

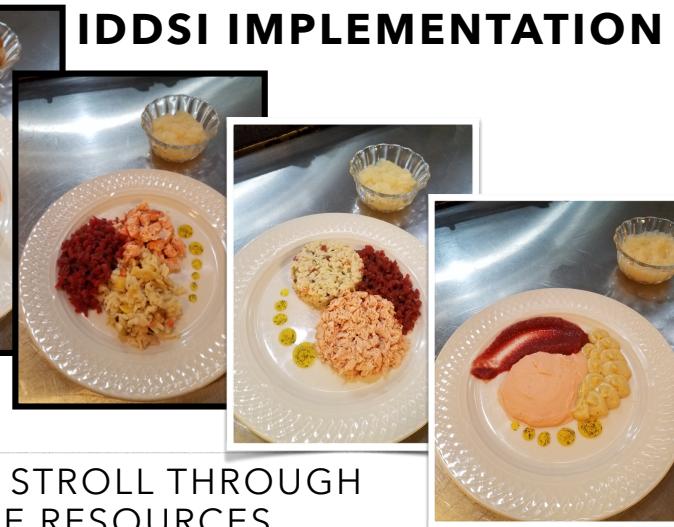


IDDSI IMPLEMENTATION

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, 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.

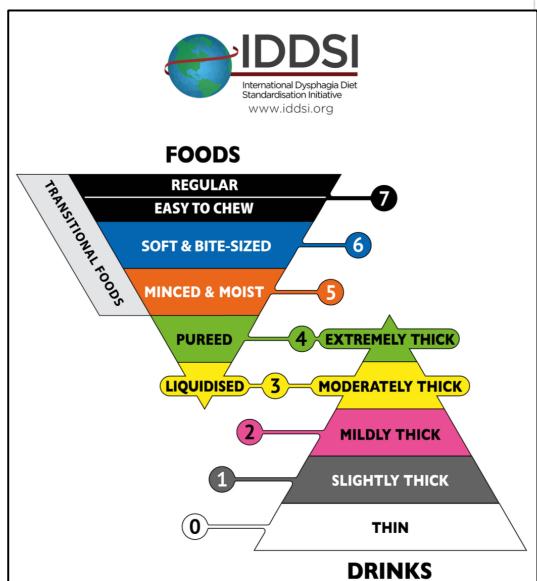
FOODS	DRINKS
REGULAR EASY TO CHEW	EXTREMELY THICK
SOFT & BITE-SIZED	MILDLY THICK
MINCED & MOIST	HODERATELY THICK
PUREED	SLIGHTLY THICK
LIQUEFIED	THIN
LIQUIDISED	THIN
1	0

