IDDSI TEXTURE MODIFIED LIQUIDS

TOPIC:	Texture Modified Liquids
AUDIENCE:	Nursing, PSWs, Dietary, Allied Health
DATE:	[Enter the training date]

Purpose / Why Does it Matter

Fluid consistency plays a critical role in resident safety and quality of life. Some residents have swallowing difficulties (dysphagia) that increase their risk of choking, aspiration, dehydration, malnutrition, and respiratory complications. Prescribed fluid consistencies help residents swallow safely by controlling the speed and flow of liquids.

Learning Objectives

By the end of this in-service, participants will be able to:

1. Identify International Dysphagia Diet Standardization Initiative (IDDSI) liquid levels 0–4
2. Perform the IDDSI Flow Test
3. Recognize common errors with thickened fluids

KEY INFORMATION

Why Liquid Thickness Matters

Patients with dysphagia may have difficulty:

- Controlling thin liquids
- Coordinating swallow timing

Correct liquid thickness:

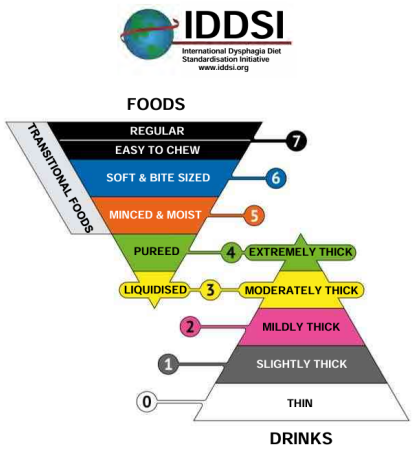
- Improves swallow safety and comfort
- Reduces aspiration risk

Incorrect thickness increases choking and aspiration risk which can lead to aspiration pneumonia and other health complications.

IDDSI Liquid Levels and IDDSI Flow Test

Level	Name	Description	Volume Remaining After 10 sec
0	Thin	Flows like water	0–1 mL
1	Slightly Thick	Thicker than water	1–4 mL
2	Mildly Thick	Nectar-like	4–8 mL
3	Moderately Thick	Honey-like	8–10 mL
4	Extremely Thick	Pudding-like	Does not flow

Link to IDDSI Flow Test poster: https://www.iddsi.org/images/Publications-Resources/Poster/OtherPosters/iddsi_poster_flow_test_jan2020.pdf



Link to poster:
iddsi_framework_poster_a3_a_p_drinks_only_final_with_bleed_jan2020.pdf

Equipment Needed

- 2x 10 mL oral syringe (IDDSI-approved)
- Stopwatch or clock

How to Perform the Flow Test (demo):

1. Cover the syringe tip
2. Fill to **10 mL** using another oral syringe
3. Release finger and let flow for 10 seconds
4. Stop flow at **10 seconds**
5. Measure remaining liquid in syringe

Common Errors to Avoid with Thickened Liquids

- Inconsistent thickening – not following manufacturer specific instructions and thickener amounts to achieve each specific fluid levels
- Adding ice to thickened fluids
- Mixing thin meds into thick fluids
- Assuming supplements and soups are the right level

Staff Responsibilities

- Verify diet order before serving
- Ensure correct liquid level is served – Test when unsure especially after reheating or thickened liquid sitting for a while.
- Check thickened fluids before serving. Temperature and time may change the viscosity of liquids.
- Monitor intake and tolerance. Report coughing, choking, or refusal.

KNOWLEDGE CHECK

NAME: _____ **DATE:** _____

1. The purpose of thickened liquids is to:

☐ **A.** Improve flavor

☐ **B.** Reduce aspiration and choking risk

☐ **C.** Increase hydration and speed of drinking

☐ **D.** Replace fluids

2. Which IDDSI level describes thin liquids like water?

☐ **A.** Level 1 – Slightly Thick

☐ **B.** Level 2 – Mildly Thick

☐ **C.** Level 0 – Thin

☐ **D.** Level 3 – Moderately Thick

3. During the IDDSI Flow Test, how long is the liquid allowed to flow?

☐ **A.** 5 seconds

☐ **B.** 8 seconds

☐ **C.** 10 seconds

☐ **D.** 15 seconds

4. After 10 seconds, a liquid has 6 mL remaining in the syringe. This liquid is:

☐ **A.** Level 1 – Slightly Thick

☐ **B.** Level 2 – Mildly Thick

☐ **C.** Level 3 – Moderately Thick

☐ **D.** Level 4 – Extremely Thick

5. True or False: It is acceptable to add ice to thickened liquids after they are tested.

☐ **True**

☐ **False**

Knowledge Check Answer Key

1. B: Thickening a liquid allows for more time for oral control for people with insufficient tongue control.
2. C
3. C
4. B
5. False: Adding ice may change the consistency of a thickened liquid.

DATE:	[Enter date]
TRAINER NAME:	[Enter trainer name]

In-Service Attendee Sign-in

DATE:

ATTENDEE NAMES: