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## Design of an instrument of food consistency classification in Spanish for persons with dysphagia to be used in clinical practice and research

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In treatment of dysphagia food consistency modification is frequently required, but sometimes it is hard for persons and caregivers to understand precisely the indications. The aim of this study was to develop and validate an instrument that can be used in research or clinical practice with patients to explain the different consistencies that they need. The design was based on international classifications for food consistency and was evaluated by health professionals with experience in dysphagia from Argentina. It was an interdisciplinary group, size established with theoretical saturation. A questionnaire with a Likert scale was used. A Delphi survey was used until a minimum of 80% agreement was established. To validate the instrument, agreement and reliability were tested with persons with dysphagia and caregivers using absolute agreement and kappa coefficient ( $p < 0.05$ ). As a result the final version of the sample book was made in Spanish with six consistencies of food (solid-firm, minced, soft-chew, pureed, sticky and slippery); two subcategories (small chopped and mixed textures); and three liquid consistency (nectar-syrup, honey-cream and pudding). To evaluate the designed fifteen professionals were included (speech pathologies, dietitians, physiatrist doctors and gastroenterologist). After two rounds of survey, each texture and liquid obtained agreements between 93.3-100% (95% CI 63.66-100%). For the validation 22 participants were included. The book sampled obtained an absolute agreement of 97.52% and a kappa index of 0.96 (95%CI 0.93-0.99;  $p = 0.016$ ). In conclusion the sample book designed in Spanish is a validate instrument that can be used by health professionals to explain food consistency and texture in persons with dysphagia and/or their caregivers.

### Biography

Ruiz Brunner M M is a Lic. in Nutrition and a PhD student for a Doctorate in Health Science in the National University in Cordoba (UNC). Her primary field of research is in growth and nutrition in pediatrics with a special focus in children with cerebral palsy. She is a professional with experience in clinical practice, a Professor at the UNC, scholarship recipient for the National Scientific and Technical Research Council of Argentina, member of international Academies of Developmental Medicine and doing a research stay at the Pediatric Hospital of LMU in Munich with a scholarship from the DAAD (German Academic Exchange Service).

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