The International Dysphagia Diet Standardisation Initiative (IDDSI) Framework: from terminology to implementation into clinical practice

Course developed in consultation with:

IDDSI
International Dysphagia Diet
Standardisation Initiative

About this course

Every person with dysphagia may be different. Therefore, a clinician should perform a comprehensive swallowing assessment to identify the different levels of liquid thickness and food texture that enable the patient to swallow safely and efficiently.

Historically, many countries develop national guidelines to define different liquid consistencies and food textures used for the management of dysphagia. Unfortunately, a lack of standardisation in the terminology and definitions used in different countries led to confusion both for clinicians and for people with dysphagia.

The International Dysphagia Diet Standardisation Initiative (IDDSI) developed and published a Framework that provides a common terminology to describe food textures and drink thickness, and a set of testing methods which can be used by clinicians, patients, caregivers, food service professionals, researchers and industry to determine which level a drink or food item falls into on the IDDSI Framework.

If you are a **HEALTHCARE PROFESSIONAL** interested in learning more with the continuum of the IDDSI Framework and IDDSI Testing Methods, you could find this eLearning course useful to improve your confidence in it.

GOALS of this course

This course will provide you with information:

1. About the IDDSI Framework.

2. Explaining how to perform IDDSI tests for measuring liquid thickness and food texture.

3. About how to implement the IDDSI Framework in clinical practice.

After completing this course:

You will gain knowledge and confidence to use the IDDSI Framework and will know how to test drink thickness and food texture according to IDDSI's recommendations.

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Programme

Unit 1: Introduction to dysphagia and why there is a need for the IDDSI Framework

1.1. What is dysphagia?

1.2. Two key functions in swallowing: safety and efficiency

1.3. Diet texture modifications as a compensatory approach to dysphagia management

1.4. How does diet texture modification work to improve swallowing safety and efficiency?

1.5. Tailoring consistency recommendations to the individual patient

1.6. Why we need a common language for describing thickened liquids and modified food texture

Unit 2: The IDDSI Framework: characteristics and descriptors for each level

2.1. What are the characteristics and descriptors of IDDSI Levels for drinks?

2.2. What are the characteristics and descriptors of IDDSI Levels for foods?

Unit 3: IDDSI's Testing Methods: when and how to perform them

3.1. How to objectively and easily measure the level of fluid thickness and food consistency ?

3.2. What materials are required for performing the IDDSI Tests?

3.3. How to perform the testing method for drinks?

3.4. How to identify if a fluid or food fits into the IDDSI Level definition?

3.5. How to perform the testing method for foods?

3.6. How to identify if a food fits into the IDDSI Level definition?

Unit 4: IDDSI in clinical practice

4.1. How the IDDSI can be implemented by healthcare providers?

Certificate of completion

After completing all modules and answering all questions correctly, participants can download or print a certificate of completion.

Access the course

Your access to

"The International Dysphagia Diet Standardisation Initiative (IDDSI) Framework: from terminology to implementation into clinical practice"

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