

## IDDSI IMPLEMENTATION



### TAKE A STROLL THROUGH THE RESOURCES

SUE LINJA, RDN, LD - 2/3/21

Photos courtesy of Christine Beach, Ogden, UT

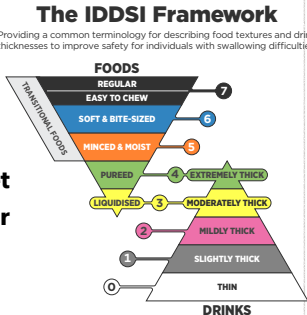
## SPECIAL THANK YOU'S!

- CDM's - Idaho State Veterans Home Terri Perez and Andrea Hunziker; Advanced Healthcare (Christine Beach, Elizabeth Moser, Inna Pachina, Susan Hunt and Mary Lang)
- Rubicon - Alexa Hockemeyer
- Hormel Health Labs
- Becky Dorner & Associates
- Simply Thick
- Also: Lyons Magnus, Roche Dietitians, Direct Supply, Savorease, [IDDSI.org](http://IDDSI.org), Karen Sheffler, Libby Reynolds
- Disclosures: No specific product endorsements; Consultant to Becky Dorner and Hormel Health Labs



### Learning Objectives:

1. Understand the basics about the IDDSI diet and liquid criteria and why it is important for the safety of your residents
2. Identify useful tools, testing/training methods, and quality assurance and performance improvement resources
3. Learn how to navigate websites with countless training opportunities for assistance with educating individuals on IDDSI



**The IDDSI Framework**  
Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.

**FOODS**

- 7 REGULAR
- 6 EASY TO CHEW
- 5 SOFT & BITE-SIZED
- 4 MINCED & MOIST
- 3 PUREED
- 2 LIQUIDIZED
- 1 MILDLY THICK
- 0 SLIGHTLY THICK

**TRANSFORM FOOD**

**DRINKS**

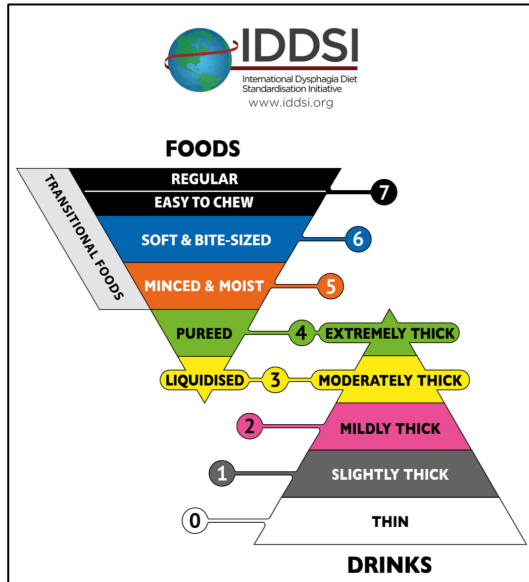
- 4 EXTREMELY THICK
- 3 MODERATELY THICK
- 2 MILDLY THICK
- 1 SLIGHTLY THICK
- 0 THIN

## GROUP QUESTION

- How far along are you in the implementation of IDDSI?
  - Fully implemented - 100%
  - Mostly there - 75%
  - Getting there - 50%
  - Gotten started - 25%
  - Nothing yet - 0%

# BACK TO THE BASICS

WHAT IS IDDSI AND WHY DO WE NEED IT?



