Dear Colleagues,

We now have more than 375 subscribers to the Australian IDDSI newsletter! Keep them coming. Please encourage colleagues to sign up to receive information about Australian Implementation of IDDSI.

WHAT'S NEW?

Where are you up to with IDDSI and how can we help?

In June this year we asked how you were going with IDDSI implementation. We had input from all states and territories with responses from dietitians, speech pathologists, nurses, food service staff, cooks and chefs, industry, research groups, government regulators, social service groups and management. We have been working through the list of things you told us would help with implementation, such as the webinars. We'd like to check in and see how we're doing and invite you to complete this short 4 minute survey: Australian IDDSI Implementation Survey 2

Are you catching up on IDDSI in Australia?

Three new Australian webinars have been recorded and are available for viewing free of charge on the IDDSI Resources page under the *Webinar recordings* tab. Two of the webinars have been coordinated by the Institute of Hospitality in Healthcare (IHHC), and one relevant to Australian Industry was coordinated by the Australian IDDSI Steering Committee. Webinar content is relevant to all stakeholders (Clinicians, Food service, Catering, Industry, Suppliers, Government, NGOs, Professional Associations, Individuals with dysphagia, Carers)

IHHC Webinar 3: IDDSI Fork Drip Test and Spoon Tilt Tests (Spotlight on IDDSI Levels 3 and 4)
This webinar demonstrates the IDDSI Fork Drip Test and IDDSI Spoon Tilt test for differentiating Level 3 from Level 4. It describes Level 3 and Level 4 food and drink characteristics. Questions about the use of the IDDSI Flow Test for carbonated drinks and nutritional supplements are included. The IDDSI Audit sheets that are available on the IDDSI website are discussed. There is a discussion about moulded purees and IDDSI testing to ensure these meet IDDSI Level 4 Pureed criteria.

IHHC Webinar 4: IDDSI Fork pressure test and particle size tests (Spotlight on IDDSI Level 5 Minced & Moist)
This webinar demonstrates the IDDSI fork pressure test and particle testing and why they are important for patient safety to reduce choking risk. Videofluoroscopies are used to demonstrate people at risk of choking on food. There is a special focus on Level 5 Minced & Moist food, comparing the current Australian standards with the IDDSI descriptors. The IDDSI testing methods for this level, demonstration videos, and details around the IDDSI audit sheet are provided. When to change from paediatric to adult particles sizes is discussed. The new IDDSI testing cards for foods are introduced (free templates available from the IDDSI website). Information about free resources (e.g. recipes) donated by organisations that have adopted

IDDSI are included. The IDDSI video 'What about bread? Making an IDDSI minced and moist sandwich' is included in the presentation. Q&A's from the webinar are included.

Australian Industry IDDSI Webinar
This webinar focusses on Australian industry to provide information about product labelling, common questions from consumers, and resources available to assist industry as they transition to IDDSI. The IDDSI testing methods are discussed in detail. Information on where to access the IDDSI Colour codes (CMYK, RGB, Pantone) are provided. An example implementation guide is included.

IDDSI Flow Test information – Using the correct 10 mL syringe is important!

The IDDSI Flow test was standardised on a BD 10 mL syringe that measures 61.5mm from the zero line to the 10mL line (Reference code REF 302143). Please note that syringes that do not meet the measurement specification will not give accurate thickness information that is compatible with IDDSI levels. Please contact the Australian IDDSI project officer with any queries on syringe model or access information at australia@iddsi.org
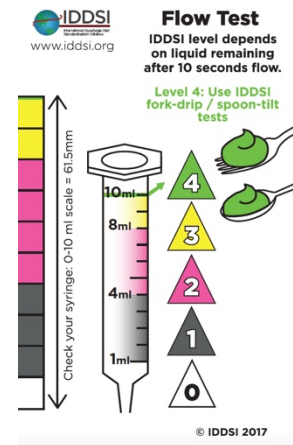
Consumers are asking – when will industry transition to IDDSI labels?

Thank you for the questions about when individual industry members will transition to IDDSI labels. A number of industry groups have confirmed their support of IDDSI and have asked consumers to check the manufacturer websites and to contact them directly to find out when their products will change to IDDSI labelling. Please note that Australian Industry have advised they are unlikely to provide 'transition labelling', where the old and new labels appear on the packaging due to cost. Therefore, consumers will start to see the new IDDSI labels from next year. The Australian IDDSI Steering Committee have encouraged industry to include educational material about the label changes to their customers.

