

# Important safety information for healthcare staff and people with feeding, eating, drinking and swallowing difficulties



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## What's new?

- The names of texture modified diets and thickened drinks are changing to comply with international standards, improve care and support research
- The current system is called Irish Consistency Descriptors for Modified Fluids and Food (2009)
- The new system is called the International Dysphagia Diet Standardisation Initiative (IDDSI)

## Are there any risks associated with this change?

- Yes, the thickness of drinks will change
- IDDSI level 2 drinks will be thinner than Grade 2 drinks
- IDDSI level 3 drinks will be thinner than Grade 3 drinks
- People moving to IDDSI level 2 or 3 will need to be monitored for any difficulty swallowing

Irish Descriptors 2009	IDDSI
Regular fluids	Level 0 (thin)
Grade 1 (very mildly thick)	Level 1 (slightly thick)
Grade 2 (mildly thick)	Level 2 (mildly thick)
Grade 3 (moderately thick)	Level 3 (moderately thick)
Grade 4 (extremely thick)	Level 4 (extremely thick)

## Signs of difficulty swallowing:

- Coughing or throat clearing
- Choking
- 'Wet' sounding voice
- Eye-tearing
- Unexplained increases in temperature
- Deterioration in chest status e.g. chest infection



## What to do if you notice difficulty swallowing...

- Get an **urgent medical review** from GP or doctor
- Contact your Speech and Language Therapist for a review

