Implementing the international dysphagia diet standardization initiative (IDDSI) in dietetic curriculum: A pilot study

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Background

- Dysphagia (disordered swallowing) affects 4% to 8% of the general population, up to 3% of inpatients > 45 years of age [1,2].
- Thickening liquids using the subjective descriptors of the National Dysphagia Diet (nectar/honey/pudding thick) is difficult to do properly; incorrect thickness can lead to aspiration pneumonia.
- The International Dysphagia Diet Standardization Initiative (IDDSI) Framework uses an objective method to evaluate and classify thickened liquids.
  - Syringe flow test.
  - Fully supported by the Academy of Nutrition and Dietetics (AND) and the American Speech-Language-Hearing Association (ASHA) in January 2017 [3].
  - International in scope, culture-neutral terms, objective testing.

Methods

- Convenience sample: 21 senior dietetic students randomized to lecture (n=10) or lab (n=11) groups.
- After respective instruction sessions, students were asked to identify different consistencies of thickened liquids on a simulated trayline, using the IDDSI flow rate method.

Results - continued

- No significant difference was found between training methods in percent correct or number of samples evaluated.

Discussion

- Lecture and lab were equally effective in disseminating the IDDSI guidelines.
- Limitations: small sample size, different instructors for lecture and lab, multiple evaluation stations.
- To our knowledge, this is first study to evaluate methods for implementing newly adopted IDDSI Framework into U.S. dietetic student curriculum.

References