Risk management during transition – we're all responsible ☺

As you start to look at transition to IDDSI, consider potential risks. We're all responsible for working together to keep people with chewing and swallowing problems safe during transition to IDDSI. For example, we are aware that the Green colour change from Australian Level 150 Mildly thick to IDDSI Level 4 Extremely Thick/Puree is a noted risk. Clinicians are asked to consider whether there is a clinical risk during transition if a patient accidentally receives Extremely thick instead of Mildly thick. If there is, how will you manage that risk? Industry is encouraged to provide information in point of sale material advising of the colour change. IDDSI has provided free sticker templates that allow people to print IDDSI labels or 'This will soon be called… Extremely thick' labels, to assist during transition. Do you have any novel ideas on managing the colour change? Please email australia@iddsi.org to share your brainstorming and solutions.

WEBINARS AND EVENTS

This webinar series has been coordinated by the Institute of Hospitality in Healthcare (IHHC).

Last IHHC Webinar for 2018

Monday 5 November 1:30pm-2:15pm AEST (*note this is held on a Monday to avoid Melbourne Cup Day)
IHHC Webinar 5: IDDSI Fork pressure test for Level 6 Soft & Bite-Sized and topics for 2019

This webinar is presented by Dr Julie Cichero, (Co-Chair IDDSI International and Australian IDDSI Project Officer). Webinar content is presented for ~ 30 minutes with the remaining time for questions and discussion.
Registration: You will need to register for the webinar. Webinar registration information will be loaded to the IHHC Events tab

Cost to attend the live webinar:
IHHC members – free of charge
IHHC Platinum & Gold Supporters – Free of Charge – contact state chair for promo code
Non-IHHC members - $20
The video conference is hosted by Zoom meeting. You will need to register to attend the event for connection details.

All webinars will be recorded and made available for viewing on the IDDSI website after the event on the *Webinar* subtab of the IDDSI Resources page . *Recorded webinars can be viewed free of charge*.

Australian IDDSI Steering Committee Stakeholder Webinars – FREE
The Australian IDDSI Steering committee recognises that different stakeholder groups have specific needs. To support the various stakeholder groups we are pleased to announce the following webinars and link details. Each webinar will commence with a 15 minute IDDSI overview, leaving the majority of the webinar for Q+A, discussion, and brainstorming. The webinars will be recorded to allow people unable to attend on the day access at a later date. We are also pleased to announce that Denise Cruikshank has agreed to present her recent IHHC National Conference presentation about the Queensland Health IDDSI implementation journey.

All webinars will be conducted using the **Zoom platform**. You will need to download the free software for use on PC, Mac, Linux, iOs or Android prior to the webinar https://zoom.us/signup. You can join from computer, ipad or mobile phone. Dial-in details are provided below if you prefer just to listen to the webinar. The meeting ID is included below with each webinar.

OR Phone to listen/participate in Zoom webinars:
+61 (0) 2 8015 2088
+61 (0) 8 7150 1149

IDDSI and Paediatrics
Monday 12 November 1.30pm-2.30pm AEST - Facilitated by Julie Cichero
Join from PC, Mac, Linux, iOS or Android: https://zoom.us/j/316504596
Meeting ID: 316 504 596

Implementing IDDSI in Queensland Health – the journey to a new Standard
Tuesday 20 November 1.30-2.30pm AEST - Presented by Denise Cruickshank
Join from PC, Mac, Linux, iOS or Android: https://zoom.us/j/555587483
Meeting ID: 555 587 483

IDDSI and Aged Care facilities
Monday 26 November 1.30pm-2.30pm AEST - Facilitated by Julie Cichero
Join from PC, Mac, Linux, iOS or Android: https://zoom.us/j/321182769
Meeting ID: 321 182 769

IDDSI and Food Service
Wednesday 5 December 1.30-2.30pm AEST - Facilitated by Julie Cichero
Join from PC, Mac, Linux, iOS or Android: https://zoom.us/j/171994461
Meeting ID: 171 994 461

IDDSI and Disability services
Monday 10 December 1.30pm-2.30pm AEST - Facilitated by Julie Cichero
Join from PC, Mac, Linux, iOS or Android: https://zoom.us/j/756689668
Meeting ID: 756 689 668

HAPPY TO HELP

Please feel free to forward this email to others and encourage them to be added to the newsletter group by emailing australia@iddsi.org

Dr Julie Cichero
Australian IDDSI Project Officer (0.2 EFT)
On behalf of the Australian IDDSI Steering Committee
email: australia@iddsi.org

AUSTRALIA: IDDSI Implementation
AWARE   1 December 2016
PREPARE 1 January 2018
ADOPT   1 May 2019

Australian IDDSI Steering Committee Members: Dietitians Association of Australia, Speech Pathology Australia, Institute of Hospitality in Healthcare, International Dysphagia Diet Standardisation Initiative, Nestle Health Science, Precise ThickN, Flavour Creations.