# IDDSI Criteria

Food Pieces & Shapes

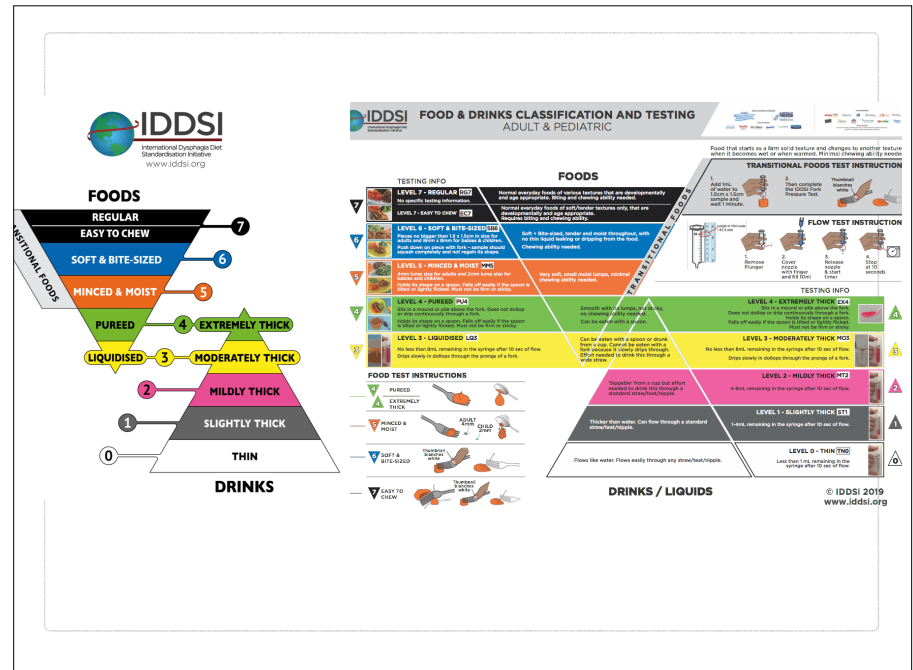
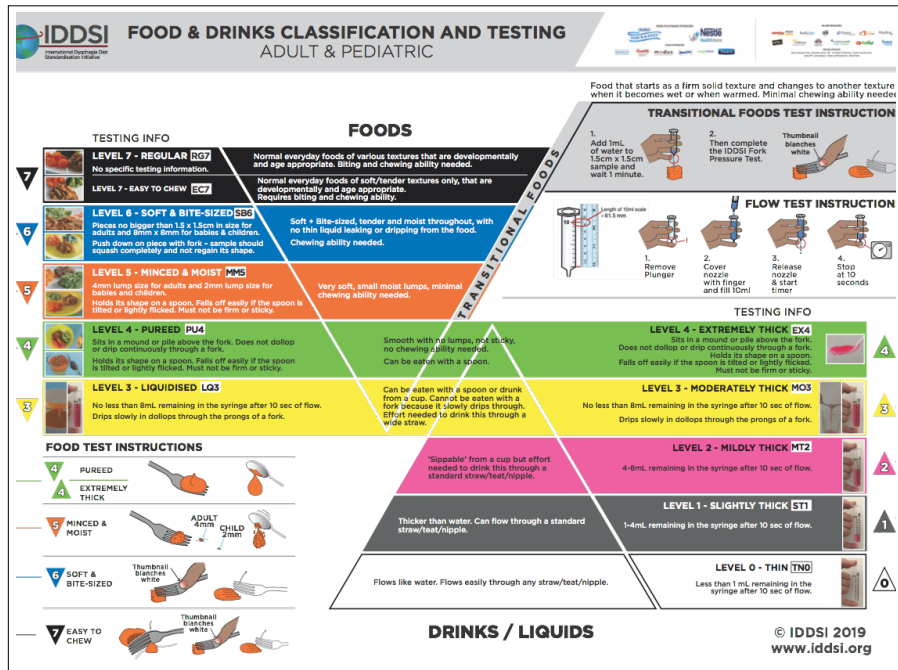


Liquid Thickness

Food Moisture: Hardness, Dryness

Dual Textures: Liquid Must Not Separate

Food Texture: Softness, Tenderness, Mashability

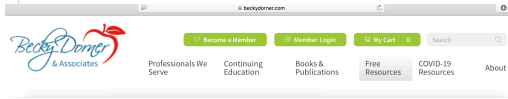






# Free IDDSI Webinar Series

FREE! Recordings and Webinars



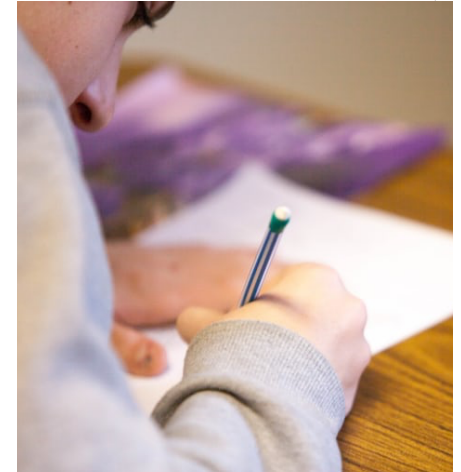
Professional Resources Brought to You by Hormel Health Labs



At [beckydorner.com](http://beckydorner.com) and [hormelhealthlabs.com](http://hormelhealthlabs.com)

## A HIGHLIGHT FROM VIDEO 5 LET'S TEST YOUR KNOWLEDGE

- Review 2 pictures from each IDDSI diet level
- Identify what is wrong with each meal



### Level 7 - Easy to Chew

7



The lemon garnish has a rind and would not be allowed on this IDDSI level

### Level 7 - Easy to Chew

7



Regular salad with large pieces would not be allowed on this IDDSI level



Level 6 - Soft & Bite Sized



Mixed consistency - pancake syrup

Level 6 - Soft & Bite Sized



Raw garnish on the fish

Level 5 - Minced & Moist



Regular bread/roll

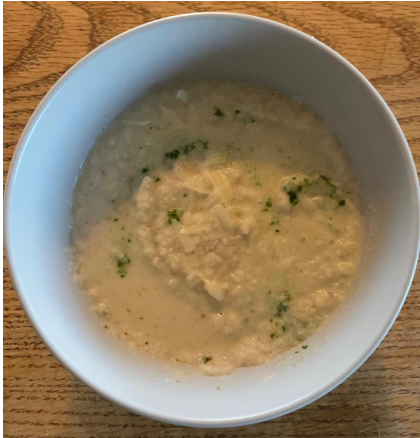
Level 5 - Minced & Moist



Mixed consistency  
with gravy over fish

## Level 4 - Pureed

4



Not a smooth texture

## Level 4 - Pureed

4



Barbeque sauce may be too thin

## OTHER IDDSI WEBINARS



Academy of Nutrition  
and Dietetics

[https://www.eatrightpro.org/  
practice/practice-resources/post-  
acute-long-term-care-  
management/international-  
dysphagia-diet-standardization-  
initiative](https://www.eatrightpro.org/practice/practice-resources/post-acute-long-term-care-management/international-dysphagia-diet-standardization-initiative)



NATIONAL FOUNDATION OF  
SWALLOWING DISORDERS

[https://  
swallowingdisorderfoundati  
on.com/webinar-recording-  
international-dysphagia-diet-  
standardisation-initiative/](https://swallowingdisorderfoundation.com/webinar-recording-international-dysphagia-diet-standardisation-initiative/)



<https://www.simplythick.com/Webinar-Registration>



<https://www.youtube.com/watch?v=gE1SV0THUuU>

[https://www.generalmillscf.com/industries/healthcare/support-tool-  
categories/continuing-education/demystifying-dysphagia-webinar](https://www.generalmillscf.com/industries/healthcare/support-tool-categories/continuing-education/demystifying-dysphagia-webinar)

## CHALLENGES BREAD AND SANDWICHES

- Levels 4, 5, 6 can not be served regular bread unless the SLP specifically orders this
- Bread/bread products can provide up to 600 calories a day in an individual's diet

**Enter RUBICON**





## DO YOU THICKEN ANY OF YOUR OWN BEVERAGES IN THE FACILITY?

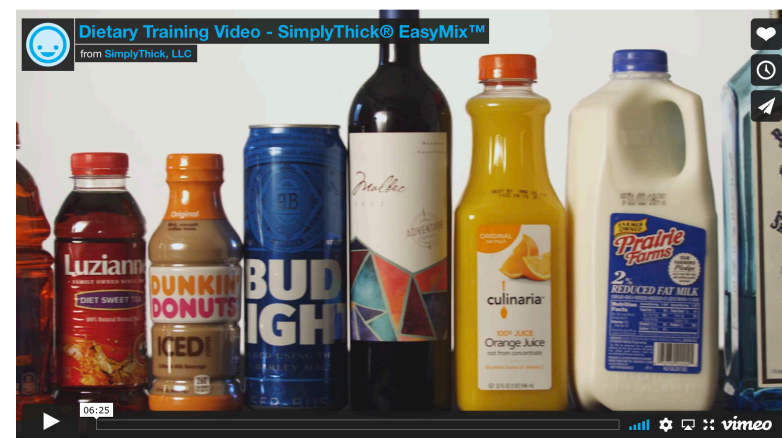
- YES or NO

## CHALLENGES THICKENED LIQUIDS

- Errors in thickening liquids are high
- Education of staff and ensuring quality of thickened products is difficult
- Not all beverages can be purchased pre-thickened

