

PARTNERSHIP APPROACH TO IDDSI IMPLEMENTATION: THE HULL AND EAST YORKSHIRE HOSPITALS NHS TRUST AND CITY HEALTH CARE PARTNERSHIP CIC EXPERIENCE

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INTRODUCTION

- The International Dysphagia Diet Standardisation Initiative (IDDSI) has developed a framework with new terminology and definitions for texture modified foods and thickened liquids for people with dysphagia (swallowing difficulties) (Figure 1)



Figure 2: APA model for IDDSI implementation

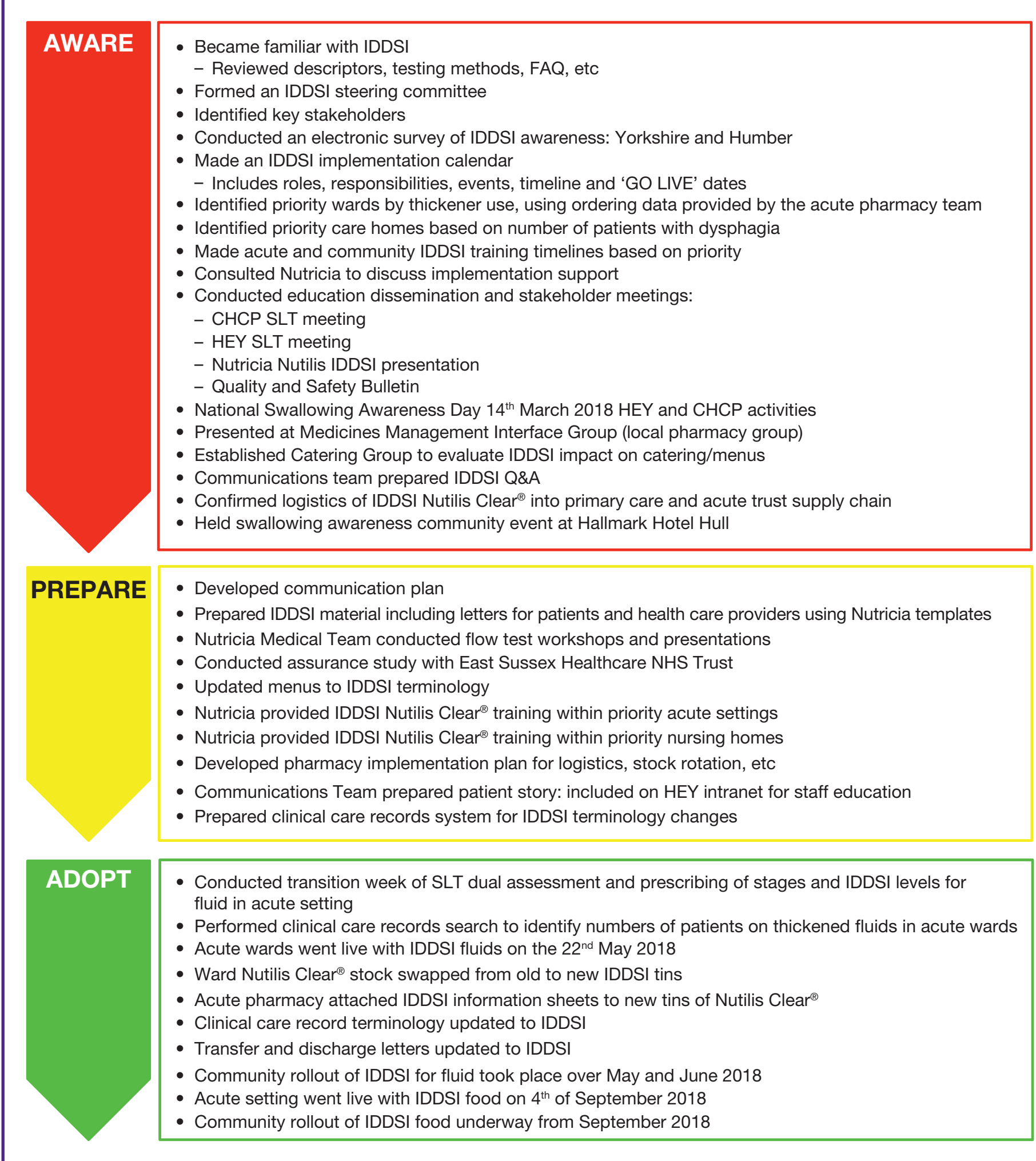


Figure 4: Community letter for transition to IDDSI

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chcp NUTILIS CLEAR - NEW SCOOP AND MIXING INSTRUCTIONS

Thickened drinks are changing from 'stage 1, 2 and 3' to IDDSI levels 1-4.

