

FAQ for EatSafe SG – Diet and Fluids

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Diet Audit

What is the difference between IDDSI audit tool and EatSafe SG Diet/ Fluid audit test competency checklist?

IDDSI audit tool and EatSafe SG Diet/ Fluid audit tests are complementary systems of checking if the modified diet/ fluids fulfil desired properties.

IDDSI audit tool is developed by IDDSI. It is a combination of different testing methods to determine a modified diet/ fluid meets the required properties.

EatSafe SG Diet/ Fluid audit test competency is developed by MOH EatSafe SG team. It provides additional scaffold to IDDSI audit tools to reduce ambiguity.

Appearance

What are the recommended dimensions for?

Level 6 Soft & Bite-sized

Food particles should be less than or equal to 15x15x15mm (adults) and 8x8x8mm (pediatric).

Level 5 Minced & Moist

Food particles should be less than or equal to 4x4x15mm (adults) and 2x2x8mm (pediatric).

Syringe Flow Test

Is there a specific syringe to use for the flow test?

Yes. You can refer to the IDDSI website for more information (<https://iddsi.org/Testing-Methods>).

You may also refer to the MOH EatSafe SG website on BD vendor details in Singapore.

I have received 'funnels' to use for testing fluids consistency. Can I use those over BD syringes?

We recommend that you check on the source of the equipment to ensure that it is calibrated against syringes endorsed on IDDSI website.

Does MOH provide BD syringes to institutions for training use?

Public Health Institutions (PHIs) need to purchase their own BD syringes. Details of the BD vendor contact can be found on the MOH EatSafe SG website.

For Intermediate and Long-Term Care Services (ILTCs) / Private Hospital staff who attend the workshops run by AIC Learning Institute, a starter pack which includes some BD syringes will be given for use during the workshop.

Fork Drip Test

Is there a recommended fork type to use for the Fork Drip Test?

Yes. As with the Fork Pressure Test, it is recommended to use a standard metal fork with a 15mm overall width and a 4mm width between the prongs.

Is there a preferred way to execute Fork Drip Test?

It is recommended to:

- Ensure that fork prong is fully submerged in food sample
- Scoop up food sample in a swift motion

- Observe the flow through the prongs

Spoon Tilt Test

Is there a recommended spoon type to use for the Spoon Tilt Test?

Yes, it is recommended for a teaspoon is used.

What should we observe for when carrying out the Spoon Tilt Test?

From the IDDSI audit tool, there are 3 observations to note:

- Sufficiently cohesive to hold its shape on the spoon
- Falls of the spoon with ease and little residue
- Spread very lightly on the plate

Why is the Spoon Tilt Test included for L3 Liquidised Diet and not L3 Moderately-thick fluids?

The spoon tilt test is used in L3 Liquidised Diet to determine the stickiness of the food (adhesiveness) and the ability of the food to hold together (cohesiveness). L3 Liquidised Diet should be easily poured from spoon when tilted, leaves minimal coating and does not stick to spoon. Updated on 14 April 2023

Fork Pressure Test

Is there a recommended fork type to use for Fork Pressure Test?

Yes. As with the Fork Drip Test, it is recommended to use a standard metal fork with a 15mm overall width and a 4mm width between the prongs.

What is the recommended way to hold the fork for Fork Pressure Test?

It is recommended that the fork be pressed onto the food sample by placing the thumb onto the bowl of the fork (just above the prongs) until blanching is observed, as shown in the image below.

How much pressure is allowed in the Fork Pressure Test?

Level 5 Minced & Moist

You should be able to squash a served portion of the food particles with no or minimal effort. Your thumbnail should not blanch.

Level 6 Soft & Bite-size

You can use enough effort until thumbnail blanches to squash a single food particle, and the food particle remains squashed.

Fork Separation Test

What is the particle size to note when executing Fork Separation Test?

There is no restriction. You should perform the Fork Separation Test on the food sample as it is served.

Is there a recommended way to hold the fork for Fork Separation Test?

Place index finger at the neck of the fork and use the side of the fork to break the food, as shown in the image below.

How much pressure is allowed in the Fork Separation Test?

The food sample should break apart easily with the side of a fork/ spoon with nil blanching of the nail bed.

Others

How do I approach gravy and/ or sauce from dishes?

You will need to consider the following

- the consistency of the gravy/ sauce
- recommended fluid consistency for the patient

It is important to note that the presence of level 0 thin gravy/ sauce is multiphasic and pose as an aspiration risk for patients who are not able to tolerate mixed consistencies.

Considerations when assessing liquidised porridge.

Scenario One

On execution of the Flow Drip test for my Level 3 porridge, I observed that although there were 2-3 drips, the reading off my BD syringe was still at 10mls. The liquidised porridge appears sticky and left residue on the syringe wall at the 10ml mark. How should I interpret the results?

It sounds like you are concerned about the discrepancy between the positive flow test (e.g., the liquidised porridge could flow through the BD tip) and yet the 10ml reading remains the same. To recap, the audit tests for Level 3 liquidised are:

- Appearance
- Spoon Tilt
- Fork Drip
- Syringe Flow

It would not be unreasonable to assume that there should be a corresponding change in volume with the few drips during flow test. If you are concerned about the stickiness of your diet, you may want to repeat the Spoon Tilt test.

Scenario Two

I decided to thin down my liquidised porridge and performed the following tests with the resultant outcome:

Appearance - Smooth, without lumps

Spoon Tilt - Minimal coating

Fork Drip - Fast flow through fork prongs

Syringe Flow - 6.5mls

I am satisfied with the Spoon Tilt and Syringe Flow results. How should I interpret the Fork Drip test?

You must be clear about the purpose of your assessment whether you are

- (A) Assessing the diet to determine where it maps to, or
- (B) Assessing the diet to determine if it meets a predetermined IDDSI level that you have in mind

And always go back to your knowledge of the mandatory audit tests for each IDDSI level

(A) Assessing the diet to determine where it maps to

If you are assessing to determine if your revised porridge recipe maps to, you will want to be systematic in your approach and think of the audit results as inclusion or exclusion criteria.

Appearance – Smooth, without lumps would include all levels but this texture would fit Level 4 Pureed/Extremely-thick to Level 0 Thin

Spoon Tilt – Minimal coating would include all levels

Fork Drip – Fast flow through fork prongs would exclude Level 4 Pureed/Extremely-thick

Syringe Flow – 6.5mls entails Level 2 Mildly-thick only

From the above, we can see that the revised porridge recipe maps to Level 2 Mildly-thick consistency.

(B) Assessing the diet to determine if it meets a predetermined IDDSI level that you have in mind

If you are assessing to determine if your revised porridge recipe maps to Level 3 Liquidised, you will need to evaluate the outcomes on the mandatory Appearance, Spoon Tilt, Fork Drip and Syringe Flow tests.

From your test results above, you will need to thicken up the diet (to meet the 8-10mls requirement on Syringe Flow). Following which, it is strongly recommended that you repeat the Spoon Tilt and Fork Drip tests to ensure the revised consistency adheres to the audit requirement.

If you are assessing to determine if your revised porridge recipe maps to Level 2 Mildly-thick, you will need to evaluate the outcomes on the mandatory Appearance and Syringe Flow Tests.

From the test results above, it shows that the revised recipe maps to Level 2 Mildly-thick.

Fluid Preparation

Are there any resources to help guide preparation of thickened Oral Nutrition Supplements (ONS)?

We recommend that you contact the ONS company for their preparation guide, if any.