***Enter SIMPLY THICK***

## SIMPLY THICK



<https://www.simplythick.com/Dietary-Training-Video>

## PRE-THICKENED BEVERAGES

### HORMEL THICK & EASY

[HTTPS://  
WWW.HORMELHEALTHLABS.COM](https://www.hormelhealthlabs.com)

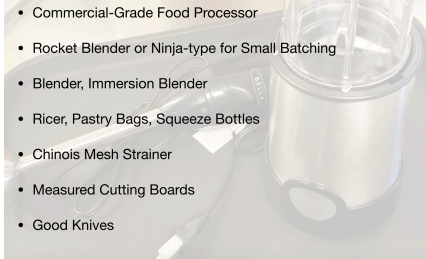
### LYONS MAGNUS - READYCARE

[HTTPS://  
LYONSREADYCARE.COM/  
COLLECTIONS](https://lyonsreadycare.com/collections)



## CHALLENGES EQUIPMENT

- THE FACILITY DOESN'T HAVE ADEQUATE EQUIPMENT TO PREPARE THE DIETS



**CDM WISH LIST**

- Commercial-Grade Food Processor
- Rocket Blender or Ninja-type for Small Batching
- Blender, Immersion Blender
- Ricer, Pastry Bags, Squeeze Bottles
- Chinois Mesh Strainer
- Measured Cutting Boards
- Good Knives

**Enter DIRECT SUPPLY**

## DIRECT SUPPLY

2021 Direct Supply Catalog

### FOOD PREPARATION

**RELY ON ROBOT COUPE® SOLUTIONS**  
FOR ALL YOUR TEXTURE-MODIFIED MEALS

robot coupe

**FOODS**

REGULAR  
EASY TO CHEW  
SOFT & MILD TASTE  
MINCED & MILD  
PUREED  
LIQUIDIZED  
MILKLY THICK  
SLIGHTLY THICK  
THICK

1 2 3 4 5 6 7

Robot Coupe offers 15 different size machines to fit every kitchen, regardless of size.

Robot Coupe features more than 90 different machines offering a large selection of blade options for virtually any food processing need.

Robot Coupe has machines that can dice, slice, julienne, grate, mince, shred, puree, and blend almost any food product.

All Robot Coupe machines increase labor costs and increase productivity, consistency, quality and consistency.

**Robot Coupe® Bliaver®**

**FREE SHIPPING ELIGIBLE**

- 15" x 15" x 15" or larger
- Magnetic safety system with thermal fuses
- Free customer service email & phone
- Completely sealed to prevent food from leaking
- 100% BPA-free plastic and stainless steel
- 100% BPA-free plastic and stainless steel
- 100% BPA-free plastic and stainless steel

Item #	Capacity	Capacity	Modified Diet
RC001	1.5 Qt.	1.5 Qt.	Manual
RC002	3.0 Qt.	3.0 Qt.	Manual
RC003	4.5 Qt.	4.5 Qt.	Manual
RC004	6.0 Qt.	6.0 Qt.	Manual
RC005	7.5 Qt.	7.5 Qt.	Manual
RC006	9.0 Qt.	9.0 Qt.	Manual
RC007	10.5 Qt.	10.5 Qt.	Manual
RC008	12.0 Qt.	12.0 Qt.	Manual

<http://www.qgdigitalpublishing.com/publication/?i=686451&p=1046>

## CHALLENGES - IDDSI SNACKS

### Snacks for People with Dysphagia (IDDSI Style)

<https://savorease.com/snacks-for-people-with-dysphagia-idssi-style/>

November 4, 2020

### Snacks for People with Dysphagia

by Karen Sheffler, MS, CCC-SLP, BCS-S of SwallowStudy.com

### What if you have difficulty chewing and trouble swallowing (dysphagia)?

When you Google "Top 25 snacks," very few of them are soft and easy to chew! Doritos, Triscuits, Fritos, Tostitos, Cheetos, Chex, Lays Potato chips, nuts, Oreos, M&M's, and even Peanut Butter make that list, but those items are all challenging. For the International Dysphagia Diet Standardization Initiative (IDDSI), all of those snack favorites are only on the Level 7 Regular Diet.