What does this mean for you?
 The new tins will be available in community pharmacies from mid-May 2018. New tins will have a red sticker on the lid, a smaller new green scoop in the tin, and the new IDDSI directions for use on the label.

This change affects the number of scoops required to thicken drinks. Please see the chart below showing how many of the new scoops to use.

Previous Directions for use:		New Directions for use:	
UK National Descriptors	Old people scoop (No. of scoops required)	IDDSI levels 1-4	New green scoop (No. of scoops)
Naturally thick (Consistent texture on an empty glass)	1 (1.1g)	IDDSI Level 1 (Slightly thick)	1 (1.1g)
Stage 1 (Consistent texture on the back of a spoon)	2 (2.2g)	IDDSI Level 2 (Mildly thick)	2 (2.2g)
Stage 2 (Consistent texture on the back of a spoon)	3 (3.3g)	IDDSI Level 3 (Moderately thick)	3 (3.3g)
Stage 3 (Needs to be eaten with a spoon)	7 (7.7g)	IDDSI Level 4 (Extremely thick)	7 (7.7g)

Please follow the guidance on the above conversion chart. The drink may appear slightly thicker or thinner than you are used to.

If you experience any of the following issues or have concerns please contact your Speech and Language Therapy team:
 Patients with a Hull GP please contact 01482 247111
 Patients with an East Riding GP please contact 01482 335165

- Choking, excessive throat clearing or regular coughing when eating and/or drinking
- Voice regularly sounding wet/gurgly when eating and/or drinking
- Recurrent chest infections
- Gasping for breath when eating and/or drinking
- Change of colour in the face when eating/drinking

If you have any urgent concerns, please contact your GP or NHS 111.

- In line with this initiative, the UK national descriptors will be replaced by the adoption of the IDDSI Framework
- The previous 3 'stages' of thickened fluids will change to 4 IDDSI 'levels'
- The aim is for all UK manufacturers and health care settings to be fully IDDSI compliant by April 2019
- Hull and East Yorkshire Hospitals NHS Trust (HEY) and the City Health Care Partnership Community Interest Company (CHCP) have adopted a partnership approach to plan and achieve a unified rollout of IDDSI implementation
- Acute NHS trust:
 - Two hospitals: Hull Royal Infirmary (HRI) and Castle Hill Hospital (CHH)
 - Providing secondary and tertiary care specialties
 - 1100+ inpatient beds
- City Health Care Partnership:
 - Covering both inner city and rural areas of Hull and the East Riding of Yorkshire
 - 214 residential care homes and home care services
 - 45 Hull GP practices
 - 49 East Riding GP practices
- Collectively across the acute and community settings there were four speech and language therapy (SLT) teams working together for IDDSI implementation: Hull and East Yorkshire acute, Hull stroke, Hull community rehab and East Riding community rehab

Quality and Safety Bulletin

- The Quality and Safety Bulletin provided an important opportunity to highlight dysphagia management and kick-start the implementation of IDDSI (Figure 3)
- This was presented by the Head of SLT at the monthly Chief Executives Brief and also distributed throughout the Trust via the clinical governance communication systems
- Subsequent presentations were also made at already established meetings of nurse directors, matrons, charge nurses and the senior catering team

Figure 3: HEY Quality and Safety Bulletin

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Quality and Safety Bulletin Number 17 (revision to QSB 16)

Thickened fluids and modified diets: NEW International Terminology & Standards

THIS IS A REVISION OF BULLETIN 16 - The information on page 2 has been revised. Copies of QSB 16 should be removed from display/use

What you need to know
 The International Dysphagia Diet Standardisation Initiative (IDDSI) has developed a framework with new terminology and definitions for texture modified foods and thickened liquids for people with dysphagia (swallowing problems).

The UK national descriptors will be transitioning to IDDSI standards over the coming months, commencing with fluids. The current 3 'stages' of thickened fluids will change to 4 'levels'.

There will be changes in Nutilis Clear (the thickening powder used in HEY) relating to scoop size and dosage.

Why is it important?
 At any given time approximately 10% of our inpatients have swallowing problems. The change in terminology and thickening product presents a potential clinical risk of increased aspiration due to:
 • confusion between old and new terminology
 • altered dose rates
 • fluids being insufficiently thickened

What are we doing?
 Working together across SLT, Dietetics, Pharmacy, Catering, Nursing, Community partners and Suppliers to establish a clear rollout programme (aware, prepare, adopt).

More information will be distributed via:
 • Patient
 • Information to wards
 • Targeted training

The adopt phase for thickened fluids (IDDSI levels 1-4) will be back commencing 21st May 2018.

