



IDDSI: From Regulatory Requirements to Successful Implementation Webinar

Brought to you with the generous support of  **HORMEL HEALTH LABS**

Course Description:

The International Dysphagia Standardization Initiative (IDDSI) has been endorsed for May 2019 implementation in the United States. This webinar will describe what this means regarding “best practice” expectations from key professional organizations and regulatory agencies for long term care. A discussion of the IDDSI framework overview along with recommended steps in team collaboration for successful transition and implementation will be provided.

Course Objectives:

After completing this continuing education course, the learner should be able to:

1. Identify recommendations and regulatory requirements from key professional organizations and government for IDDSI implementation in the US.
2. Describe the IDDSI framework and recommendations for transitioning dysphagia programs.
3. Discuss team collaboration and resources to assist in successful implementation.

Speakers: Brenda Richardson, MA, RDN, LD, CD, FAND and Karen Sheffler, MS, CCC-SLP, BCS-S
Disclosures: Brenda discloses that she is on the Advisory Council and a consultant to Hormel Health Labs. Karen discloses that she is a consultant for Hormel Health Labs, on the Advisory Council and an IDDSI Champion volunteer.

Professional Approvals:

Becky Dorner & Associates, Inc. has been a Continuing Professional Education (CPE) Accredited Provider (NU004) with the Commission on Dietetic Registration since 2002.

| | |
|--|--|
| This course is intended for: RDNs, CDEs, NDTRs, CDMs | CDR Activity Type and Number: 175 Recorded webinar Activity number 147529 |
| Course CPE Hours: 1.5 | CDR Level: 2 |
| Suggested CDR Learning Needs Codes: 3050, 5040, 5210, 7100 | Suggested CDR Performance Indicators: 1.5.1, 3.2.2, 8.3.1, 8.3.6 |



Note: Numerous Other Learning Needs Codes and Performance Indicators May Apply.

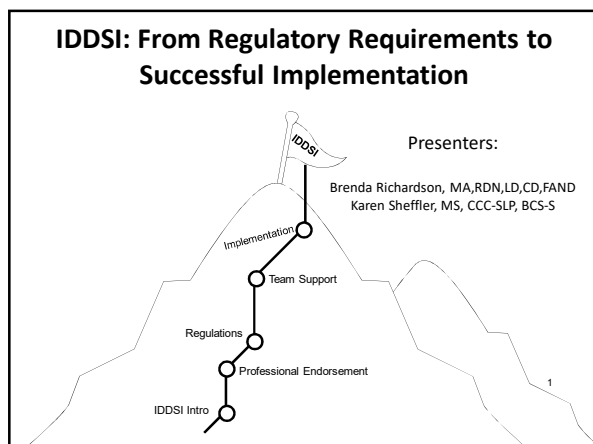
Complete instructions on how to listen to the webinar and to access your certificate can be found at:

<https://www.beckydorner.com/hormelhealthlabs/>


Expiration Date: March 20, 2022

Questions? Please contact us at info@beckydorner.com or 1-800-342-0285.


IDDSI: From Regulatory Requirements to Successful Implementation Webinar



1

| | |
|---|--|
|  | Brenda Richardson, MA, RDN, LD, CD, FAND |
| Disclosures <ul style="list-style-type: none">• Honorarium for today's lecture• Member of Advisory Board for Hormel Health Labs | Presenter: <ul style="list-style-type: none">• A known leader in the field of dietetics.• National acclaimed speaker, author, LTC nutrition-legal expert, facility consultant and consultant to health care providers.• President of Brenda Richardson LLC.• Numerous positions with the Academy of Nutrition and Dietetics: Past Chair of DHCC, Past Chair of ANDPAC, Serves on Finance and Audit Committee, Served on Positions Committee, IMPACT ACT Task Force, Academy CMS Workgroup.• Honors: Academy Medallion Award 2016; Recipient of the 2019 Lenna Frances Cooper Memorial Lecture Award |

2

| | |
|---|---|
|  | Karen Sheffler, MS, CCC-SLP, BCS-S |
| Disclosures <ul style="list-style-type: none">• Honorarium for today's lecture and from multiple companies for dysphagia lecturing.• Dysphagia consultant for Hormel Health Labs• Member of Advisory Council for Hormel Health Labs• Volunteered as IDDSI Champion since 2014 | Presenter <ul style="list-style-type: none">• Over 20 years of experience as a medical SLP, specializing in dysphagia since 1995.• Board Certification Swallowing Specialist.• Owner, SwallowStudy.com.• Experience in acute care, rehab centers, skilled nursing facilities & home health care.• Currently works at Beth Israel Deaconess Medical Center.• Nationally known speaker.• Provides dysphagia expert services to companies and law firms.• Honors: ASHA Award for Continuing Ed x 6!• Member of ASHA's Special Interest Group 13, the National Foundation of Swallowing Disorders (NFOSD), and the Dysphagia Research Society, and is on the Public Relations committee for ABSSD. |

3

Objectives

- Identify recommendations and regulatory requirements from key professional organizations on IDDSI implementation in the US.
- Describe the overview of the IDDSI framework and recommendations for transitioning current dysphagia programs.
- Discuss team collaboration and resources to assist in successful implementation.