Only a few items in my Google search fell under a potentially *softer and safer* List, such as: milk chocolate, Reese's Peanut Butter Cups (yes, there are 3 wrappers next to me now...), very soft baked chocolate chip cookies, Betty Crocker Super Moist cake, and chocolate Dove Bars. However, some of those items are *transitional foods*, which start out as one consistency and change with the heat/moisture of the mouth to another consistency (e.g., ice cream, popovers, and even Reese's Peanut Butter Cups). There are special considerations when thinking about these transitional foods, such as the person's saliva quantity and quality, which helps make foods "melt-in-the-mouth" and form into a slippery and manageable ball or bolus. To read more about patient safety with challenging foods (e.g., Jelly-o) and potentially chokeable snacks (e.g., Konjac jelly candy), check out the part 3 of my *transitional food blog series*.

You may be thinking that snacks do not have to be full of sugar and fat, but even *healthy snacks* can become *hardness* to chew/swallow and even highly dangerous if you have dysphagia!

So, how are people with difficulty swallowing and their caregivers able to find safer options? Are there still satisfying snacks for people with dysphagia?

When it comes to favorite foods and munchies, sometimes a person's life goals dictate that *quality of life* is more important than *safety at all costs*. It is up to the entire medical team (which includes the person) to have thorough discussions about the risks and benefits of any treatment plan and diet modification recommendations. Note: healthcare professionals can help steer a person towards safer items; therefore, I have created the list at the end of this blog (along with a pdf handout).

Inspirations & Caveats Regarding Snacks for People with Dysphagia:

1/7

<https://savorease.com>

DR. KEVIN'S SAVOREASE

FOR ADULTS FOR CHILDREN SHOP LEARN PROFESSIONALS

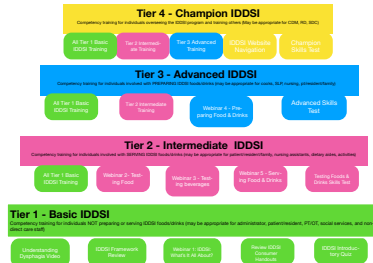
**Crispy For Your Craving. Rapidly Dissolving For Your Health.**

The First Truly Dissolvable Cracker

**Karen Sheffler - swallowstudy.com**

# STAFF COMPETENCY CHECKS MORE TO COME.....

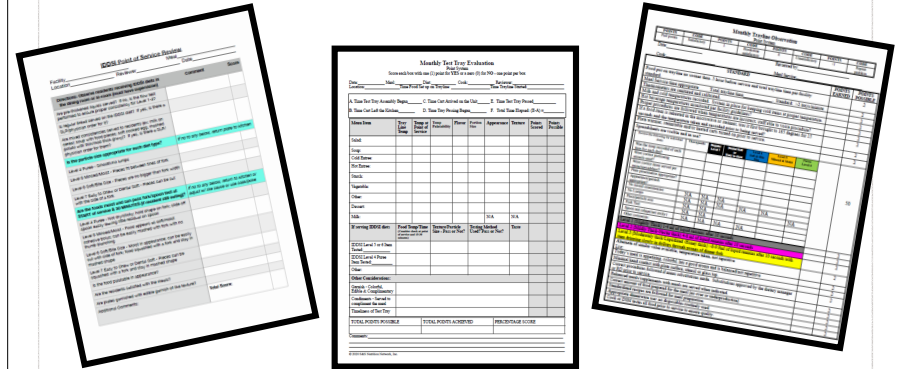
International Dysphagia Diet Standardization Initiative (IDDSI) Competencies



**Tier 1 - Basic IDDSI**

Review for Competency Completion	Initially State Completed (Training)	How do you feel? (1-5 rating not comparative, 1-5 being extremely comfortable)	Trainer Comments:	Reviewer Comments:	Reviewer Initials:
Review IDDSI Competency Framework	1 2 3 4 5				
Review IDDSI Competency Framework	1 2 3 4 5				
Review IDDSI Competency Framework	1 2 3 4 5				
Review IDDSI Competency Framework	1 2 3 4 5				
Review IDDSI Competency Framework	1 2 3 4 5				

