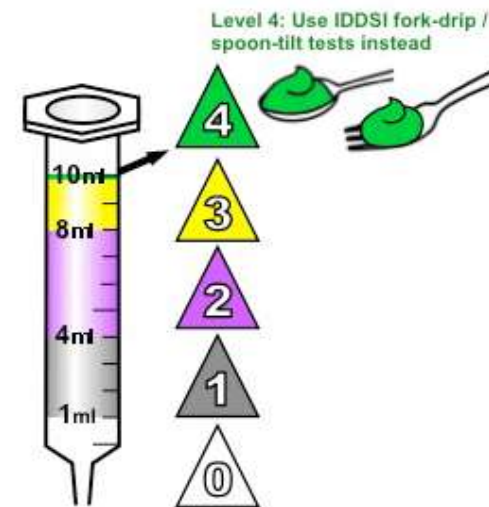
The Fork Pressure Test and Spoon Pressure Test

A fork can be applied to the food sample to observe its behaviour when pressure is applied. Pressure needed has been quantified as the pressure needed to make the thumb nail blanch noticeably to



You can find a video demonstration of the IDDSI flow test using this link <http://iddsi.org/framework/drink-testing-methods/> or in the IDDSI app.

Once the test has been completed, you can measure the amount of liquid remaining in the syringe. The descriptors below indicate levels of thickness depending on amount of fluid remaining.



Foods

Food textures are changing from 'puree (c), mashed (d) & soft to **IDDSI* levels 'pureed (4), minced & moist (5), soft & bite-sized (6).**

Previous Descriptor	IDDSI Descriptor
Puree (texture C)	IDDSI Level 4 Extremely thick
Mashed (texture D)	IDDSI Level 5 Minced and Moist
Soft	IDDSI Level 6 Soft and bite-sized
Normal	IDDSI Level 7 Regular

A combination of tests may be required to determine which category a food fits into. Testing methods for purees, soft, firm and solid foods include:

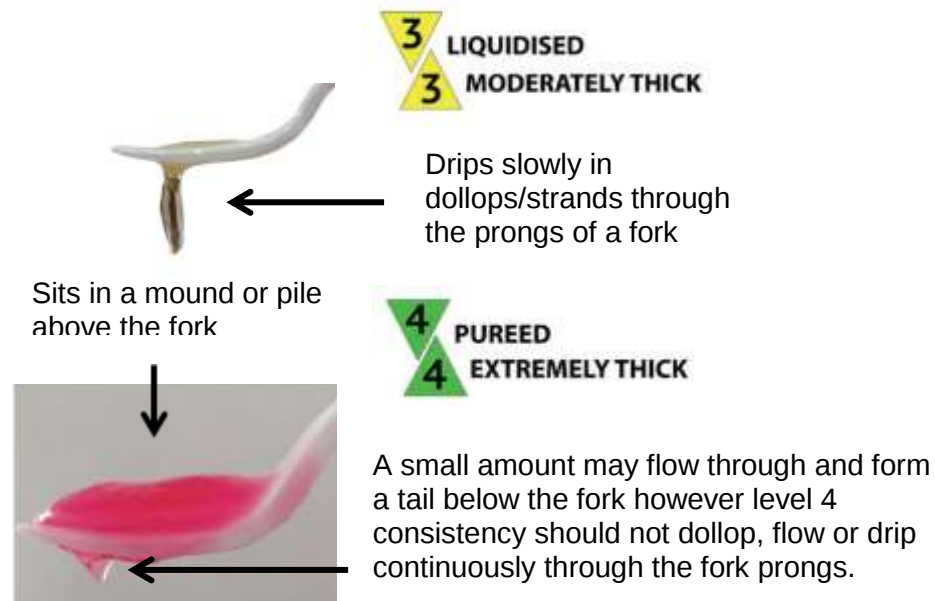
- fork drip test
- spoon tilt test
- fork/spoon pressure test
- chopstick test
- finger test

Video examples of these can be found at

<http://iddsi.org/framework/food-testing-methods>

Levels 3 and 4 - The Fork Drip Test

Thick drinks and fluid foods (level 3 and 4) can be tested by assessing whether they flow through the prongs of a fork (see images below).



Levels 4 and 5 - The Spoon Tilt Test

The spoon tilt test is used predominantly with levels 4 and 5 and used to determine the stickiness of the sample (adhesiveness) and ability to hold together (cohesiveness).



The sample should:

- Be cohesive enough to hold its shape on the spoon
- A full spoonful must slide/pour off if the spoon is tilted/turned sideways or shaken lightly (i.e. should not be sticky)
- A scooped mound may spread or slump very slightly on a plate