4

4



ASHA
American
Speech-Language-Hearing
Association



eat right.
Academy of Nutrition
and Dietetics

The Academy of Nutrition and Dietetics and the American Speech-Language-Hearing Association together support May 1, 2019, as the official launch date for IDDSI implementation in the United States.


The announcement was made at the 2018 Food and Nutrition Conference and Expo™ in Washington D.C.




Professional Organization Support

5

5




eat right.
Academy of Nutrition
and Dietetics



NCM
Nutrition Care Manual

Nutrition Care Manual
The **Nutrition Care Manual** "Diet Manual" has been updated to reflect the IDDSI framework and is a great resource to help with your facility's transition.

Note: A subscription is required to view the "Diet Manual" and other sections of the Nutrition Care Manual.



Academy of Nutrition and Dietetics Nutrition Care Manual

<http://www.nutritioncaremanual.org>. Accessed [3/8/19].

6

6

Academy NCM: Texture-Modified Diets and Liberalized Diet

- As for all diets in health care settings, texture-modified diets (mechanically altered diets) should be at the most liberal level tolerated and should be frequently reassessed for potential adjustments/advancements (Pioneer network, 2011 ; MQii, 2017).



<http://www.nutritioncaremanual.org>. Accessed [3/8/19].

7

7

Academy NCM

Texture-Modified Diets: Background

- The National Dysphagia Diet (NDD), published in 2002 by the American Dietetic Association, was aimed to establish standard terminology and practice applications of dietary texture modification in dysphagia management (Academy, 2002).
- When the NDD was developed, it was anticipated that additional research would follow the NDD and evolve dysphagia care accordingly.



<http://www.nutritioncaremanual.org>.

8

8

Academy NCM

Texture-Modified Diets: Background (continued)

- The Academy of Nutrition and Dietetics supports the adoption of a new dysphagia framework, the International Dysphagia Diet Standardization Initiative (IDDSI), and is working on implementation of the IDDSI framework in the United States.
- During the IDDSI transition phase, use of both the NDD and IDDSI names and definitions are acceptable. However, after the IDDSI implementation date, NDD diet terminology and definitions will become obsolete




<http://www.nutritioncaremanual.org>.

9

9

IDDSI: From Regulatory Requirements to Successful Implementation Webinar

Academy NCM



☐

Texture-Modified Diets: IDDSI Diets

☐


The International Dysphagia Diet Standardization Initiative (IDDSI) was established to provide a global approach to consistent diet terminology and definitions for dysphagia diet therapy in all settings and for all cultures (IDDSI, 2017).

☒

Transitioning to the standardized terminology/definitions used in the international community will allow for consistent communication among health professionals, care providers, researchers & industry partners to improve quality of care and safety for patients across the world.

☐

The transition to the IDDSI framework is ongoing and in different stages throughout the United States. In order to provide consistent international dysphagia care and further advance dysphagia research internationally, it is critical that clinicians use the same terms, definitions, and measurable characteristics for each diet or liquid texture.



The Nutrition Care Process Terminology was updated in 2017 to include the IDDSI terminology in an effort to facilitate adoption and documentation. With improving patient safety as its goal, the IDDSI also intends to pave the way for future international research on dysphagia.

<http://www.nutritioncaremanual.org>


10

10

Academy Nutrition Care Manual

Texture-Modified Diets

- Currently, texture-modified diet names as well as what is actually served on these diets varies greatly across facilities. The Academy of Nutrition and Dietetics supports the evidenced-based International Dysphagia Diet Standardization Initiative (IDDSI) framework in conjunction with the American Speech-Language Hearing Association (ASHA).



<http://www.nutritioncaremanual.org>. Accessed [3/8/19].


11

11

Academy Nutrition Care Manual

Texture-Modified Diets (continued)

- The implementation process of the new terminology and framework typically takes several years and should be approached systematically. However, the Nutrition Care Process Terminology was updated in 2017 to include the IDDSI terminology in an effort to facilitate adoption and documentation.



<http://www.nutritioncaremanual.org>. Accessed [3/8/19].

12

12

IDDSI: From Regulatory Requirements to Successful Implementation Webinar

Academy Nutrition Care Manual

Texture-Modified Diets (continued)

- During the IDDSI transition phase in the United States, use of both the National Dysphagia Diet (NDD) and IDDSI names and definitions are acceptable.
- The goal will be for all health care professionals and facilities to complete necessary changes for successful transition to IDDSI.
- After complete adoption of IDDSI framework, NDD will then be designated as obsolete.



