AYMES®

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AYMES ORAL NUTRITIONAL SUPPLEMENTS IN COMPARISON WITH THE INTERNATIONAL DYSPHAGIA DIET STANDARDISATION INITIATIVE (IDDSI) FRAMEWORK.

The International Dysphagia Diet Standardisation Initiative (IDDSI) was founded in 2013 with the goal of developing new global standardised terminology and definitions to describe texture modified foods and thickened liquids used for individuals with dysphagia of all ages, in all care settings, and all cultures. The IDDSI framework consists of a continuum of 8 levels (0-7) spanning both food and fluids. Levels are identified by numbers, text labels and colour codes. As agreed by stakeholders including the British Dietetic Association and the Royal College of Speech and Language Therapists, full implementation of the IDDSI framework was expected in the UK by April 2019.

In response to customer demand, AYMES have taken the opportunity to provide guidance on the indicative IDDSI level of our range of oral nutritional supplements (ONS). The indicative IDDSI levels have been validated internally using an in-depth testing protocol by our team of product development scientists and externally by an independent Speech and Language Therapist. However, the suitability of ONS for individual patients with dysphagia is a clinical decision based on the Healthcare Professional's clinical judgement. Healthcare Professionals should be aware that there are numerous factors that can influence the IDDSI level of an ONS at the point of consumption.

AYMES IDDSI validation details

The flow-testing was completed using a Becton Dickinson BD Plastipak Luer slip tip 10ml syringe (product reference 302188) following IDDSI flow-testing guidance[1]. AYMES conducted the testing protocol at different testing sites (domestic kitchens) and all tests were carried out at room temperature (21°C). Results quoted are for Vanilla flavour with the exception of AYMES Savoury (chicken) and AYMES Shake Smoothie (all flavours).

Each product was made up according to the directions of use and flow-tested three times by three different validators at regular intervals over a 2-hour time period. Ready to drink ONS and AYMES Creme were chilled in a domestic refrigerator for a minimum of two hours before testing, all milk-based powdered products were made up with chilled milk and AYMES Shake Smoothie was made up with chilled tap water. The amount of fluid remaining indicated which IDDSI level the consistency of fluid would be classified according to the IDDSI Framework. Results were collated and mean values calculated for each product based on the results of each individual validator.

A 'fork drip' and 'spoon-tilt' test was also used to confirm the consistency of AYMES Crème in line with IDDSI testing guidance.

INDICATIVE IDDSI LEVELS FOR AYMES ORAL NUTRITIONAL SUPPLEMENTS

AYMES ORAL NUTRITIONAL SUPPLEMENTS	IDDSI LEVEL
AYMES Shake	**0**
AYMES Shake Extra	**0**
AYMES Shake Compact	**1**
AYMES Shake Smoothie	**2**
AYMES Savoury	**1**
AYMES Complete	**0**
AYMES Creme[2]	**4**
AYMES 2.0Kcal	**2**
AYMES ActaGain 2.4 Complete Maxi	**2**

Please note that this is *only a guide* and the ultimate decision regarding the suitability of ONS for individual patients with dysphagia is *a clinical decision* based on the Healthcare Professional's clinical judgement.

1 - For further detail on the IDDSI flow test please refer to https://ftp.iddsi.org/Documents/Flow_Test_Print_Post_May_2018.pdf
2 - It was noted that there was a small amount of residue that was left on the spoon after conducting the 'spoon tilt' test for AYMES Creme

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