

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 lock 10ml syringe (product reference BD305959) following IDDSI flow-testing guidance¹. All flavours of all products were tested. Due to natural variation in viscosity some flavour variants within a product range may be naturally thicker or become slightly thicker when chilled for 24 hours in the fridge. The IDDSI levels quoted reflect the lower IDDSI level achieved across all parameters in all cases.

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 ActaCal 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 ActaSolve Smoothie and AYMES ActaJuni Shake were made up with 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 ActaCal Creme and AYMES ActaSolve Delight in line with IDDSI testing guidance.

Indicative IDDSI Levels for AYMES Oral Nutritional Supplements

AYMES Oral Nutritional Supplements	IDDSI Level
AYMES 2.0kcal	2
AYMES ActaCal Creme ²	4
AYMES ActaGain 2.4 Complete Maxi	2
AYMES ActaGain 600	2
AYMES ActaGain Juice previously ActaJuice	0
AYMES ActaJuni Shake	0
AYMES ActaSolve Delight ^{2,3}	4
AYMES ActaSolve High Energy previously AYMES Shake Extra	0
AYMES ActaSolve Protein Compact ⁴	2/3
AYMES ActaSolve Savoury ⁵	1
AYMES ActaSolve Smoothie	2
AYMES Complete	0
AYMES Shake	0
AYMES Shake Compact	1
AYMES Shake Fibre	0

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 ActaCal Creme and AYMES ActaSolve Delight. 3 - AYMES ActaSolve Delight continues to thicken on standing. 4 - There is significant variation between the IDDSI level of different flavours. 5 - The suitability of AYMES ActaSolve Savoury for a dysphagia patient should be checked due to the presence of fine herbs and/or seasoning in both flavours.