<http://www.nutritioncaremanual.org>

13

13

Academy Nutrition Care Manual

Texture-Modified Diets (continued)

- See Guide for Transitioning Dysphagia Terminology and Definitions to IDDSI Framework.
- Because both NDD and IDDSI diets are acceptable during the transition period, the NCM Diet Manual will provide definitions for both approaches until the IDDSI framework is fully adopted



<http://www.nutritioncaremanual.org>

14

14

ACADEMY NCM



Soft Bite Sized Food, Level 6 (Blue) Nutrition Therapy

Sample 1-Day Menu

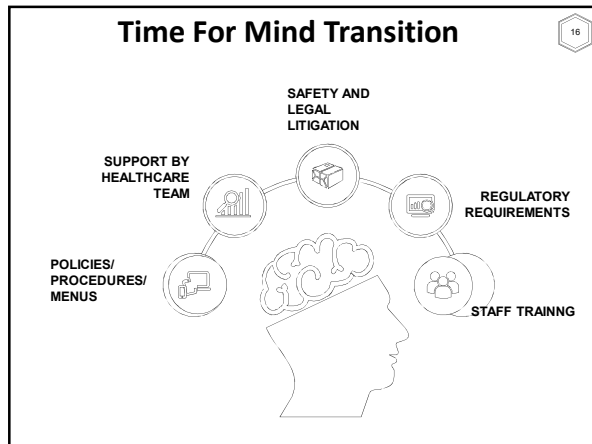
| Meal | Menu |
|-----------|--|
| Breakfast | 1/2 cup orange juice* 1/2 cup moist oatmeal 1 scrambled egg cut into 15 mm pieces 1 tablespoon finely shredded melted cheddar cheese cut into 15 mm pieces 1 cup low-fat milk* |
| Lunch | 1 cup moist ground beef stew 1 slice pineapple, soaked bread, moistened 1/2 cup canned fruit salad no larger than 15 mm pieces 1 cookie, moistened 1 cup low-fat milk* |
| Dinner | 1/2 cup ground protein wings, moist with milk 1 slice pineapple, soaked bread, moistened in 15 mm pieces 1 sausage bun 3 ounces moist chicken in 15 mm pieces 1/2 cup soft-cooked peas in 15 mm pieces 1/2 cup cooked green beans in 15 mm pieces 1 slice apple pie in 15 mm pieces 1 cup low-fat milk* |
| Snack | 1/2 cup pudding |

*Serve to consistency recommended by speech therapist.

<http://www.nutritioncaremanual.org>. Accessed [3-8-19].

15

15



16

What About Regulations: “Best Practice” – LTC?

F692 Definition: “Therapeutic diet” refers to a diet ordered by a physician or other delegated provider that is part of the treatment for a disease or clinical condition, to eliminate, decrease, or increase certain substances in the diet (e.g., sodium or potassium), or to provide mechanically altered food when indicated.

Diet Liberalization: Based on the resident’s assessment, it could be beneficial to minimize restrictions, such as therapeutic or mechanically altered diets, and provide preferred foods before using supplementation. However, it is the responsibility of the facility to:

17

Regulations: “Best Practice” - LTC

(Continued) F692 However, it is the responsibility of the facility to:

- Talk with the resident, their family and representative (whenever possible) and provide information pertaining to the risks and benefits of a liberalized diet;

| | |
|---|---|
| Work with the resident’s physician and other nursing home professionals (dietary manager, nurses, speech therapists, etc.), using the care planning process, to determine the best plan for the resident; and | Accommodate the resident’s needs, preferences, and goals. |
|---|---|

18

F692 Nutrition: Functional Factors

Modification of food and fluid consistency may be an appropriate intervention, however it may unnecessarily decrease quality of life and impair nutritional status by affecting appetite and reducing intake.

Many factors influence whether a swallowing abnormality eventually results in clinically significant complications, such as aspiration pneumonia.

Identification of a swallowing abnormality alone does not necessarily warrant dietary restrictions or food texture modifications. No interventions consistently prevent aspiration and no tests consistently predict who will develop aspiration pneumonia.

For example, tube feeding may be associated with aspiration, and is not necessarily a desirable alternative to allowing oral intake, even if some swallowing abnormalities are present.

19

19

F692 Nutrition: Deficiency Categorization

In addition to actual or potential physical harm, always consider whether psychosocial harm has occurred when determining severity level (See Appendix P, Section IV, E, Psychosocial Outcome

Severity Guide). Examples of Severity Level 4 Noncompliance: Immediate Jeopardy to Resident Health or Safety include but are not limited to:

Dietary restrictions or downgraded diet textures, such as mechanical soft or pureed textures, were provided by the facility against the resident's expressed preferences and resulted in substantial and ongoing decline in food intake resulting in significant or severe unplanned weight loss with accompanying irreversible functional decline to the point where the resident was placed on Hospice;

20

20

F805 §483.60(d) Food and drink

Each resident receives and the facility provides—

§483.60(d)(3) Food prepared in a form designed to meet individual needs.

21

21

F805 §483.60(d) Food and drink (Cont.)

PROCEDURES §483.60(d)(3)

- Observe meals and food preparation to assure the food is prepared and appropriate to meet resident's needs and according to their assessment and care plan.
- Are there any observations of residents having difficulty chewing or swallowing their food?
- Is the food cut, chopped, ground, or pureed for individual resident's needs?

22

22

F808 §483.60(e) Therapeutic Diets

1) Therapeutic diets must be prescribed by the attending physician.

2) The attending physician may delegate to a registered or licensed dietitian the task of prescribing a resident's diet, including a therapeutic diet, to the extent allowed by State law.

INTENT : To assure that residents receive and consume foods in the appropriate form and/or the appropriate nutritive content as prescribed by a physician, and/or assessed by the interdisciplinary team to support the resident's treatment, plan of care, in accordance with his/her goals and preferences.

