

Swalloweze Clear alignment with IDDSI

International Dysphagia Diet Standardisation Initiative (IDDSI) is the framework to internationally standardise the terminology and definitions for texture modified foods and thickened liquids for people with dysphagia.

In August 2017, the British Dietetic Association (BDA) and the Royal College of Speech & Language Therapists (RCSLT) surveyed members of their organisations to gain insights in to whether the adoption of the IDDSI would be beneficial. Both surveys concluded that they would support the new framework.

As a result of these organisations adopting IDDSI, we are pleased to inform you that Swalloweze Clear will be aligning with the new framework.

Swalloweze Clear and the new IDDSI levels

There are four IDDSI levels for fluids which will replace the three stages within the current UK National descriptors.

The table below shows the new recommended directions for use for Swalloweze Clear once IDDSI compliant product is launched.

Level scoops required for thickening (1 scoop = 1.6g)

IDDSI	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
No. Scoops per 200ml	1	2	3	7

*Due to the natural differences of liquids (temperature, nutritional content and viscosity) it is normal to experience variation in time to thicken to desired levels.

For more information, please visit <http://www.swallowezeclear.com/faqs.html>

To ensure the new consistencies and levels are clinically appropriate for your patients, you may need to review them.

However, as the existing 3 stage guidelines for Swalloweze Clear already comply with the IDDSI flow test, you can use the table below as a reference when converting patients who currently use Swalloweze Clear.

Current Descriptors	IDDSI Guidelines
N/A	LEVEL 1 Slightly Thick
STAGE 1 Syrup Thick	LEVEL 2 Mildly Thick
STAGE 2 Custard Thick	LEVEL 3 Moderately Thick

Implementing IDDSI Guidelines in Your Organisation

We recognise the challenges of implementing IDDSI within an entire health economy are great, but we believe the potential opportunities and benefits it will bring for your staff and patients can be far greater.

Last year, the average CCG spent over £100,000 on thickener products, with up to 4 different thickener brands being used across acute and community.

Using a single, clear gum thickener across your health economy can help reduce risks with regards to training by making certain there are only one set of guidelines throughout hospital trusts and the community, in addition to savings opportunities that can be released from using a more cost-effective thickener (see table 1 below).

How We Can Help

We would like to help you transition to IDDSI by managing the implementation in the following way:

- Thickener product training including IDDSI guidelines for your clinical staff, care homes, hospital sites
- Stock management of existing product to ensure minimal wastage
- Bespoke training resource development

If you would like to hear more about our implementation programme, please get in touch today.

Table 1: Cost Comparison of IDDSI-compliant Thickener Products (May 2018)

	LEVEL 1		LEVEL 2		LEVEL 3		LEVEL 4	
	grams to thicken to level 1	cost per month 2000ml per day	grams to thicken to level 2	cost per month 2000ml per day	grams to thicken to level 3	cost per month 2000ml per day	grams to thicken to level 4	cost per month 2000ml per day
Swalloweze Clear	1.60	£16.29	3.2	£32.58	4.8	£48.87	11.2	£114.04
Nutlis Clear	1.25	£16.92	2.5	£33.84	3.8	£50.76	8.8	£118.44
Resource Thickenup clear	1.20	£22.38	2.4	£44.76	4.8	£89.53	9.6	£179.06