Disclosures:

- Mary Rybicki – Editor in Chief of NCM Diet Manual, Academy of Nutrition and Dietetics

WHAT IS IDDSI?

Evidence based global standardized terminology and definitions with specific particle sizes for texture modified foods and thickened liquids for people with dysphagia of ALL ages in ALL care settings and ALL cultures.
WHAT REALLY IS IDDSI?

What it IS a description
• Standardization of terminology, description and testing methods
• Rationale of Best Practice

What it IS NOT a standardized prescription of diets
• Clinical assessment is needed
• SLP and RDN must work together to individualize

WHY DO WE NEED A STANDARDIZED SYSTEM?

1. Safety = Based on research
2. Clinical Efficiency = Same terminology between and within institutions avoiding reassessment
3. Commercial Implications = testing methods for consistency and validation
4. Applies to ALL = Individuals with swallowing difficulties

Family and Care providers, Health Care professionals, and
Food Service departments

WHAT ARE OUR CONCERNS?

Resident Safety: ALWAYS
✓ #1 concern = Safety of patients
✓ Regulatory compliance is for safety too!
✓ Development of clinical evidence
✓ Conducting future research

Quality Product
Current texture modified diets:
• Missing consistent product
• Confusing terms
• Complicate admission process
• Transitions of care
• 48 hour care plan & first meal

Training tools:
• Be knowledgeable to be resourceful

ACADEMY UPDATE

• Academy & ASHA Collaboration continues
  • FNCE 2018: IDDSI on the Expo floor: BUSY! Many have started implementation.
  • IDDSI Implementation is a “journey”: it is a transition process that will take time.
  • May 2019: Date to “Begin” this transition (not to complete it)
  • IDDSI Academy webpage finalized, look for that as resource for members.
• Nutrition Care Process Terminology updated with IDDSI terms & definitions
• NCM Diet Manual includes both NDD and IDDSI: plan to phase out NDD & update IDDSI
• Use the NCM Diet Manual Crosswalk to connect texture diet names to NCM Diet Manual content
• New 2019 IDDSI Consumer Education sheets: link added
• Audit testing sheets added
Mixed Consistency and Bread

**Mixed Consistency**
Definition = foods that contain solid and liquid
Examples:
- Soup with vegetable, pasta, and meat
- Cold cereal and milk
- Canned fruit in juice
- Stews and casseroles

**Bread**
Is considered major cause of choking in literature review since it cannot easily be mashed or broken down
Substitute with modified products (pureed or gelied) and plan menus with less bread

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‘Transitional foods’


- Start as one texture (e.g. solid) and change to another when moisture is applied (saliva, water) or temperature (heat) change occurs
- Minimal chewing required
- Tongue pressure may be sufficient to break food down after alteration in moisture or temperature
- Developmental teaching or rehabilitation of chewing skills
**STEP 1: AWARENESS**

- Critical transitions in IDDSI (www.iddsi.com)
- Review current guidelines, terminology & symbols
- Map existing terminology to IDDSI framework
- Share findings with all stakeholders

**STEP 2: PREPAREDNESS**

- Develop a plan to introduce IDDSI
- Communicate plan & support to all stakeholders
- Review/revises
- Monitor
- Determine launch date and prepare all stakeholders

**DIET MANUAL**

<table>
<thead>
<tr>
<th>Establish Existing Terminology</th>
<th>Ongoing Adjustment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Establish standard name and what is served on each Texture Modified Diet</td>
<td>Adjust as you learn – be as specific as possible</td>
</tr>
<tr>
<td>Get new diet order language approved</td>
<td>Keep as liberal as possible</td>
</tr>
<tr>
<td>Communicate to ALL</td>
<td>Use diet manual as training tool</td>
</tr>
<tr>
<td>Transition gradually</td>
<td>Individualize for specific resident needs</td>
</tr>
</tbody>
</table>

**National Dysphagia Diet to IDDSI**

- Easy To Chew
- Coming soon

**Mapping to IDDSI - Foods**

- Current NDD Food Textures

  - Regular
  - Dropping Advanced
  - Food As Mechanical Diet
  - Dropping Purée
  - 7 Regular
  - 6 Soft & Bite Sized
  - 5 Minced & Most
  - 4 Purée
  - 3 Liquidised
FOOD TEXTURE REQUIREMENTS

• A Green Shaded Check = is acceptable characteristic for specific texture level
• A Red Shaded Check = is not acceptable characteristic for specific texture level

