



We know what
you're made of

Thick & Easy™ Clear
HCP IDDSI Aid

It's time to take hydration seriously



**FRESENIUS
KABI**
caring for life



Dysphagia and the new IDDSI framework

Dysphagia

Dysphagia is estimated to affect 8% of the population. Patients with dysphagia have difficulty swallowing and are at greater risk of pneumonia, malnutrition or dehydration.¹

What is IDDSI?

The International Dysphagia Diet Standardisation Initiative (IDDSI) was founded to develop standardised terminology to describe texture-modified foods and thickened liquids used by people with dysphagia.

The need

The IDDSI found that a number of countries had developed their own dysphagia standards using different labels, numbers and levels. People with dysphagia may come across a confusing array of terminologies for any one thickness of drink such as Nectar, Syrup, Level 150 and Mildly thick.²

The IDDSI Committee has formulated a universal dysphagia diet framework consisting of 8 levels. Within this framework, liquids are now defined as: Thin, slightly thick, mildly thick, moderately thick, and extremely thick.

The benefits of a common dysphagia diet language

Along with the new framework, the IDDSI has defined food and drink descriptors and instructions to improve the safety and care for millions of people with dysphagia. All of our products and labels will follow the IDDSI framework.

The new IDDSI framework

The International Dysphagia Diet Standardisation Initiative (IDDSI) has developed a standardised terminology to describe texture-modified foods and thickened liquids used by people with dysphagia. Between April 2018 - April 2019 all Fresenius Kabi dysphagia products and labels will be updated to adhere to the IDDSI framework. We will work with you to ensure a smooth transition between guidelines

Number of scoops*
required for a
200 ml drink**



0: THIN

- Flows like water
- Fast flow
- Can drink through any type of teat/nipple, cup or straw as appropriate for age and skills

1: SLIGHTLY THICK

- Thicker than water
- Requires a little more effort to drink than thin liquids
- Flows through a straw, syringe, teat/nipple
- Similar to the thickness of commercially available 'Anti-regurgitation' (AR) infant formula

2: MILDLY THICK

- Flows off a spoon
- Sippable, pours quickly from a spoon, but slower than thin drinks
- Effort is required to drink this thickness through a standard bore straw (standard bore straw = 0.209 inch or 5.3 mm diameter)

3: MODERATELY THICK

- Can be drunk from a cup
- Some effort is required to suck through a standard bore or wide bore straw (wide bore straw = 0.275 inch or 6.9 mm diameter)
- Cannot be piped, layered or moulded on a plate
- Cannot be eaten with a fork because it drips slowly in dollops through the prongs
- Can be eaten with a spoon
- No oral processing or chewing required - can be swallowed directly
- Smooth texture with no 'bits' (lumps, fibers, bits of shell or skin, husk, particles of gristle or bone)³

*Scoop size = 1.4g. **Based on water.



Helping patients to stay hydrated



Fresenius Kabi are sponsors of Hydration Angels. Together we're helping to hydrate the nation. To find out more, visit www.whatwemadef.org

References

1. The International Dysphagia Diet Standardisation Initiative 2016. <http://iddsi.org/about-us/> Date accessed: April 2018.
2. Steele C, Alsanei WA, Ayanikalath S, et al. The influence of food texture and liquid consistency modification on swallowing physiology and function: A systematic review. *Dysphagia*. 2015; 30(1): 2-26.
3. The International Dysphagia Diet Standardisation Initiative 2016. The Complete IDDSI Framework Detailed definitions. <http://iddsi.org/Documents/IDDSIFramework-CompleteFramework.pdf> Date accessed: April 2018

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Find out more about dysphagia

For expert information, advice, case studies and the latest developments in clinical dysphagia research email Fresenius Kabi at scientific-affairsUK@fresenius-kabi.com or call **01928 533 516**.



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