

COMPARISON OF THE CONSISTENCY OF ORAL NUTRITIONAL SUPPLEMENTS (ONS) AGAINST THE INTERNATIONAL DYSPHAGIA DIET STANDARDISATION INITIATIVE ('IDDSI') FRAMEWORK

The International Dysphagia Diet Standardisation Initiative (IDDSI) has published new terminology and definitions for texture modified foods and thickened liquids for people with dysphagia that would meet their needs across all ages and all care settings. The outcome of this work is the creation of the IDDSI Framework, which consists of a succession of eight levels (0-7), where drinks are measured as levels 0-4 and foods as levels 3-7. Level 7 is further split into 2 levels to define easy to chew and regular foods. As agreed by stakeholders including the Royal College of Speech and Language Therapists, British Dietetic Association (BDA), NHS England and manufacturers, implementation of the IDDSI Framework was in April 2019 in the UK.



Oral nutritional supplements (ONS) from Abbott's nutrition business are not specifically designed for patients with dysphagia. However, in response to customer queries, Abbott has engaged with independent speech and language therapists in order to classify the oral nutritional supplements produced by Abbott in line with this new IDDSI Framework, and this document provides guidance for healthcare professionals who recommend ONS. The suitability of products for individual patients with dysphagia is a clinical decision based on the healthcare professional's clinical judgement.

The testing was completed using a Becton Dickinson BD Plastipak Luer slip tip 10ml syringe (product reference 302188), which was supplied to Abbott by IDDSI. For the purpose of testing, the correct syringe should measure 61.5mm from the 0 to 10ml mark. Testing was undertaken in a domestic kitchen and the room temperature was 21.5°C. Room temperature was chosen as a test temperature for the ready-to-drink and dessert style ONS and paediatric formulations as some fluids are thicker when chilled.

All of the ONS used for testing were in vanilla flavour, with the exception of Ensure Plus yoghurt style (strawberry swirl), Ensure Plus juice (apple) and PaediaSure Plus juice (apple).

Enshake and Ensure Shake, which require whole milk for preparation according to manufacturer's instructions, were tested with whole milk at 9°C, and Similac Alimentum was prepared with warm water. These three products were then allowed to reach room temperature for the test.

For all ONS and paediatric formulas (except Ensure Plus Crème), 10ml of the product being tested was emptied into the syringe for a period of 10 seconds. The amount of liquid remaining was recorded. Where any fluid remained, the test was repeated a second time by each speech and language therapist. The amount of fluid remaining indicated which IDDSI level the consistency of fluid would be classified as according to the IDDSI Framework.

A 'fork drip' and 'spoon-tilt' test was also used to confirm the consistency of Ensure Plus Crème as a level 4 (puréed/extremely thick). This did sit in a mound above the fork and did not drip through the prongs.

Results of testing*:

PRODUCT	LEVEL **
Enshake	0
Ensure	0
Ensure Compact	2
Ensure Plus	0
Ensure Plus Advance	1
Ensure Plus Crème	4
Ensure Plus Fibre	1
Ensure Plus juice	1
Ensure Plus yoghurt style	0
Ensure Shake	0
Ensure TwoCal	1
Nepro HP	1
PaediaSure	0
PaediaSure Compact	1
PaediaSure Fibre	0
PaediaSure Peptide	0
PaediaSure Plus	0
PaediaSure Plus Fibre	0
PaediaSure Plus juice	1
ProSure	0
Similac Alimentum	0
Similac High Energy	0
Vital 1.5kcal	0

*Abbott initially undertook testing in June 2018 and retesting was undertaken in September 2018.

**Please note that this is a guide only based on this type of syringe used and ambient temperature during the testing. We understand that there may be some variations in results while testing, potentially due to the methodology and/or equipment used, as well as the temperature of the products. Therefore, the ultimate decision regarding suitability of ONS and paediatric formulations, is the healthcare professionals' responsibility.

Please contact the Abbott Freephone Nutrition Helpline on 0800 252 882 or ukabbottnutrition@abbott.com with any further queries, or visit www.iddsi.org