23

23

F808 §483.60(e) Therapeutic Diets DEFINITIONS §483.60(e)(1)-(2)

"Therapeutic Diet" means a diet ordered by a physician or delegated registered or licensed dietitian as part of treatment for a disease or clinical condition, or to eliminate or decrease specific nutrients in the diet, (e.g., sodium) or to increase specific nutrients in the diet (e.g., potassium), or to provide food the resident is able to eat (e.g., a mechanically altered diet).

"Mechanically altered diet" means one in which the texture of a diet is altered. When the texture is modified, the type of texture modification must be specific and part of the physicians' or delegated registered or licensed dietitian order.

24

24

The RDN, SLP and Health Care Team

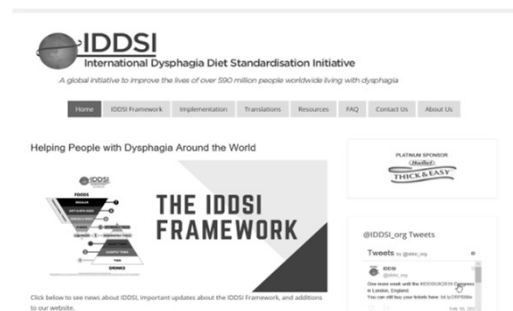
- Patients who require change in the consistency or texture of foods/fluids require an individualized and interdisciplinary approach whereby patients are assessed by the speech-language pathologist (SLP), registered dietitian nutritionist (RDN), and medical team.
- The **SLP** will help determine which diet texture will best meet the patient's physical ability to consume food safely and presents the lowest risk for aspiration.
- The **RDN** is responsible for implementing a balanced nutrition plan that meets the consistency specifications outlined by the SLP.
- Often the entire health care team (including physicians and nurses) is involved in monitoring for difficulties related to chew/swallow; in reporting concerns per facility policy; monitoring diet texture effectiveness, adherence, understanding; and evaluating patient educational needs.

Source: Academy Nutrition Care Manual (NCM)



25

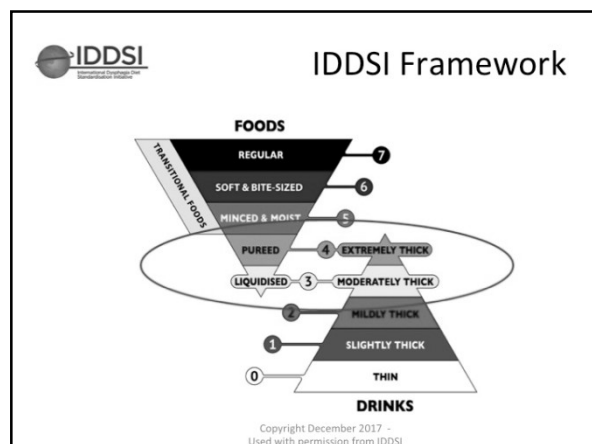
IDDSI.ORG: Information Resource



IDDSI.org

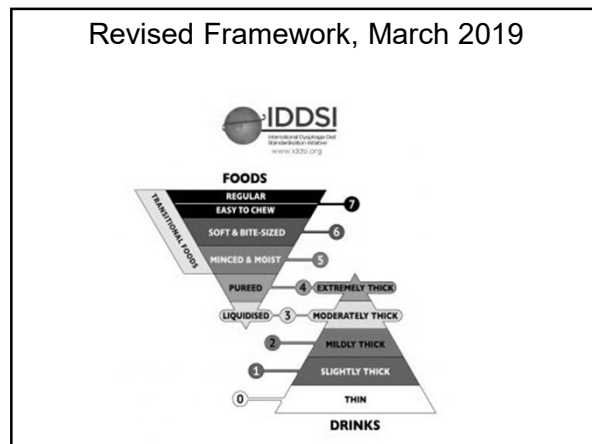
26

26



27

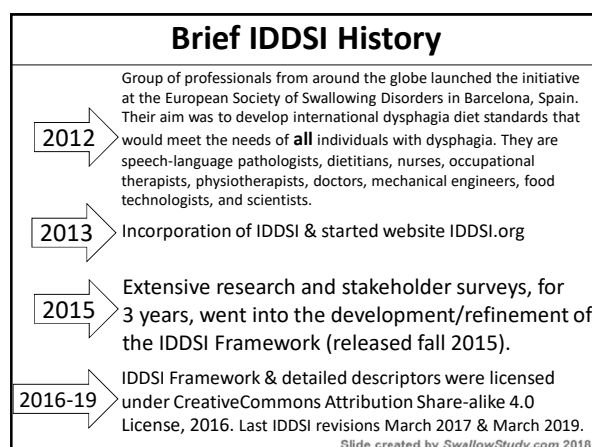
IDDSI: From Regulatory Requirements to Successful Implementation Webinar



28



29



30

IDDSI: From Regulatory Requirements to Successful Implementation Webinar

Brief IDDSI History

It is important to note that IDDSI is NOT brand new, and it is based on a strong foundation of research and stakeholder surveys.

