

RESOURCE® THICKENUP™ CLEAR AND THE IDDSI FRAMEWORK

A switching guide for healthcare professionals



IDDSI SETS A CLEAR NEW STANDARD FOR DYSPHAGIA DIET MANAGEMENT

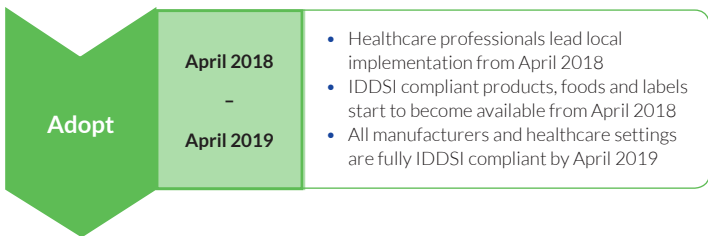
The International Dysphagia Diet Standardisation Initiative (IDDSI) is an evidence-based framework developed by experts to:

- Standardise the names and descriptors of texture-modified foods and thickened liquids
- Use numbers and colour codes to create common terminology that can be used across cultures, and by all stakeholders
- Provide valid and practical testing methods for all levels of food and drink

The IDDSI framework

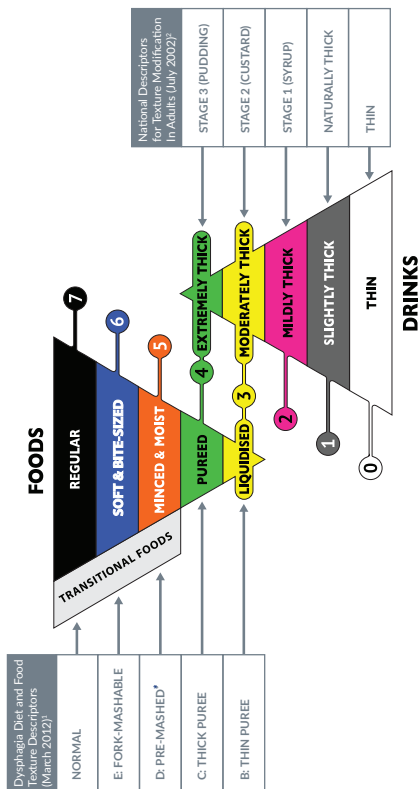
The framework has eight levels (0–7). Each level has detailed descriptors that would best meet the needs of an individual with dysphagia (for more information on the detailed descriptors, please visit www.iddsi.org).

Timeline for IDDSI implementation in the UK*



*Timeline supplied by the IDDSI UK Committee Group

UK DESCRIPTORS AND THE IDDSI FRAMEWORK



*The Dysphagia Diet Food Texture Descriptors for Pre-mashed (Texture D) meat pieces are approximately 2mm

References: **1.** Dysphagia Diet Food Texture Descriptors. National Patient Safety Agency (NPSA) Dysphagia Expert Reference Group in association with Cardiff and Vale University Health Board, March 2012. **2.** National Dysphagia Diet (NDD): Standardization for Optimal Care. National Dysphagia Diet Taskforce, American Dietetic Association (2002). Chicago (Ill).

RESOURCE® THICKENUP™ CLEAR AND THE IDDSI FRAMEWORK

Conversion chart

STAGES	IDDSI LEVELS	SCOOPS/SACHETS PER 200ml
NATURALLY THICK	LEVEL 1 (SLIGHTLY THICK)	 x1 or  x1
STAGE 1 (SYRUP)	LEVEL 2 (MILDLY THICK)	 x2 or  x2
STAGE 2 (CUSTARD)	LEVEL 3 (MODERATELY THICK)	 x4 or  x4
STAGE 3 (PUDDING)	LEVEL 4 (EXTREMELY THICK)	 x8* or  x8*

*For Level 4 water add Resource® ThickenUp™ Clear as needed, to achieve the appropriate consistency
1 scoop/1 sachet = 1.2g

What is not changing with Resource® ThickenUp™ Clear?

- The tin and scoop size are not changing
- The product is not changing

What is changing with Resource® ThickenUp™ Clear?

- Updated recommended dosage to reflect the IDDSI framework

Recommended Dosage

	Syrup/Stage 1	Custard/Stage 2	Pudding/Stage 3
100ml Liquids (water, juice, tea, coffee)	1 scoop	2 scoops	3 scoops

Old UK descriptor recommended dosage table
Number of scoops needed per 100ml

Recommended dosage:

IDDSI Framework	Level 1 Slightly thick	Level 2 Mildly thick	Level 3 Moderately thick	Level 4 Extremely thick
200ml Liquids (water, juice, tea, coffee)	1 scoop	2 scoops	4 scoops	8 scoops*

New IDDSI recommended dosage table
Number of scoops needed per 200ml

Recommended dosage on Resource® ThickenUp™ Clear packaging will reflect the IDDSI levels