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

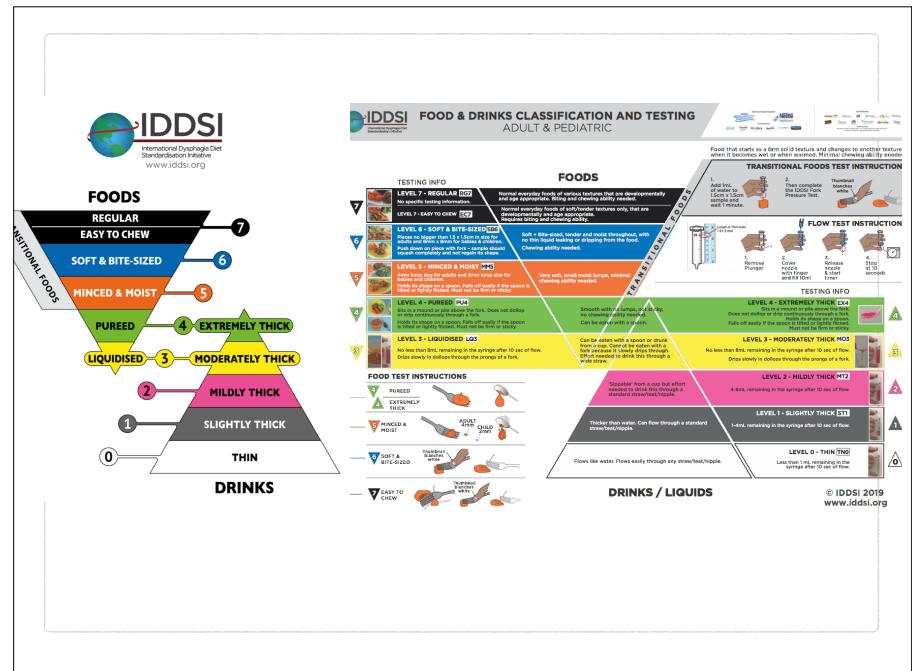
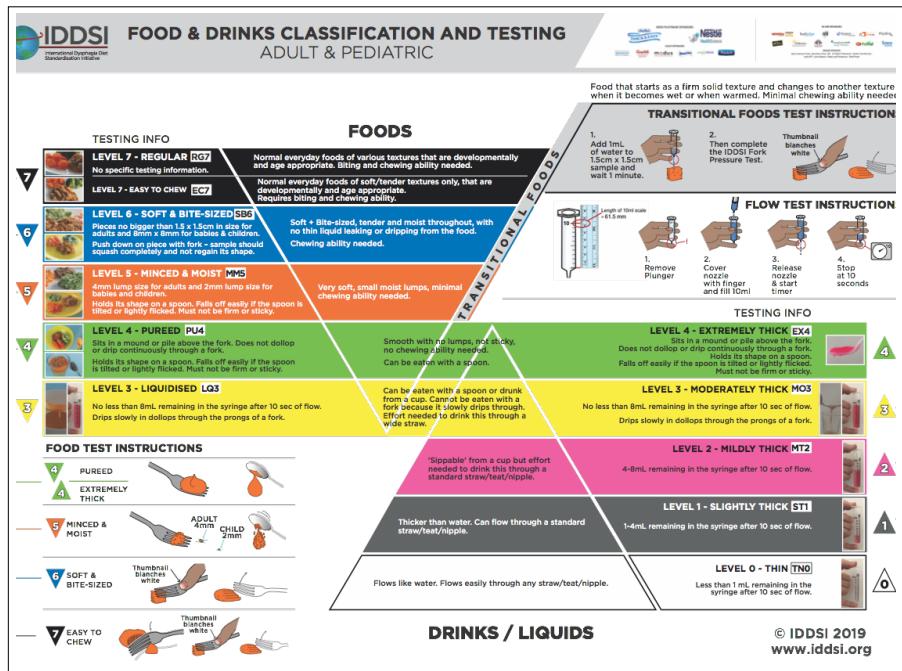


Liquid Thickness

Food
Moisture:
Hardness,
Dryness

Dual Textures:
Liquid Must Not
Separate

Food
Texture:
Softness,
Tenderness,
Mashability



IDDSI MUST HAVES:

Training Timeline/Plan

SOFT & BITE-SIZED			
Testing intended for			
Product or food item			
Heating method(s)			
Temperature when tested at	time of service	15 mins after serving	30 mins after serving
Level 4 Soft & Bite-Sized official items include Appearance, Fork/Bowl Pressure Test, OR that are available Finger Test. For particle size, the particle must be 1mm or less - must be equal to or less than 15mm x 15mm (adults); equal to or less than 9mm x 9mm (pediatric).			
Tests Critical Appearance • Piece less than or equal to 15mm x 15mm (adults); Between 9mm (pediatric) • No sharp edges (sharp edges must be removed before fork/bowl or spoon needed)			
• When placing down on a 15mm x 15mm surface with a dinner fork or spoon, with enough pressure that the metal teeth meet white, the food will be squashed and will not remain in original shape. • When placing down on a 15mm x 15mm surface with a dinner fork or spoon, with enough pressure that the metal teeth meet white, the food will be squashed and will not return to original shape on its side			
• Fork/Bowl Pressure Test • When placing down on a 15mm x 15mm surface using tongs, with enough pressure that the tongs meet white, the food will be squashed and will not return to original shape			
• Optional: Choking Test • Place the food item in a child's mouth and see if the child can swallow it OR Critical Appearance Test . Does the sample meet the criteria for Notes: Chewing ability is needed for this official, although this is not required. Please should be bite-sized if out of范围. • Please see also http://www.fda.gov/food/food/food-testing-methods			
Testing Procedure			