See a brief history & review by Luis F. Riquelme, PhD, BCS-S, CCC-SLP
<https://blog.asha.org/2017/11/07/iddsi-next-steps-tools-tips-for-smooth-implementation/>

ASHA first announced its support for the IDDSI Framework in early 2017, per an ASHA Leader publication March 1, 2017, which stated: (<https://doi.org/10.1044/leader.AN1.22032017.60>)

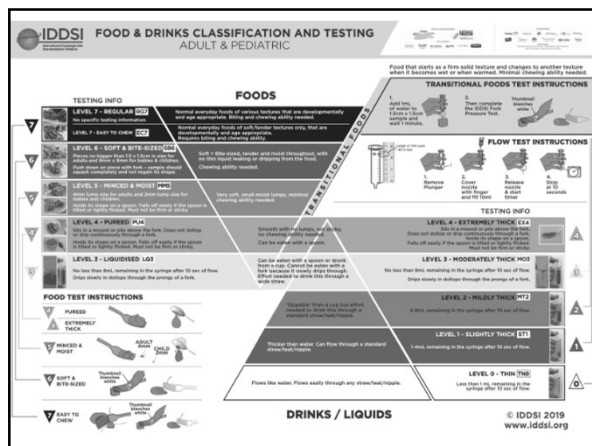
- “In 2013, ASHA agreed to be listed as a supporter of this initiative...”
- “The standardization framework represents a tremendous step forward in collaborating in the care of people with swallowing disorders,” says ASHA President Gail J. Richard. “With ASHA members on the front lines of treating these patients every day, we support tools that can help us improve quality of care.”

Slide created by SwallowStudy.com 2018

31



32



33

IDDSI Framework & Creative Commons License

- See Cichero, et al. (2017). Development of International Terminology and Definitions for Texture-Modified Foods and Thickened Fluids Used in Dysphagia Management: **The IDDSI Framework**. *Dysphagia*, 32, 293-314.
- Download IDDSI Framework & Detailed Definitions; Testing Methods; Evidence Statement documents: <http://iddsi.org/framework/>
- Cite the Creative Commons BY-SA 4.0 license as follows:
The International Dysphagia Diet Standardisation Initiative 2016
@<http://iddsi.org/framework/>
 Attribution is NOT PERMITTED for derivative works incorporating any alterations to the IDDSI Framework that extend beyond language translation. Supplementary Notice: Modification of the diagrams or descriptors within the IDDSI Framework is DISCOURAGED and NOT RECOMMENDED. Alterations to elements of the IDDSI framework may lead to confusion and errors in diet texture or drink selection for patients with dysphagia. Such errors have previously been associated with adverse events including choking and death.

Slide created by SwallowStudy.com 2018

34

Mapping to IDDSI - Foods

Current NDD Food Textures

IDDSI

7 Regular

6 Soft & Bite-Sized

5 Minced & Moist

4 Pureed

3 Liquidised

Transitional Foods

Copyright December 2017 -
Used with permission from IDDSI

35

Detailed Descriptors & Testing Methods

4 EXTREMELY THICK PUREED

5 MINCED & MOIST

3 MODERATELY THICK LIQUIDISED

2 MILDLY THICK

<http://iddsi.org/Documents/IDDSIFramework-CompleteFramework.pdf>

Copyright December 2017 -
Used with permission from IDDSI

36

But what does a Regular Diet (Level 7) require?

- **Adequate Cognition:** Is there lethargy/sedation, poor attention to task/distractibility, impulsivity, lack of self & safety awareness?
- **Adequate Structure:** Teeth/dentures? Can they chew with their gums? Pain? Dry? Tumor, missing anatomy, scar tissue, fibrotic/stiff, edema?
- **Coordination:** Can they coordinate of breathing & swallowing?
- **Adequate Physiology or function:**
 - **Timing:** Are they slow to process the food in the mouth? Slow to trigger the swallow? Slow airway closure? Slow esophageal empty?
 - **Motility:** Weakness in lips, tongue, cheeks, jaw, palate can all lead to poor food/liquid processing in mouth. Weakness in back of tongue and throat squeezing muscles can prevent food/liquid from clearing through the throat safely & efficiently. Could lead to food/liquid dropping into airway OR food/liquid remaining stuck in the mouth, throat, and/or esophagus.
 - **Sensory:** You need to feel the food/liquid to start a good swallow, AND to know if food/liquid enters the airway or gets stuck. Poor sensory input can give poor motor output.

Slide created by SwallowStudy.com 2018

37

Easy To Chew – Level 7

Described by IDDSI as:

- Normal everyday foods of soft/tender textures only, that are developmentally and age appropriate.

- Requires biting and chewing ability.



Slide created by SwallowStudy.com 2018

38

Soft & Bite-Sized – Level 6

- Soft, tender & moist throughout.
- No separate thin liquid.
- Chewing is required. Biting is NOT required.
- Bite-Sized pieces, with particle size of:
 - Adults: 1.5cm squared (aka, 15mm, 0.6 inches, little more than ½ inch, or size of adult thumbnail)
 - Pediatric: 8mm (0.3 inches or child's pinky nail)
 - Sizes measured to diameter of trachea/prevent choking
- Can be eaten with fork, spoon, chopsticks, fingers.
- Knife not needed, as food pre-cut to bite sizes
- Tongue force & control are required to move food for chewing, keep in mouth for chewing, & to move food back for the swallow.
- Food squashes with “fork pressure test.” Changes shape & does not return to original shape when fork lifted.