RESOURCE® THICKENUP™ CLEAR NUTRITION INFORMATION

TYPICAL VALUES	1.2g/200ml LEVEL 1 SLIGHTLY THICK	2.4g/200ml LEVEL 2 MILDLY THICK	4.8g/200ml LEVEL 3 MODERATELY THICK	9.6g/200ml LEVEL 4 EXTREMELY THICK	100g
Energy kJ/kcal	15/3.7	31/7.3	61.8/14.7	123.6/29.4	1287/306
Fat (0% kcal) g	0	0	0	0	0
- of which saturates g	0	0	0	0	0
Carbohydrate (81% kcal) g	0.74	1.5	3.0	5.9	62
- of which sugars g	0.02	0.04	0.09	0.17	1.80
Fibre (18% kcal) g	0.32	0.65	1.30	2.59	27
Protein (1% kcal) g	0	0	0	0	1
Salt (=Na (g) x 2.5) g	0.032	0.064	0.13	0.26	2.7
Sodium mg/mmol	13/0.56	25/1.1	51/2.2	102/4.4	1060/46.1
Potassium mg/mmol	4.8/0.12	9.6/0.24	19/0.49	38.4/1	400/10.2

RESOURCE® THICKENUP™ CLEAR ORDERING INFORMATION



PRODUCT

Resource® ThickenUp™ Clear tin - 127g x 12

Resource® ThickenUp™ Clear sachets - 12x (24x1.2g)

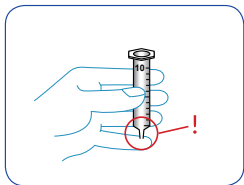
PIP CODE

355-4433

358-3382

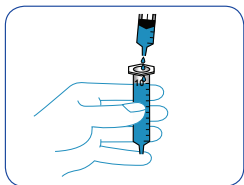
THE IDDSI FLOW TEST

Using a 10ml syringe:

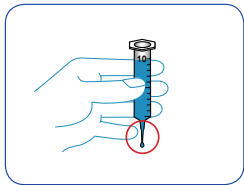


1 Remove plunger

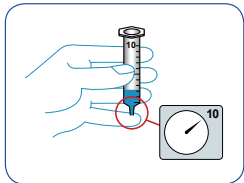
Check the nozzle is completely clear before use



2 Cover nozzle with finger and fill 10ml



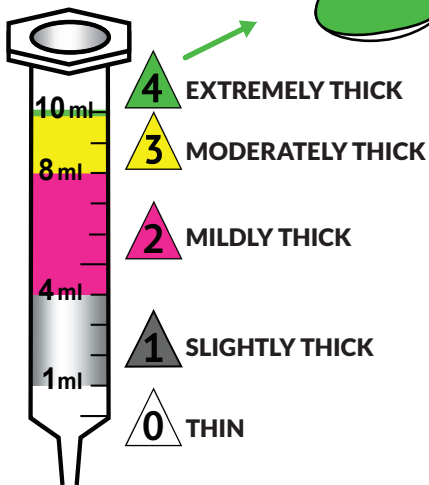
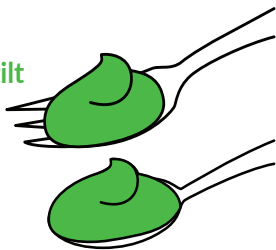
3 Release nozzle and start timer



4 Stop at 10 seconds

MEASURING RESULTS OF THE IDDSI FLOW TEST

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



For more details on drink testing methods visit:
www.iddsi.org/framework/drink-testing-methods/

FORK DRIP TEST

Thick drinks and fluid foods (Levels 3 and 4) can be tested by assessing whether they flow through the slots/prongs of a fork and comparing against the detailed definitions of each level

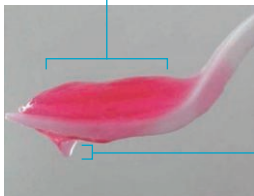
- 3 LIQUIDISED
- 3 MODERATELY THICK



Drips slowly or in dollops/strands through the tines/prongs of a fork

- 4 PUREED
- 4 EXTREMELY THICK

Sits in a mound or pile above the fork



A small amount may flow through and form a tail below the fork. Does not dollop, flow or drip continuously through the fork prongs

SPOON TILT TEST

Predominantly used for:

4

PUREED

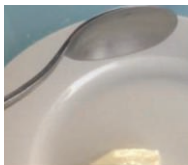
4

EXTREMELY THICK

5

MINCED & MOIST

- Sample should be cohesive enough to hold its shape on the spoon
- A full spoonful must slide/pour off the spoon if the spoon is tilted sideways or shaken lightly; the sample should slide off easily with very little food left on the spoon
 - For Level 4 sample should not be firm and sticky
 - For Level 5 sample should not be sticky
- A scooped mound may spread or slump very slightly on a flat plate



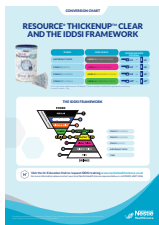
For more details on food testing methods visit:

www.iddsi.org/framework/food-testing-methods/

NESTLÉ HEALTH SCIENCE: SUPPORT AND TRAINING

Visit the Nestlé Health Science N+ Education Hub to:

- Request IDDSI training
- Access the Nestlé Health Science sample service
- Download the IDDSI toolkit
- Download additional resources and tools, including
 - Conversion chart
 - Patient switching guide
 - Patient information pack
 - Updated support materials
 - Mixing posters
- Review case studies and clinical summaries



Register:

www.nestlehealthscience.co.uk/nplus

For more information please contact your local Nestlé Health Science representative or call 00800 6887 4846

Further IDDSI resources available at www.iddsi.org

www.nestlehealthscience.co.uk

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