

# How to use IDDSI in Research

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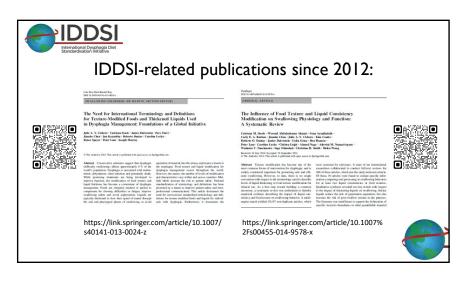


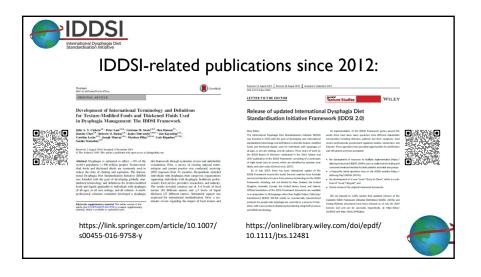


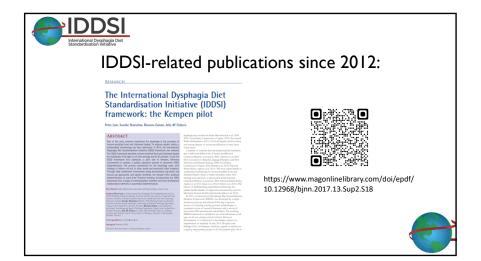
# Agenda

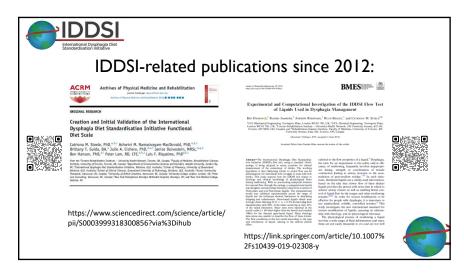
- Introduction
  - IDDSI related publications since 2012
- Key messages when using IDDSI in research:
  - The IDDSI Framework is not a diet
  - Mapping historic terminology or product labels to the IDDSI Framework
  - · Correct equipment for stimulus testing
  - Minimum tests required to confirm consistency for IDDSI Levels 3 and 4
  - The IDDSI Functional Diet Scale
  - Statistical analysis of IDDSI levels and IDDSI-FDS scores
- Questions and Answers

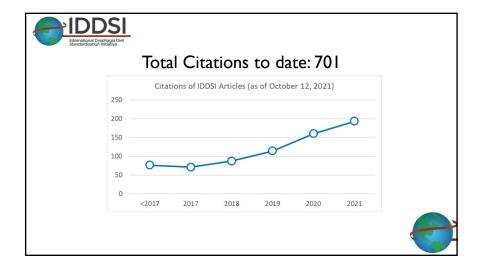














#### Themes in Research using IDDSI

- Terminology
  - Mapping between IDDSI and other systems (e.g. JSDR)
- Testing Methods
  - Comparing product labels to IDDSI measures
  - Comparing IDDSI measures to other rheological properties
- Prevalence and impact of diet texture modifications
- Behaviours of different thickening agents in different liquids
- Characterization of swallowing function/physiology by IDDSI level
- Usability of and training in IDDSI testing methods
- Implementation stories





### Lessons Learned/Key Messages

- 1) The IDDSI Framework is not a diet
  - The framework is DESCRIPTIVE, not PRESCRIPTIVE
  - A diet texture prescription must contain the following elements:

Recommended FOOD texture + Recommended DRINK consistency

e.g. [Level 6 Soft & Bite-Sized + Level 2 Mildly Thick]





#### Lessons Learned/Key Messages

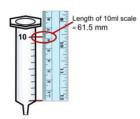
- 2) Mapping historic terminology or product labels to the IDDSI Framework
- · Assumptions are common but should be avoided
  - e.g., Historical provision of pureed foods may not mean that:
    - all of the pureed food items met IDDSI Level 4 testing requirements
    - the patient had dysphagia
- Use of the word "puree" in a product label may not mean that the product meets IDDSI level 4 testing requirements
  - e.g., "molded purees" frequently involve gelling agents that actually turn the product into a Level 7 easy-to-chew or regular consistency





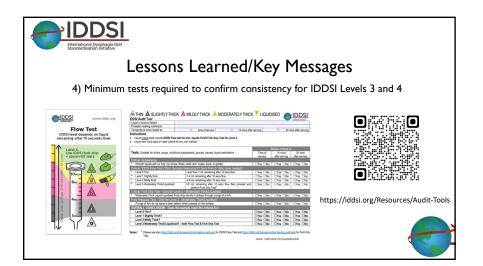
#### Lessons Learned/Key Messages

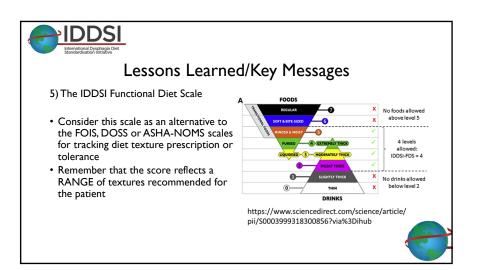
3) Correct equipment for stimulus testing



Compatible Models of BD Syringe: North America 303134 Australia/Asia 302143 UK & EU (Luer Lok) 305959/300912 Japan (Luer Lok) 302995/309604 China (Luer Lok) 302149 Taiwan (Luer Lok) 302147









# Lessons Learned/Key Messages

- 6) Statistical analysis of IDDSI levels and IDDSI-FDS scores
- The IDDSI Levels are CATEGORICAL
- IDDSI-FDS scores are ORDINAL
- There is NO SUCH THING as a decimal place on the IDDSI Framework or on the IDDSI-FDS
- Parametric statistics (i.e., ANOVA or linear regression) are NOT suitable for analyzing IDDSI related measures
  - Frequency-based count statistics are suitable for analyzing IDDSI level data or IDDSI-FDS scores
  - Non-parametric rank-based statistics may be suitable for analyzing IDDSI-FDS scores



