

A University Teaching Trust
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Adult Learning Disability Speech and Language Therapy Service

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To whom it may concern,

Important changes to fluid and diet descriptions

Following on from our previous notification in June 2018, we are writing to inform you that diet descriptions will also be changing to be in use by January 2019.

This will follow the International Dysphagia Diet Standardisation Initiative (IDDSI), as per the change to the fluid descriptions which has already taken place. The new framework must be followed by all agencies who use modified diets and fluids, including SLTs, dietitians, care homes, GPs etc.

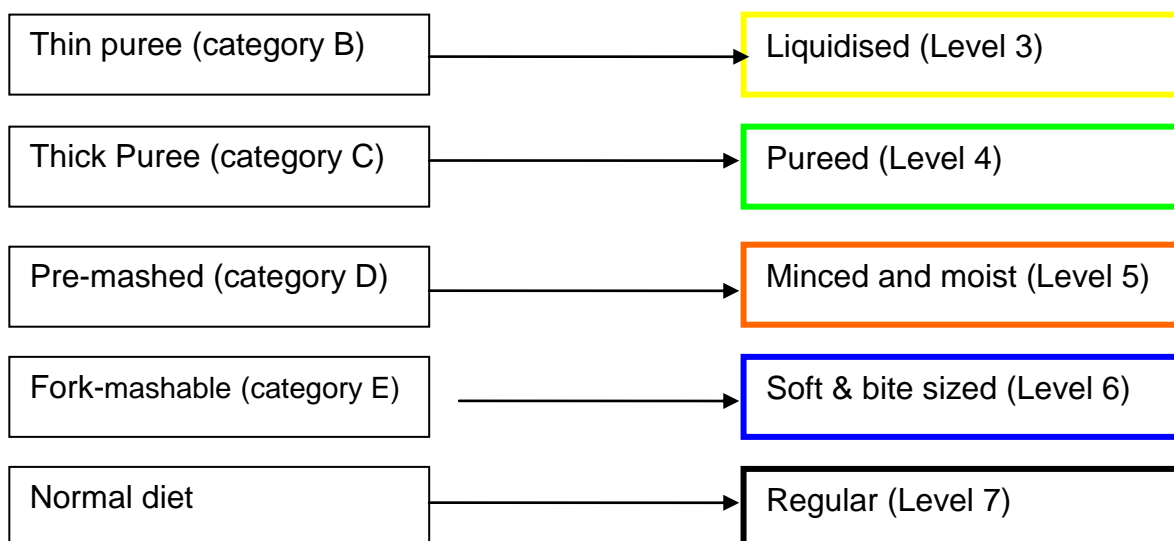
This change may cause a risk to patient safety if advice is not followed.

In Leicester, Leicestershire and Rutland the transition is happening in 2 stages:

1. Adoption of fluid descriptors (July 2018), already in place
2. Adoption of diet descriptors (by January 2019).

Current diet descriptors

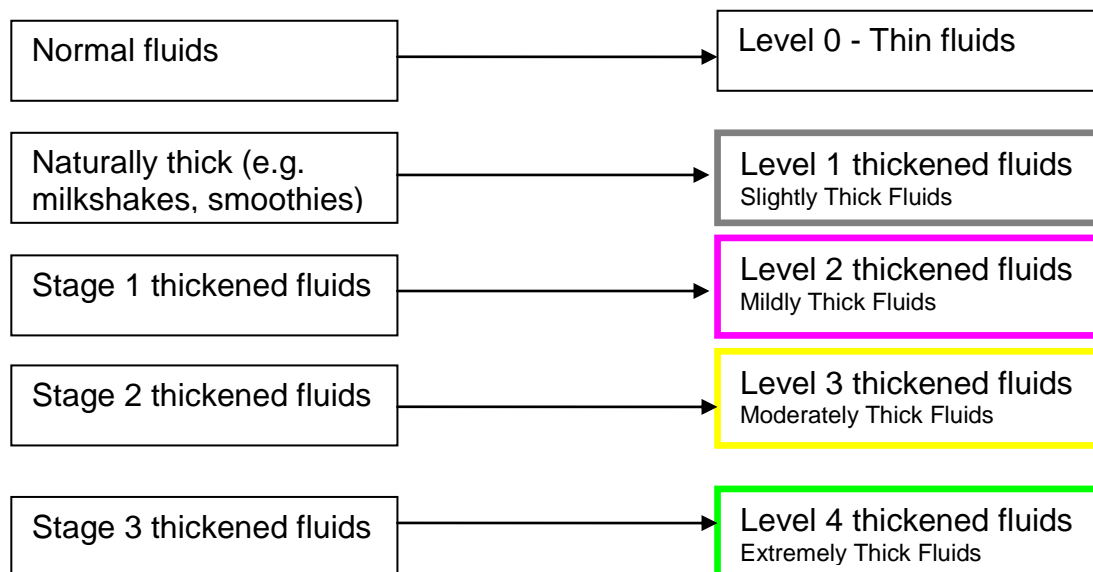
New diet descriptors (in use by January 2019)



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Chair: Cathy Ellis Chief Executive: Dr Peter Miller

Previous fluid descriptors

New fluid descriptors as of July 2018



Companies that supply thickener, supplements and modified meals are changing their packaging to include the new descriptions.

In the past, the term 'Soft Diet' has been used for individuals who may require softer foods as a result of, for example, choice, recent illness, temporary mouth or jaw pain. The term will now be changed to **'Easy to Chew'** as the old 'soft diet' could be misinterpreted and was the subject of a recent Patient Safety Alert. **Easy to Chew** is not considered to be a dysphagic (prescription) diet but is a sub-category of Regular (Level 7) foods which the Speech and Language Therapist may recommend for some patients.

During the transition period Speech and Language Therapists will be dual labelling recommendation sheets to represent both the old and new descriptors for diet..

Should you have any queries about your texture-modified diet, please contact the Speech and Language Therapist who recommended it.

Thank you for your help in ensuring a smooth and safe transition to the new framework.

Yours sincerely

Adult SLT Service
Adult Learning Disability SLT Service

You can find more information at the IDDSI website: <https://iddsi.org>