



HAL
open science

Reply to letter to the editor by Riquelme LF et al. entitled 'IDDSI letter to the editor'

Elisabet Rothenberg, Stephan C Bischoff, Ronan Thibault

► To cite this version:

Elisabet Rothenberg, Stephan C Bischoff, Ronan Thibault. Reply to letter to the editor by Riquelme LF et al. entitled 'IDDSI letter to the editor'. *Clinical Nutrition*, 2022, 41 (5), pp.1142-1143. 10.1016/j.clnu.2022.03.012 . hal-03659887

HAL Id: hal-03659887

<https://hal.science/hal-03659887>

Submitted on 20 May 2022

HAL is a multi-disciplinary open access archive for the deposit and dissemination of scientific research documents, whether they are published or not. The documents may come from teaching and research institutions in France or abroad, or from public or private research centers.

L'archive ouverte pluridisciplinaire **HAL**, est destinée au dépôt et à la diffusion de documents scientifiques de niveau recherche, publiés ou non, émanant des établissements d'enseignement et de recherche français ou étrangers, des laboratoires publics ou privés.



Distributed under a Creative Commons Attribution - NonCommercial 4.0 International License

Reply to Letter to the editor by Riquelme LF et al entitled ‘IDDSI Letter to the Editor’

Elisabet Rothenberg,^a Stephan C. Bischoff,^b Ronan Thibault^{c*}

^a Faculty of Health Sciences, University of Kristianstad, Sweden

^b University of Hohenheim, Institute of Nutritional Medicine, Stuttgart, Germany

^c Unité de Nutrition, CHU Rennes, INRAE, INSERM, Univ Rennes, Nutrition Metabolisms and Cancer institute, NuMeCan, Rennes, France

*Corresponding author, E-mail address:

Prof. Ronan Thibault, M.D., Ph.D.

Centre labellisé de Nutrition Parentérale à Domicile

CHU Rennes

2, rue Henri Le Guilloux

35000 Rennes, France

Tél. +33 2 99 28 96 46

Fax +33 2 99 28 24 34

E-mail ronan.thibault@chu-rennes.fr

Keywords

Texture modification; International Dysphagia Diet Standardisation Initiative (IDDSI); Terminology.

Funding statement

This ESPEN hospital nutrition guideline was solely financed by ESPEN, the European Society for Clinical Nutrition and Metabolism.

Author contributions

ER, SCB & RT wrote the letter; all three authors approved the final submitted version of the manuscript.

Conflict of interest

The authors declare no conflict of interest with regard to this letter.

Acknowledgement

None.

We thank very much Riquelme et al. for their interest in our recently published ‘ESPEN guideline on hospital nutrition’ [1]. We have noticed their concern regarding the different textures mentioned in the paragraph 3.10 entitled ‘Texture modified food and thickened fluids’ [1].

We would like making clear that the different textures described are not specifically referring to the International Dysphagia Diet Standardisation Initiative (IDDSI). The reason for mentioning several different systems for describing the consistency of food and drink [1] was to highlight that there is currently no uniform terminology used in this area. Different systems for texture modification exist, terminology regarding different textures differ, and in the routine practices, prescriptions vary between countries and health care systems [2].

Thus, our intention was merely to mention IDDSI and refer to IDDSI website without further description. Although there are several different systems for describing textures of food and drinks, we acknowledge that IDDSI has achieved widespread use internationally in recent years and, for that reason, we would like to mention this system of texture classification [2].

To make it clearer for the readers, we propose to add to the paragraph 3.10 [1] the underlined words or sentences, so that it should be read as follows:

“Texture modification of food and/or drink is an important intervention used so that people with dysphagia can swallow effectively and safely. However, the different names for and number of levels of modification and the characteristics used within and across countries might increase the risk to patient safety. One internationally recognized standardized system for evaluating and describing different levels of texture modified food and thickened fluids is the International Dysphagia Diet Standardisation Initiative (IDDSI), which provides a common terminology for food textures and drink thickness (<https://iddsi.org>). In countries where IDDSI is not implemented, a variety of non-standardised descriptors for different textures can be used. We propose to describe them as follows:

- Liquidized/thin puree; homogenous consistency that does not hold its shape after serving.
- Thick puree/soft and smooth; thickened, homogenous consistency that holds its shape after serving and does not separate into a liquid and solid component during swallowing, i.e., cohesive.
- Timbal: homogenous smooth consistency that is omelette-like in texture and made from smooth purees mixed with egg and then baked. Timbal holds its shape after serving, is not sticky and does not separate into a liquid and solid component after serving or during swallowing, i.e., cohesive. Can be eaten with a spoon or fork.
- Finely minced; soft diet of cohesive, consistent textures requiring some chewing (particle size most often described as 0.5 * 0.5 cm).
- Modified normal; normal foods of varied textures that require chewing, avoiding particulate foods that pose a choking hazard (particle size most often described as 1.5 * 1.5 cm)."

In conclusion, we hope that you and many others will profit from this guideline and thank again for the comments.

References

1. Thibault R, Abbasoglu O, Ioannou E, Meija L, Ottens-Oussoren K, Pichard C, et al. ESPEN guideline on hospital nutrition. *Clin Nutr* 2021;40:5684-709.
2. Rothenberg E, Thibault R, Bischoff SC. Reply to - Letter to the Editor by Pedrolli C entitled 'IDDSI: Worth or not?'. *Clin Nutr* 2022;41:787