# QUALITY ASSURANCE (QAPI) TOOLS



**Enter S&S NUTRITION  
NETWORK**

# OTHER RESOURCES ROCHE DIETITIANS

THE ROCHE DIETITIANS "WE TEST FOR SAFETY" TRAINING PROGRAM WILL HELP YOUR TEAM MOVE FORWARD WITH IDDSI. [CLICK HERE TO DISCOVER MORE](#)

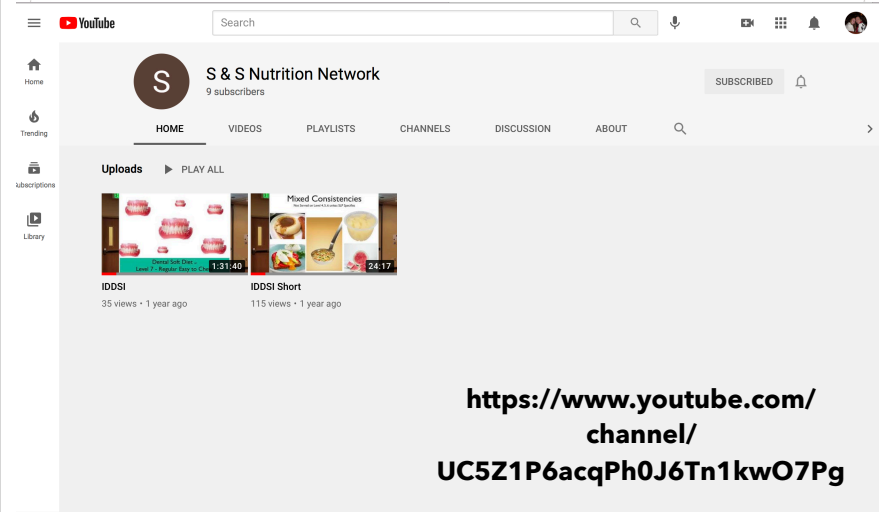
SENIOR LIVING BUSINESS & INDUSTRY  
DEVELOPMENTAL & INTELLECTUAL DISABILITIES MENUS  
IDDSI



PRODUCTS ABOUT BLOG CONNECT  
WE SUPPORT DIETITIANS



# OTHER RESOURCES S&S NUTRITION NETWORK - YOUTUBE CHANNEL

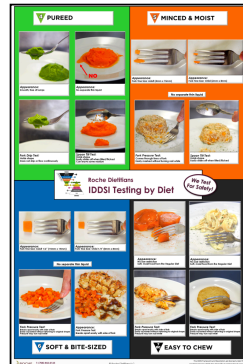


<https://www.youtube.com/channel/UC5Z1P6acqPh0J6Tn1kwO7Pg>

## OTHER RESOURCES CREATIVE TRAINING TOOLS



Created by Mary Lang, CDM - AHC of Overland Park, KS



Roche Dietitians



## IDDSI Master Resource List

### IDDSI Master Resource Sheet

#### General Information:

[IDDSI](#)  
[IDDSI Resources Page](#)  
[Hemel Health Labs](#)  
[Becky Dwyer and Associates](#)  
 Simply Thick <https://www.simplythick.com>  
 Rubicon Foods <https://rubiconfoods.com>  
 Lyons Magna <https://www.lyonsmagna.com>

#### Webinars:

Simply [Request Access](#) to view the free webinar series.  
[Webinar 1 Handout](#)  
[Webinar 2 Handout](#)  
 • [IDDSI Food Testing Videos](#)  
[Webinar 3 Handout](#)  
[Webinar 4 Handout](#)  
[Webinar 5 Handout](#)

#### IDDSI Detailed Descriptions and Visuals for Reference:

[Complete Framework](#)  
[Consumer Handouts](#)  
[Testing Methods](#)  
[Video Test](#)  
[Liquid Testing Method Video](#)  
[Food Texture Method Video](#)  
[Evidence Statement](#)  
[Mapping to IDDSI](#)  
[FAQ](#)  
[Food Test Cards 1](#)  
[Food Test Cards 2](#)  
[IDDSI Framework Translation Resources](#)  
[Implementation](#)  
[Diet and Nutrition Care Manual Purchasing Page](#)

**Questions:**  
**Raise your paw**