What can you do?
 Be aware and gain an understanding about the new IDDSI standards and terminology and the product changes (please see overview).

If you would like more information regarding IDDSI please contact Mary Harrington, Head of Speech and Language Therapy (SLT) on 01482331, mary.harrington@hey.nhs.uk or visit www.iddsi.org

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Assurance study

- To ensure the safety of patients transitioning from stages to IDDSI levels, East Sussex Healthcare NHS Trust invited HEY to partner with them on a small assurance study; testing the clinical safety of transferring directly from stage 1 to IDDSI level 2.
- The study (n=22) concluded that over 90% of the patients assessed as safe on stage 1 were also safe on IDDSI level 2. This suggested patients taking stage 1 could be moved across to level 2 with a degree of confidence and that direct reassessment at this level was not required in order to safely transition.

Health care professional, care home and patient IDDSI transition letters

- Letters were sent to patients, health care professionals and care settings working with people with dysphagia. Letters detailed how patients will transition to IDDSI, including a 'conversion chart' from stages to levels (Figure 4). Letters also included the signs of penetration and/or aspiration to be aware of and how to self-refer into services if they did not tolerate the change

Picture 1: HEY flow testing workshop with Nutricia



Training activities

Table 1. Summary of IDDSI training in acute and community settings

Acute setting	Community setting
<ul style="list-style-type: none"> 56 wards at HRI and CHH identified for training, based on Nutilis Clear® usage 223 health care professionals have been trained to date SLT flow testing at HEY with Nutilis Clear® on the 25th April 2018 (Picture 1) demonstrated beneficial cross-trust working, with Northern Lincolnshire and Goole NHS Foundation Trust also taking part 	<ul style="list-style-type: none"> Training has taken place in 20 nursing homes and all 3 CHCP inpatient units Approximately 350 health care professionals have attended training Another 65 nursing homes have been identified for training Aim is to complete training by mid-November 2018 Swallowing Awareness Event at Hallmark Hotel Hull on the 5th June 2018 (Pictures 2-3) included stalls from Nutricia, Speech and Language Therapy, Dietetics, Oral Health Promotion, Occupational Therapy and Medicines Management. Over 60 health and social care professionals attended the event

CHH, Castle Hill Hospital; HRI, Hull Royal Infirmary.

Clinical care records search

- A clinical care records search across approximately 1100 inpatient beds in HEY found only 26 acute patients were taking thickened fluids on the go live day
- All of these patients had been assessed with stages and IDDSI levels by an SLT in the week prior to go live and therefore were ready to be moved across to the appropriate IDDSI level

Looking ahead

- A safe swallow information booklet is being developed to use across all local speech and language therapy services
- The next phase of IDDSI implementation is the rollout of food changes. In the acute setting, this took place on the 4th of September 2018. SLTs had been dual assessing and prescribing for patients two weeks prior to this rollout. On the day, 45 inpatients were taking modified consistency foods and needed to be moved across to IDDSI levels. Challenges with some of the clinical and food ordering IT systems were encountered but quickly rectified. A poster which summarises the IDDSI food changes has been created and widely disseminated
- IDDSI food rollout is still underway in the community. A chef day hosted by Nutricia and CHCP is to be held on the 20th of September 2018 in Beverley
- Local online swallowing training package is being developed
- Patient diet sheets for each IDDSI level are being prepared
- Transitioning to the IDDSI-labelled Nutilis pre-thickened range of oral nutritional supplements still to come
- HEY, CHCP and Nutricia will continue their partnership approach to IDDSI implementation to achieve the UK target for full implementation by April 2019

Contact details

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Pictures 2-3: Swallowing Awareness Event



CURRENT STATUS

Through a system-wide partnership approach, the complete IDDSI framework has been successfully adopted within the acute trust. In community settings, IDDSI levels relating to drinks have been successfully introduced. IDDSI levels relating to foods will be introduced across community settings in the coming months.

Partnership stakeholders

- The stakeholders involved in IDDSI implementation comprise:
 - SLTs
 - Nutrition and Dietetics
 - Pharmacy
 - Catering
 - Nursing
 - Care Records Service (clinical IT systems)
 - Communications departments
 - Nutricia
 - Nutilis Clear® is the local acute formulary choice of fluid thickener and therefore Nutricia, the producer of Nutilis Clear®, is a prominent stakeholder in the transition to IDDSI

The APA model

- The Aware-Prepare-Adopt (APA) model adapted from IDDSI was used by HEY and CHCP to plan and roll out a partnership approach to IDDSI implementation
- Details of HEY and CHCP's IDDSI implementation journey according to the APA model are summarised in Figure 2