Testing Procedures

A Menu with IDDSI Diets

Recipes

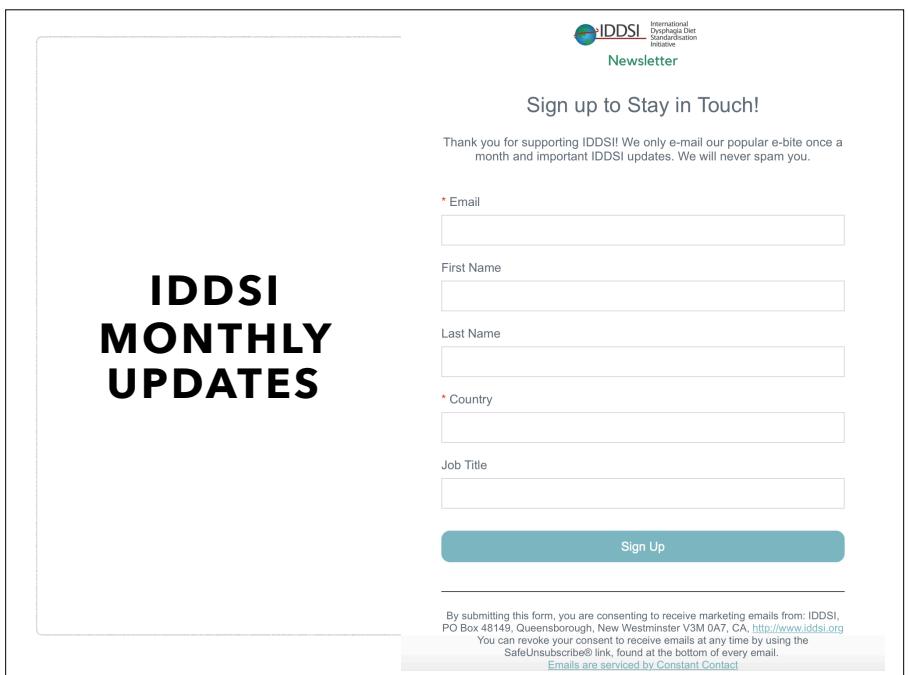
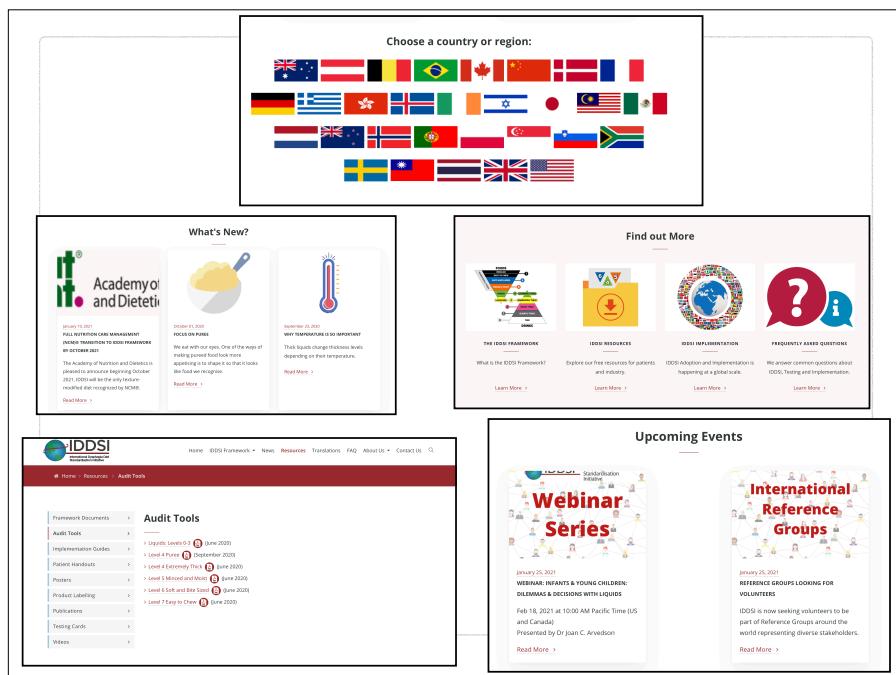


A global initiative to improve the lives of over 590 million people worldwide living with dysphagia.