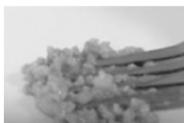


Slide created by SwallowStudy.com 2018

39

Minced & Moist – Level 5

- Soft & Moist with no separate liquid
- Small visible lumps, with particle sizes of:
 - Adult: 4mm lump size
 - Pediatric: 2mm lump size
 - This is the size of food after it is chewed; “ready to swallow”
- Lumps are easy to squash **with tongue**
- Minimal chewing required. Biting is NOT required.
- Can be eaten with a fork or spoon
- Could be eaten with chopsticks, if good hand control
- Can be scooped and shaped (e.g., into a ball) on a plate



Again, see Framework & Descriptors document
for some food examples for each diet & Food Texture Requirements.

Slide created by SwallowStudy.com 2018

40

Puree & Extremely Thick Liquid Level 4

- Usually eaten with a spoon, but fork is possible
- Cannot be drunk from a cup
- Cannot be sucked through a straw
- Does NOT require chewing
- Can be piped, layered or molded
- Shows some very slow movement under gravity, but cannot be poured
- Falls off spoon in a single spoonful WHEN TILTED
- Continues to hold shape on plate
- NO lumps -> smooth
- NOT sticky -> moist
- Liquid must not separate from solid



<https://youtu.be/ElItiGY3ndo>

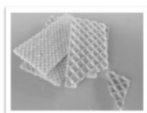
Slide created by SwallowStudy.com 2018

41

‘Transitional foods’

Gisel (1991) Dev Med Child Neurol, 33: 69-79; Dovey (2013) Dysphagia, 28: 501-510

- 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



Copyright December 2017 -
Used with permission from IDDSI

42

Food Testing

Important Food Properties for simple POINT OF SERVICE testing:

| | |
|--------------|------------|
| DO | DON'T |
| Softness | Hardness |
| Cohesiveness | Crumbly |
| Slipperiness | Stickiness |

Size & Shape of Food: crucial factors in choking risk.

See Steele, et al. (2015). The Influence of Food Textures & Liquid Consistency Modification on Swallowing Physiology and Function: A Systematic Review. *Dysphagia*, 30, 2-26.

Slide created by SwallowStudy.com 2018

43

For More Information on Food Testing Methods

See Webinar 1: International Dysphagia Diet Standardisation: The Who, What, How & When
<https://www.beckydorner.com/free-resources/free-webinars/>



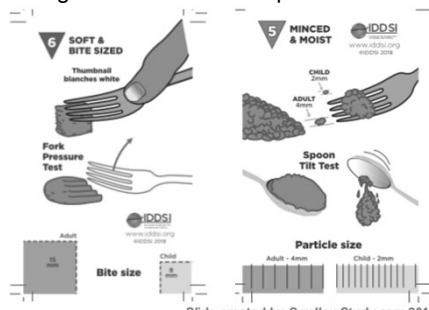
44

Food Testing Tip: Test Cards

http://ftp.iddsi.org/Documents/IDDSI_Food_Test_Cards_USA_vers_89x51mm_FINAL_with_bleed.pdf

Go To: IDDSI.org → Resources → Implementation

Great tools
for your
facilities,
kitchens &
patients



Slide created by SwallowStudy.com 2018

45

Mapping to IDDSI - Drinks

Current NDD Liquids

- Thin
- (Naturally thick liquids, e.g. infant formula, supplements)
- Nectar-thick
51-350 mPa.s @20°C ✓
- Honey-thick
351-1750 mPa.s @20°C ✓
- Spoon-thick
>1750 mPa.s @20°C ✓

IDDSI

- 0 Thin
- 1 Slightly Thick
- 2 Mildly Thick
- 3 Moderately Thick
- 4 Extremely Thick

Copyright December 2017 -
Used with permission from IDDSI

46

Detailed Descriptors & Testing Methods (Drinks)

FOODS

- Level 1: Pureed
- Level 2: Mashed
- Level 3: Soft
- Level 4: Chunks
- Level 5: Bites

DRINKS

- Level 0: Thin
- Level 1: Slightly Thick
- Level 2: Mildly Thick
- Level 3: Moderately Thick
- Level 4: Extremely Thick

Detailed Descriptors, Testing Methods and Evidence
Drinks: Levels 0-4

3 MODERATELY THICK LIQUIDISED

Characteristics:

- Thick enough to require a spoon to lift it.
- Thick enough to require a spoon to lift it.
- Thick enough to require a spoon to lift it.

Flow Test:

- When poured from a 10 ml syringe, the liquid will flow out in a thick, cohesive stream.
- When poured from a 10 ml syringe, the liquid will flow out in a thick, cohesive stream.

4 EXTREMELY THICK PUREED

Characteristics:

- Thick enough to require a spoon to lift it.
- Thick enough to require a spoon to lift it.
- Thick enough to require a spoon to lift it.

Flow Test:

- When poured from a 10 ml syringe, the liquid will flow out in a thick, cohesive stream.
- When poured from a 10 ml syringe, the liquid will flow out in a thick, cohesive stream.

