RESOURCE® THICKENUP™ CLEAR AND THE IDDSI FRAMEWORK

A switching guide for healthcare professionals

IDDSI
International Dysphagia Diet Standardisation Initiative
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*

- Healthcare professionals lead local implementation from April 2018
- IDDSI compliant products, foods and labels start to become available from April 2018
- All manufacturers and healthcare settings are fully IDDSI compliant by April 2019

*Timeline supplied by the IDDSI UK Committee Group
The Dysphagia Diet Food Texture Descriptors for Pre-mashed (Texture D) meat pieces are approximately 2mm.

RESOURCES® THICKENUP™ CLEAR AND THE IDDSI FRAMEWORK

Conversion chart

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

*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

<table>
<thead>
<tr>
<th>100ml Liquids (water, juice, tea, coffee)</th>
<th>Syrup/Stage 1</th>
<th>Custard/Stage 2</th>
<th>Pudding/Stage 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 scoop</td>
<td>2 scoops</td>
<td>3 scoops</td>
<td></td>
</tr>
</tbody>
</table>

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

Recommended dosage:

<table>
<thead>
<tr>
<th>IDDSI Framework</th>
<th>Level 1 Slightly thick</th>
<th>Level 2 Mildly thick</th>
<th>Level 3 Moderately thick</th>
<th>Level 4 Extremely thick</th>
</tr>
</thead>
<tbody>
<tr>
<td>200ml Liquids (water, juice, tea, coffee)</td>
<td>1 scoop</td>
<td>2 scoops</td>
<td>4 scoops</td>
<td>8 scoops*</td>
</tr>
</tbody>
</table>

New IDDSI recommended dosage table
Number of scoops needed per 200ml
# RESOURCE® THICKENUP™ CLEAR NUTRITION INFORMATION

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

# RESOURCE® THICKENUP™ CLEAR ORDERING INFORMATION

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>PIP CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resource® ThickenUp™ Clear tin – 127g x 12</td>
<td>355-4433</td>
</tr>
<tr>
<td>Resource® ThickenUp™ Clear sachets – 12x (24x1.2g)</td>
<td>358-3382</td>
</tr>
</tbody>
</table>
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**

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

**3 Moderately Thick**

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

**4 Pureed**

- Sits in a mound or pile above the fork.

**4 Extremely Thick**

- 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/](http://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