[Learn more](#)

IDDSI.ORG

THE MOST IMPORTANT RESOURCE



Free IDDSI Webinar Series

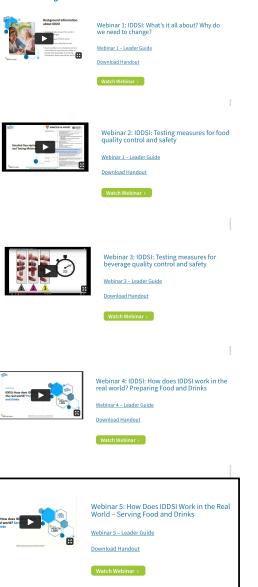


Professionals We Serve
Continuing Education
Books & Publications
Free Resources
COVID-19 Resources
About

Professional Resources Brought to You by Hormel Health Labs

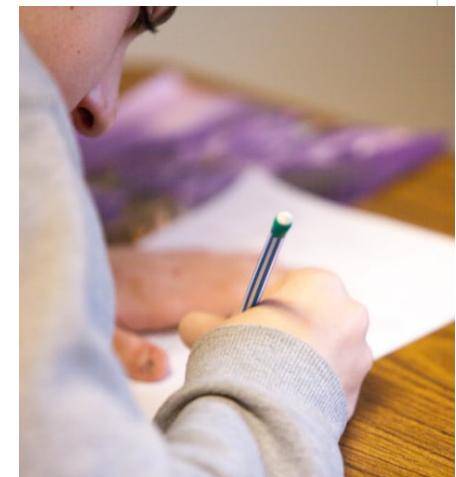


At beckydorner.com and
hormelhealthlabs.com



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**

7

Level 7 - Easy to Chew



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

7

Level 7 - Easy to Chew



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

Level 6 - Soft & Bite Sized

6



Mixed consistency - pancake syrup

Level 6 - Soft & Bite Sized

6



Raw garnish on the fish

Level 5 - Minced & Moist

5



Regular bread/roll

Level 5 - Minced & Moist

5



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



<https://www.eatrightpro.org/practice/practice-resources/post-acute-long-term-care-management/international-dysphagia-diet-standardization-initiative>



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



<https://swallowingdisorderfoundation.com/webinar-recording-international-dysphagia-diet-standardisation-initiative/>



<https://www.youtube.com/watch?v=gE1SV0THUtU>



<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?

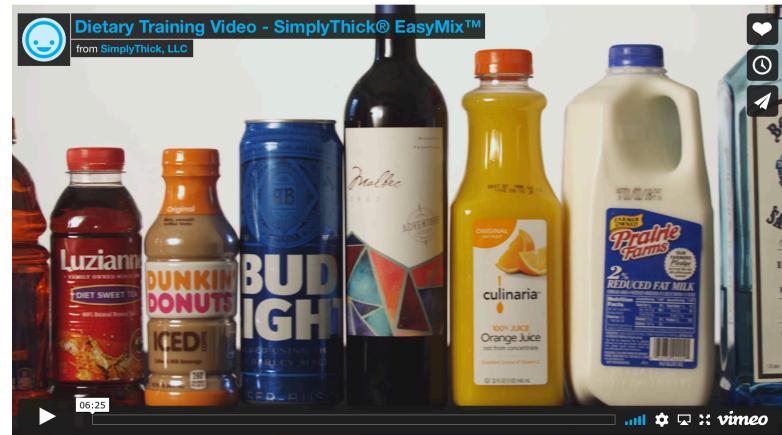
- YES or NO

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

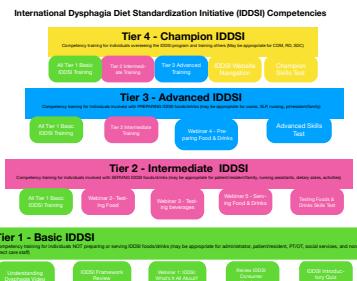
Enter SIMPLY THICK

SIMPLY THICK



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

STAFF COMPETENCY CHECKS MORE TO COME.....



Tier 1 Basic IDOU						
Steps of Learning Completion:	Initials, Date and Name (Trainer):	How do we feel? (1 being extremely uncomfortable, 5 being extremely comfortable):			Trainee Comments:	Reviewer Comments:
<u>Understand & Explain</u> <u>Identify & Define</u>		1	2	3	4	5
IDOU Framework Review		1	2	3	4	5
Watch Trainer 1 Video		1	2	3	4	5
Review IDOU Consumer Worksheet		1	2	3	4	5
IDOU Pre-Inventory Quiz		1	2	3	4	5