2 MILDLY THICK

Characteristics:

- Thick enough to require a spoon to lift it.
- Thick enough to require a spoon to lift it.
- Thick enough to require a spoon to lift it.

Flow Test:

- When poured from a 10 ml syringe, the liquid will flow out in a thick, cohesive stream.
- When poured from a 10 ml syringe, the liquid will flow out in a thick, cohesive stream.

Copyright December 2017 -
Used with permission from IDDSI

47

IDDSI Flow test

van Vliet et al. (2002), Food Quality and Preference, 13, 227-236; Kutter et al. (2011), 42: 217-227

Similar to Posthumus Funnel used in dairy industry to measure liquid thickness

Schematic of Posthumus Funnel
adapted from van Vliet et al. (2002)

Flow Test

IDDSI level depends on liquid remaining after 10 seconds flow.

Level 4: Test with fork or spoon

10 ml
8 ml
4 ml
1 ml


Check your syringe: 0-10 ml scale = 61.5 mm

"Geometry allows for both shear and elongation that more closely matches flow conditions within the oral cavity."

Copyright December 2017 -
Used with permission from IDDSI

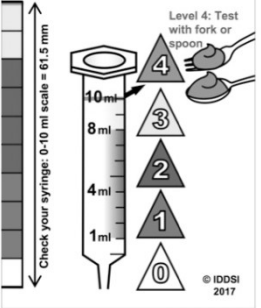
48

IDDSI: From Regulatory Requirements to Successful Implementation Webinar



Flow Test
IDDSI level depends on liquid remaining after 10 seconds flow.

Check your syringe: 0-10 ml scale = 61.5 mm




Level 4: Test with fork or spoon

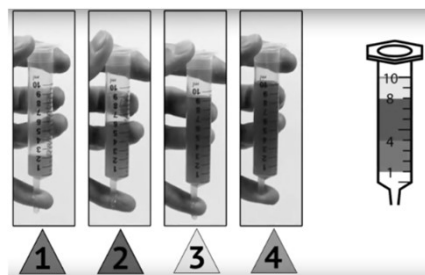
Example videos of the IDDSI Flow Test can be found on YouTube and accessed through the resources page on the IDDSI website:
www.iddsi.org

© IDDSI 2017
Copyright December 2017 -
Used with permission from IDDSI

49



IDDSI Flow test – Comparison of Levels 1-4



<https://www.youtube.com/watch?v=rpA6rCMwfEQ>


Copyright 2017 - Used with permission from IDDSI

50


Liquidized/Moderately Thick 3

Fork Drip Test & Spoon Tilt Test also help with Level 3 (Moderately Thick) & Level 4 (Extremely Thick)

LIQUIDS: <https://www.youtube.com/watch?v=sIFwiGgIPHA>
SOLIDS: <https://youtu.be/r6TBnXfnBxc>



Spoon Tilt Test
Bean Soup



Fork Drip Test
Bean Soup

Slide created by SwallowStudy.com 2018

51

IDDSI Flow Test Good for Levels 1, 2, 3

Mildly Thick Liquid 2

https://youtu.be/XBqi_i0LLHw

Slightly Thick Liquid 1

<https://youtu.be/xyvDubBGJQU>

Thin Liquid 0 (white background)

Slide created by SwallowStudy.com 2018

52

Play with your liquids



53

IDDSI Flow Test for Liquid Viscosity

| Name of Liquid | Warm/ Cold | Syringe Type* | Trial 1 ml | Trial 2 ml | Trial 3 ml | Avg ml | Results (Thin, Sticky, Milky, Moderately, Extremely) | Comments (* borderline... † too thick or too thin) |
|---|---------------|------------------|---------------|---------------|---------------|-----------|--|--|
| <p>See data from SwallowStudy.com's IDDSI Flow Tests. Find chart in the blog:</p> <p>https://www.swallowstudy.com/iddsi-resources/</p> | | | | | | | | |
| <p>Need to test drinks and supplements often! Flow Testing is important at cold and room temperature. Many supplements are Slightly Thick liquids only! (Range of 2.0 to 3.0 on IDDSI Flow Test).</p> | | | | | | | | |

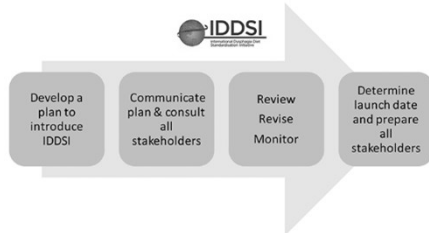
Slide created by SwallowStudy.com 2018

54

IDDSI: From Regulatory Requirements to Successful Implementation Webinar

How do I plan implementation?

