Poster Abstract – Original Research

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Title:
The International Dysphagia Diet Standardisation Initiative

1. Brief description/abstract for the content of the poster presentation (300 words max). Introduction / Objectives / Methodology / Results / Conclusion

Introduction/Objectives: Around the world, countries use unpublished or published standardised national terminology for texture modified foods and thickened liquids to
improve patient safety for people with swallowing disorders. However, the variations and diversity of terminology, labels, number and levels of food texture and liquid thickness have added to confusion on a global basis. The International Dysphagia Diet Standardisation Initiative (IDDSI) was formed in 2013 to lead the development of global standardised terminology and definitions to describe texture modified foods and thickened liquids used for individuals with dysphagia of all ages, in all care settings, and all cultures to promote safety.

**Methodology:** In 2014, a systematic review was undertaken to identify and synthesize evidence from the scientific literature regarding the effects of different food and fluid textural properties on swallowing physiology in healthy and disordered populations. From an initial search yield of 10,000 articles, 36 articles meeting both inclusion and quality criteria were identified. The results reveal significant gaps in our understanding of physiological responses to different food and fluid properties in swallowing. Global surveys of health professionals, clinicians, industry stakeholders, researchers, patients, carers and food service professionals were conducted, receiving over 5000 responses from 57 countries. The results revealed wide variations in practice with respect to the number of levels of food texture, liquid thickness, terms used to label these levels, and the use of measurement methods to confirm whether foods or liquids have the desired flow or textural characteristics.

**Results:** Consolidating the data from the systematic review, multi-stakeholder surveys, existing national standards and common practices, an evidence-informed standardised framework for texture modified food and thickened liquids was developed and published along with detailed descriptors. [http://iddsi.org/framework/](http://iddsi.org/framework/)

2. Please give two to three key references (published by you or others) which can be used to inform future work:

3. Please identify, where possible, up to three specific key messages that participants will take away from your poster presentation to inform their future practice.

1. To increase awareness of the IDDSI International framework, detailed descriptors and how to integrate them into the practice.

2. To determine how current dysphagia diet terminology maps to IDDSI standards by using IDDSI testing methods to simply, but objectively distinguish food texture and liquid thickness levels.

3. To increase awareness of enablers and challenges to implementation of IDDSI.

Monitor-Aware-Prepare-Adopt

- **Aware**
  - Build awareness across facilities/sectors to all impacted clinicians, professional associations and their boards, industry, administrators, government, supply chain and support staff
  - Communicate who, what, where, when, why & how impacted

- **Prepare**
  - Assess processes and protocols that may need to change
  - Approve product changes, prepare materials/inventory/computer management
  - Train clinicians, stakeholders and all staff involved

- **Adopt**
  - Introduce new IDDSI system to commercially ready to use, pre-packaged goods and at facility level and in food service chain
  - Transition and integration