<table>
<thead>
<tr>
<th>Description/Characteristics</th>
<th>1 spoonful/</th>
<th>1 Modul</th>
<th>2 Modul</th>
<th>3 Modul</th>
<th>4 modul</th>
<th>Soft &amp; Tomato</th>
<th>Soft &amp; No Tomato</th>
</tr>
</thead>
<tbody>
<tr>
<td>No grit, gritty texture after cooling</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
</tr>
<tr>
<td>No separation of the stealing liquid</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
</tr>
<tr>
<td>Will hold its shape on a plate, fork or spoon</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
</tr>
<tr>
<td>Soft green texture quality</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
</tr>
<tr>
<td>Moist lumpy</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
</tr>
<tr>
<td>Can contain soft, smooth, molded, moist, or solid</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
</tr>
<tr>
<td>Can contain soft, even large @ (5 mm) lumps if broth throughout</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
</tr>
</tbody>
</table>

STEP 3: ADOPT

Recipe Development = Key Education Tool

• Use IDDSI definitions and measurements
• Emphasize importance of testing at point of service

INGREDIENT AND COOKING METHOD

Ingredient Considerations:
• Size
• Ripeness
• Quality
• Characteristics

Cooking Methods
• Keep moist
• Time and temperature
• Cooking and holding technique
• Taste

MENUS AND SPREADSHEETS

MINCED & MOIST

3 ounce Chopped Roast Beef
1/2 cap Diced Carrots
1/2 cap Mashed Potatoes
1/4 cup Beef Gravy
1/4 cup Blended Veg Soup LS
1/4 cup Traysline LS Veg Juice (VL)
1/4 cup Collage Cheese
1/4 cup FF Chocolate Pudding
1/2 cup Thic Decaf Caff
1/2 cup Smart Balance

STEP 4: MONITOR

• Continually update and adjust Diet Manual and Menus as we learn more things
• Electronic process of how to write diet orders
• Update Menu Software and Tray Tickets as needed
• Educate all players – staff, surveyors, family, residents
• Celebrate our successes
CHOOSE YOUR PATH

• There are many paths
• Same outcome
• Choose one
• Don’t turn back
• Always some side roads

IDDSI Testing Methods

• Flow Test = measures viscosity of liquids (Level 0-3)
• Fork Drip Test = measures thickness (Level 4)
• Fork Pressure Test = measures softness (Level 6)
• Spoon Tilt Test = measures stickiness (Level 4)
• Fork Tine = size of particle (Level 5)

Testing for Puree and Extremely Thick

Fork Drip Test

Spoon Tilt Test

Fork Tine Testing

IDDSI Fork Test:

- The slots/gaps between the tines/prongs of a standard metal fork typically measure 4 mm.
- This provides a useful compliance measure for particle size of foods at Level 5 - Minced & Moist.
Fork Pressure Testing

Texture Testing

IDDSI Fork Pressure Test:

- A fork can be applied to the food sample to observe its behavior when pressure is applied.
- Pressure applied to the food sample has been quantified by assessment of the pressure needed to make the thumb nail branch noticeably to white.

MASHED POTATO TESTING

Minced and Moist Mashed Potato Video

Pureed Mashed Potato Video

IDDSI tests – Level 5 Minced & Moist demonstration video – particle size

Additional Resources

Read more about the descriptors, testing methods, and the evidence from research with the documents below.

WHAT IS WRONG WITH THIS PICTURE?

- How do we get participation?
- Cooperation?
- QAPI & IDDSI = great fit!
- Lots of small PIP’s
- How can we do things better?
- Safer?
- Improve outcomes
Identify Opportunities for Improvement

Where to Begin? Identify your concerns & collect data:

- Is that ground allowed the bun?
- Wait... is it a ground or a mechanical soft?
- Or is it a "no bread"? Is a bun a bread?
- I think that person is a dysphagia 2 or 3...?
- What is the difference?
- I don’t know?
- Let's see how it goes....
- I guess the patient will be fine...?

CREATIVE SOLUTIONS TO SHARE

1. Test one food category at a time
2. Take Pictures & Educate
3. Ask Questions
4. Relay information to your vendors
5. Play

- Pick one day a week to test
- Coordinate with SLP
- Use QAPI meeting times to track progress and share results
- Explore website together
- Just do it! it gets easier as you practice testing

EXAMPLES OF EARLY ADAPTORS

- RDN & SLP created Google doc to track testing results
- Took a year to test all menu items and classify
- Determined limits of food service & # of versions; example cottage cheese
- Made immediate changes to recipes and spreadsheets
- Determine common diet exceptions; diet orders
- Test liquids together with nursing/others to learn current concerns
- Use diet manual & client education sheets for updating P&P
- First step: putting up posters
- Last step: change the actual diet name

TRANSITIONS OF CARE: IDDSI IS FOR ALL SETTINGS

**Action Items for Success:**
- Reaching out
- Test trays
- Following IDDSI Framework & resources
- Testing, testing, testing
- Collaboration between all departments

**Benefits as confidence grows!**
- IDDSI Framework is Objective for SLP & RDN to follow together
- Easily identify confusion and test on the spot
- Improved relationships & confidence among departments
- Training becomes streamlined