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 1: IDDSI Framework**

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:

- **T**hin
- **M**ildly **T**hick
- **M**oderately **T**hick
- **E**xtremely **T**hick

**DRINKS**

<table>
<thead>
<tr>
<th>THIN</th>
<th>SLIGHTLY THICK</th>
<th>MILDLY THICK</th>
<th>MODERATELY THICK</th>
<th>EXTREMELY THICK</th>
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**FOODS**

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<th>REGULAR</th>
<th>SOFT &amp; BITE-SIZED</th>
<th>LIQUIDISED</th>
<th>PURÉED</th>
<th>MODERATELY THICK</th>
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**The Quality and Safety Bulletin provided an important opportunity to highlight dysphagia management and kick-start the implementation of IDDSI (Figure 3)**

- **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:**
  - Thin
  - Mildly Thick
  - Moderately Thick
  - Extremely Thick
- **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)
  - **City Health Care Partnership:**
    - Covering both inner city and rural areas of Hull and the East Riding of Yorkshire
  - **1100+ inpatient beds**
  - **City Health Care Partnership:**
    - Community rehab and East Riding community rehab

**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 department
  - Nutrition
  - Nutrilis Clear\(^1\) is the local acute formulary choice of fluid thickener and therefore Nutricia, the producer of Nutrilis Clear\(^1\), 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**

**Figure 2: APA model for IDDSI implementation**

- **Aware:**
  - Business case for IDDSI
  - Formulation changes in their service
  - Communication plan
  - Internal communication plan
- **Prepare:**
  - Nutritional care consultation
  - Communication plan
  - Internal communication plan
- **Adopt:**
  - Nutritional care consultation
  - Communication plan
  - Internal communication plan

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

<table>
<thead>
<tr>
<th>Training activities</th>
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<tr>
<td>56 weeks of HEY and CHCP identified for training and on Nutilis Clear(^1) usage</td>
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<tr>
<td>223 healthcare professionals have been trained</td>
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<td>SLT flow testing at HEY with Nutricare</td>
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<td>49 East Riding GP practices</td>
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<tr>
<td>24 Hull GP practices</td>
</tr>
<tr>
<td>30 acute and community setting staff have been trained</td>
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**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 swallowing 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 at Castle Hill Hospital was 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 Nutrilis 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

**Figure 3: HEY Quality and Safety Bulletin**

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 transitioning 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 sell-refer into services if they did not tolerate the change

**Figure 4: Community letter for transition to IDDSI**

- **Training has taken place in 25 nursing homes and all 3 CHCP inpatient units**
  - approximately 400 health care professionals have been trained
- Another 65 nursing homes have been identified for training
- A plan to complete training by mid-November 2018
- Swallowing Awareness Event at Holderness tidal pool on the 5th June 2018
- Picture 3: Included ideas from Nutricia, Speech and Language Therapy, Dietetics, Diet and Health Promotion, Occupational Therapy and Medicine onto a patient information leaflet and social care professionals attended the event

**Training activities**

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**Pictures 2-3: Swallowing Awareness Event**