

101 Competencies for Healthcare Providers



1. Why was IDDSI established?
 - a. To provide a common terminology to describe food textures and drink thickness
 - b. To offer detailed level definitions and testing methods
 - c. To create testing methods that are easy, reliable, and accessible
 - d. All of the above

2. IDDSI promotes safety through common terminology for all ages in all care settings and for all cultures.
 - a. True
 - b. False

3. What are the features of the IDDSI framework?
 - a. Evidence-based
 - b. Internationally and interculturally valid
 - c. Common language, broadly supported
 - d. Strong operational definitions for each texture
 - e. Standardized foods and liquid testing methods and tools
 - f. All of the above

4. Transitional foods:
 - a. Start as one texture and change into another when moisture is applied or change in temperature occurs
 - b. Do not require biting
 - c. Require minimal chewing and can be mashed by the tongue
 - d. May be utilized for developmental teaching or rehabilitation of chewing skills
 - e. All of the above

5. Bread:
 - a. Is not recommended on IDDSI's texture modified diets
 - b. Is a very common item that can be associated with choking or airway blockage
 - c. Should be assessed for safety by swallowing specialist for texture modified diets
 - d. May be provided to meet person's preferences and wishes according to their goals of care with adequate documentation
 - e. All of the above

Answer key

- D
- A
- F
- E
- E