

International Dysphagia Diet Standardization Initiative for Dysphagia: A Literature Review

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PURPOSE: This study aims to present specific methods and effects by analyzing studies directly applied to patients for the safe use of International Dysphagia Diet Standardization Initiative (IDDSI) for dysphagia.

DESIGN: A literature review study. Papers up to May 2021 were searched in PubMed, Embase, Research Information Sharing Service, and Korean Studies Information Service System. Key terms were ‘dysphagia’ or ‘swallowing disorder’ AND ‘International Dysphagia Diet Standardization Initiative.’ It was applied to patients with dysphagia and included only articles that evaluated swallowing function. After applying inclusion and exclusion criteria, a total of five studies were used for the literature review.

METHOD: In the result analysis, the general information of the study subjects, the descriptive contents related to the IDDSI, the summary of the statistical results, and specific information were summarized.

RESULTS: In patients with dysphagia, statistically significant results were confirmed in the relationship between IDDSI level, dysphagia level, swallowing function, physical condition, and dependence on eating.

CONCLUSION: In this study, the correlation between IDDSI level and dysphagia was confirmed. Lower levels of the IDDSI were found to have a negative effect on swallowing. In addition, the IDDSI is associated with dependence during meal time. Therefore, it can be seen that as the level of the IDDSI differs from the normal diet, the occupation performance skill for eating decreases.

IMPACT STATEMENT: The correlation between the IDDSI and swallowing function is useful information for providing an independent eating environment for patients with dysphagia. Appropriate application of the IDDSI for dysphagia is helpful for nutrition management and maintenance in domain and process.

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