Enter HORMEL HEALTH LABS

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
HOME



WE SUPPORT DIETITIANS



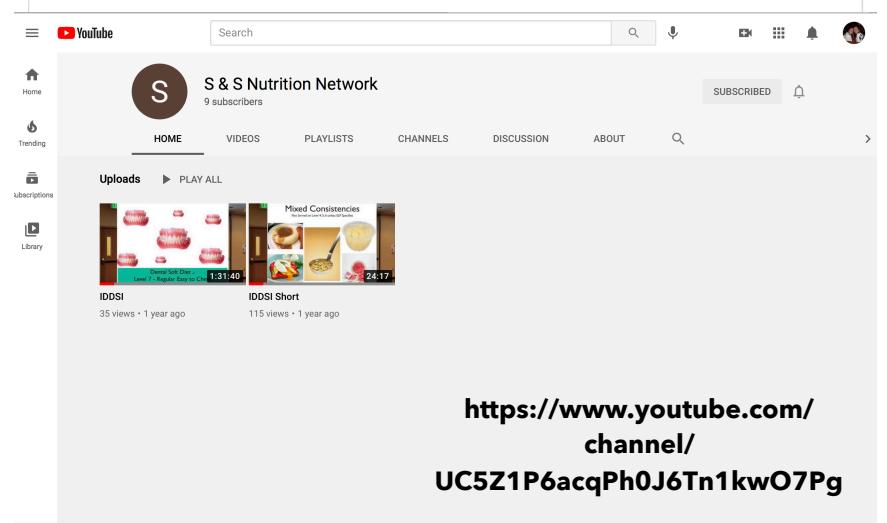
QUALITY ASSURANCE (QAPI) TOOLS

Milestone Test/Trial Evaluation						
Score each task on a scale of YES to NO (1 = poor or not yet tried; 2 = fair; 3 = good; 4 = excellent)						
Task	Score	Comments	Score	Comments	Score	Comments
A. Time Test Accuracy (single digit)	<input type="checkbox"/>	Can Get Around in the Room	<input type="checkbox"/>	Time Test Period	<input type="checkbox"/>	
B. Time Test Consistency	<input type="checkbox"/>	Same Test Room	<input type="checkbox"/>	Same Test Equipment	<input type="checkbox"/>	
Milestone						
1. Roll	<input type="checkbox"/>	2. Roll	<input type="checkbox"/>	3. Roll	<input type="checkbox"/>	4. Roll
5. Roll	<input type="checkbox"/>	6. Roll	<input type="checkbox"/>	7. Roll	<input type="checkbox"/>	8. Roll
9. Roll	<input type="checkbox"/>	10. Roll	<input type="checkbox"/>	11. Roll	<input type="checkbox"/>	12. Roll
13. Roll	<input type="checkbox"/>	14. Roll	<input type="checkbox"/>	15. Roll	<input type="checkbox"/>	16. Roll
17. Roll	<input type="checkbox"/>	18. Roll	<input type="checkbox"/>	19. Roll	<input type="checkbox"/>	20. Roll
21. Roll	<input type="checkbox"/>	22. Roll	<input type="checkbox"/>	23. Roll	<input type="checkbox"/>	24. Roll
25. Roll	<input type="checkbox"/>	26. Roll	<input type="checkbox"/>	27. Roll	<input type="checkbox"/>	28. Roll
29. Roll	<input type="checkbox"/>	30. Roll	<input type="checkbox"/>	31. Roll	<input type="checkbox"/>	32. Roll
33. Roll	<input type="checkbox"/>	34. Roll	<input type="checkbox"/>	35. Roll	<input type="checkbox"/>	36. Roll
37. Roll	<input type="checkbox"/>	38. Roll	<input type="checkbox"/>	39. Roll	<input type="checkbox"/>	40. Roll
41. Roll	<input type="checkbox"/>	42. Roll	<input type="checkbox"/>	43. Roll	<input type="checkbox"/>	44. Roll
45. Roll	<input type="checkbox"/>	46. Roll	<input type="checkbox"/>	47. Roll	<input type="checkbox"/>	48. Roll
49. Roll	<input type="checkbox"/>	50. Roll	<input type="checkbox"/>	51. Roll	<input type="checkbox"/>	52. Roll
53. Roll	<input type="checkbox"/>	54. Roll	<input type="checkbox"/>	55. Roll	<input type="checkbox"/>	56. Roll
57. Roll	<input type="checkbox"/>	58. Roll	<input type="checkbox"/>	59. Roll	<input type="checkbox"/>	60. Roll
61. Roll	<input type="checkbox"/>	62. Roll	<input type="checkbox"/>	63. Roll	<input type="checkbox"/>	64. Roll
65. Roll	<input type="checkbox"/>	66. Roll	<input type="checkbox"/>	67. Roll	<input type="checkbox"/>	68. Roll
69. Roll	<input type="checkbox"/>	70. Roll	<input type="checkbox"/>	71. Roll	<input type="checkbox"/>	72. Roll
73. Roll	<input type="checkbox"/>	74. Roll	<input type="checkbox"/>	75. Roll	<input type="checkbox"/>	76. Roll
77. Roll	<input type="checkbox"/>	78. Roll	<input type="checkbox"/>	79. Roll	<input type="checkbox"/>	80. Roll
81. Roll	<input type="checkbox"/>	82. Roll	<input type="checkbox"/>	83. Roll	<input type="checkbox"/>	84. Roll
85. Roll	<input type="checkbox"/>	86. Roll	<input type="checkbox"/>	87. Roll	<input type="checkbox"/>	88. Roll
89. Roll	<input type="checkbox"/>	90. Roll	<input type="checkbox"/>	91. Roll	<input type="checkbox"/>	92. Roll
93. Roll	<input type="checkbox"/>	94. Roll	<input type="checkbox"/>	95. Roll	<input type="checkbox"/>	96. Roll
97. Roll	<input type="checkbox"/>	98. Roll	<input type="checkbox"/>	99. Roll	<input type="checkbox"/>	100. Roll
Milestone Total Score				Milestone Total Score		
TOTAL POINTS POSSIBLE				TOTAL POINTS ACTUALLY		
PERCENTAGE OF SCORE						

