

## Changes to terminology of thickened drinks

NAQ Nutrition Supplement Service provides a number of different thickened fluid products for clients who experience dysphagia. From May 2019, a new system to describe these products is being voluntarily adopted in Australia. This is called the *International Dysphagia Diet Standardisation Initiative* or IDDSI. This is a global standardised terminology to describe thickened liquids and texture modified foods, aiming to improve patient safety.

### How does this affect you?

Many of our suppliers of thickened fluid products have changed their product packaging and instructions to reflect the new IDDSI names. The IDDSI names are slightly different from those previously used in Australia. To make sure you are purchasing the correct thickened product, it is important you know the level of thickened fluids your Speech Pathologist has prescribed for you when placing your order, particularly the text description (i.e. moderately thick).



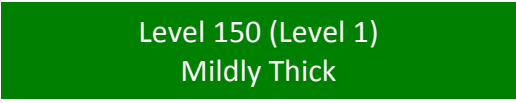

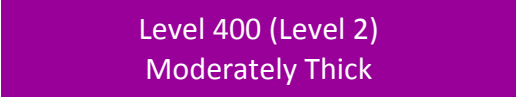

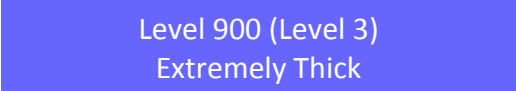

The main changes to thickened fluids are:

1. The numbers and colours used to describe a certain texture have changed
2. A new thickness of 'slightly thick' has been introduced

Each thickness level is identified by text labels, numbers and colour codes. The names for mildly, moderately and extremely thick have not changed. For example, if you were previously prescribed *Level 400 (level 2), moderately thick*, with IDDSI you will most likely require *Level 3, moderately thick*. See the table below which outlines the differences between the old and new standards.

### Previous Australian Standards

### 2019 IDDSI Framework

|   |   |   |
|---|---|---|
| Unmodified<br>Regular   | → |  <b>THIN</b>             |
| N/A   | → |  <b>SLIGHTLY THICK</b>   |
|  Level 150 (Level 1)<br>Mildly Thick     | → |  <b>MILDLY THICK</b>     |
|  Level 400 (Level 2)<br>Moderately Thick | → |  <b>MODERATELY THICK</b> |
|  Level 900 (Level 3)<br>Extremely Thick  | → |  <b>EXTREMELY THICK</b>  |

As the IDDSI standards are voluntary, not all thickened fluid suppliers have adopted the changes or changed their packaging yet. **The most important thing for you to do when you receive your products is to look at the packaging and instructions to see if anything has changed. Always refer to the text description of your thickened product.** If you are not sure what level of thickness you should order, please check with your Speech Pathologist.

### Contact

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For more information about the International Dysphagia Diet Standardisation Initiative visit <https://iddsi.org/>