

Dysphagia and the IDDSI Framework

AIMS

To understand the role of the IDDSI framework and implement it in caring for those who are living with dysphagia.

LEARNING OUTCOMES

By the end of this course, you will be able to

- Know what dysphagia is, its causes, and its symptoms.
- Be aware of the origins and use of the IDDSI Framework
- Recognise the different levels of the IDDSI Framework, and their identifying characteristics
- Understand how oral medication can affect IDDSI levels
- Know how to use thickening agents to alter the consistency of food and drink
- Understand how to undertake the Drinks Flow Test
- Know how to undertake the food tests for IDDSI
- Know the first aid steps to take in the event of someone choking
- Be aware of the roles and responsibilities of work colleagues
- Know how to support people with dysphagia at mealtimes
- Be aware of the resources available to support your knowledge of IDDSI

LESSONS AND TOPICS

Introduction to the Framework

- What is the IDDSI Framework?
- What is dysphagia?
- Anatomy of Swallowing
- Causes
- Symptoms
- Facts and Statistics
- IDDSI Chart

Characteristics

- Levels 0-2 – Drinks
- Levels 3-4 – Either Drink of Food
- Levels 5-7 – Foods
- Transitional Foods – Levels 5-7
- Medication
- Thickening Agents/Powder

The Drinks Flow Test (Levels 0-3)

- Introduction to the Flow Test
- Syringe Sizing
- Flow Test
- Levels 0-3 Results
- Level 4 Results

The Food Tests (Levels 3-7)

- The Fork Drip Test
- Spoon Tilt Test – Levels 4 and 5
- Minced and Moist – Level 5
- Fork Pressure Test – Level 6
- Regular/Easy to Chew – Level 7

Risk Assessments

- Symptoms Risk Assessment
- Visitors and Food
- Risk Assessing Choice

Choking

- What is Choking?
- First Aid for Choking
- Back Blows
- Abdominal Thrusts
- Unconscious Casualty – Adult CPR

Roles and Responsibilities

- Employer's Responsibilities
- All Employees' Responsibilities
- Chef's Responsibilities
- Mealtime Support Responsibilities

Resources

- IDDSI Website
- Posters
- IDDSI APP