Enter S&S NUTRITION NETWORK

OTHER RESOURCES

S&S NUTRITION NETWORK - YOUTUBE CHANNEL

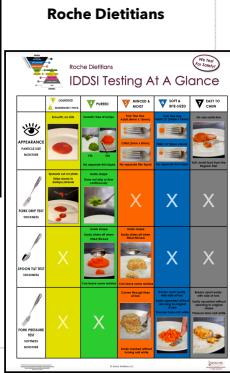


[https://www.youtube.com/
channel/
UC5Z1P6acqPh0J6Tn1kwO7Pg](https://www.youtube.com/channel/UC5Z1P6acqPh0J6Tn1kwO7Pg)

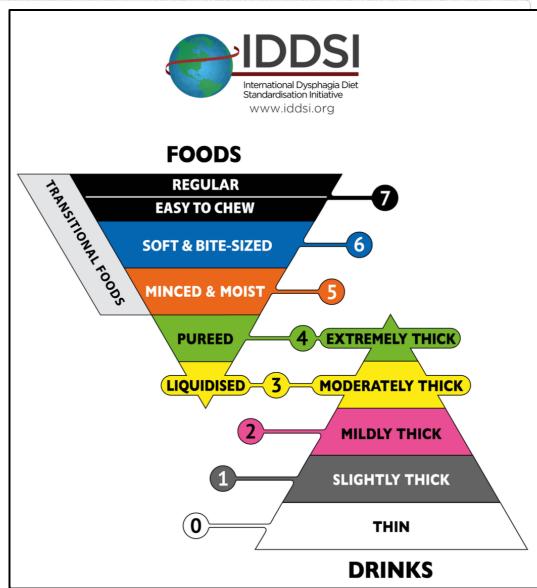
OTHER RESOURCES CREATIVE TRAINING TOOLS



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



**Questions:
Raise your paw**



IDDSI Master Resource List

IDDSI Master Resource Sheet

General Information:

[IDDSI](#)
[IDDSI Resources Page](#)
[Home Health Lab](#)
[Becky Danner and Associates](#)
[Simply Thick <https://www.simplythick.com>](#)
[Rubicon Foods <https://www.rubiconfoods.com>](#)
[Lyons Magnis <https://www.lyonsmagnis.com>](#)

Webinars:

Simply Thick 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](#)
[Flow Test](#)
[Liquid Testing Method Video](#)
[Food Testing Method Video](#)
[Evidence Statements](#)
[Mapping to IDDSI](#)
[FAQ](#)
[Food Test Cards 1](#)
[Food Test Cards 2](#)
[IDDSI Framework, Translation Resources](#)
[Implementation](#)
[Diet and Nutrition Care Manual Purchasing Page](#)