Implementation Framework

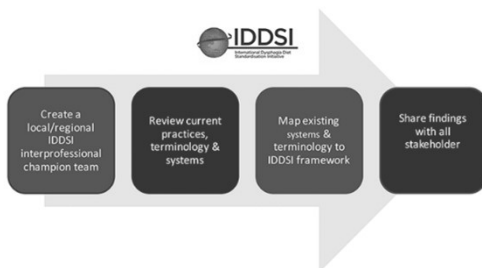


(c) The International Dysphagia Diet Standardisation Initiative 2016 @ <https://iddsi.org/framework/>

55

55

Implementation Framework



(c) The International Dysphagia Diet Standardisation Initiative 2016 @ <https://iddsi.org/framework/>

56

56

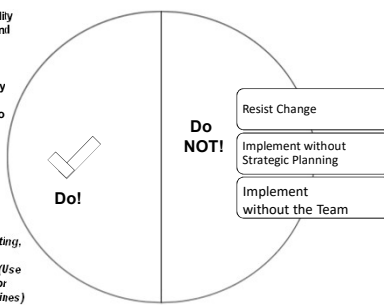
To Do and NOT To Do

Make sure all facility leaders understand IDDSI before implementing.

Determine who the key players are and develop a PI Project to track progress and implementation.

Plan training for all staff that assists with food/drinks or snacks.

Plan competency testing, EHR input, Policies/Procedures (Use IDDSI resources for Implementation/Timelines)



57

57

References and Resources



58

58

Risk management during transition to IDDSI

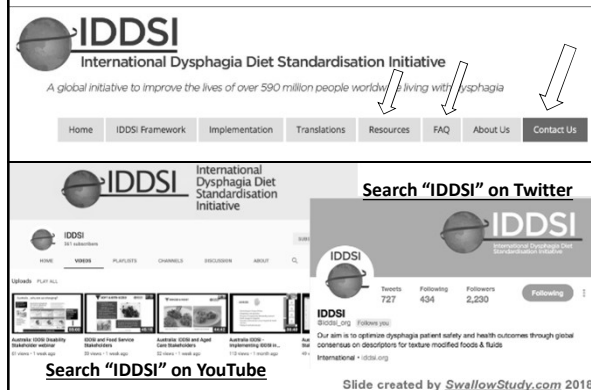
Time frame to change labels

- Industry change to IDDSI labels is voluntary
- For other label change initiatives, including those legislated, a two year time frame is most common
- A change over period is to be expected

Copyright December 2017 -
Used with permission from IDDSI

59

Use Website & Social Media Resources



The screenshot displays the IDDSI website and social media links. The website header includes the IDDSI logo and the text 'International Dysphagia Diet Standardisation Initiative'. Below the header is a navigation menu with links: Home, IDDSI Framework, Implementation, Translations, Resources, FAQ, About Us, and Contact Us. The main content area shows a search bar and a list of resources. Below the website screenshot, there are two social media links: 'Search "IDDSI" on Twitter' and 'Search "IDDSI" on YouTube'. The Twitter link shows a search bar and a list of tweets. The YouTube link shows a search bar and a list of videos. At the bottom of the slide, it says 'Slide created by SwallowStudy.com 2018'.

60

IDDSI: From Regulatory Requirements to Successful Implementation Webinar

IDDSI Implementation Resources:

How Do I Implement IDDSI?

IDDSI Adoption and Implementation is happening on a global scale. In order to facilitate this process, we've developed a number of free Resources for you to download and use at your convenience.

Please note that you do NOT require special permission to use these resources but you proper citation is mandatory. Attribution is NOT PERMITTED for derivative works incorporating any alterations to the IDDSI Framework that extend beyond language translation.

Supplementary Notice: Modification of the diagrams or descriptors within the IDDSI Framework is DISCOURAGED and NOT RECOMMENDED. Alterations to elements of the IDDSI Framework may lead to confusion and errors in diet texture or drink selection for patients with dysphagia. Such errors have previously been associated with adverse events including choking and death.

Attribution is requested as follows: (c) The International Dysphagia Diet Standardisation Initiative 2016 @<https://idddi.org/framework/>


| | |
|-------------------------|---|
| Adoption Posters | + |
| Conversion Charts | + |
| Audit Sheets | + |
| Labels of IDDSI Levels | + |
| MAPA Logos (by Country) | + |
| Foodservice | + |
| Implementation Guides | + |
| Flow Test Cards | + |

61

61

Implementation Guides

- Clinicians and Health Care Providers
- Food Service and Catering
- Industry
- Master guide: Cross-Sector

**IDDSI Implementation Guide: Clinicians and Health Care Providers**

IDDSI is pleased to provide some suggestions for the types of tasks and timelines needed for implementation of the IDDSI framework. Please find below a 12-month calendar of events. There are six key tasks with subheadings below each.

The key tasks include:

1. Becoming familiar with the IDDSI Website and resources
2. Forming IDDSI Implementation teams: suggestions on cross sector stakeholder consultations and teams
3. Determining IDDSI implementation tasks and personalising your own 'IDDSI implementation Calendar'
4. Spread the word! Education about IDDSI for key stakeholders
5. Check out the food and drink! Map existing products to determine their IDDSI level and level using IDDSI audit tools, developing menu items and recipes etc.
6. Clinical communication including review of clinical assessment tools, chart entries, or patient education material

The tasks run at the same time so it is important to look down the whole list. The Implementation guide is a suggestion! Please feel free to customise the tasks and timelines to suit your own needs. Colours and shading have been used on the implementation guide to help make it easier to identify different tasks and timelines; the colour have no other meaning or purpose.

IDDSI will be updating resources regularly so please be sure to register to receive our e-bites (newsletters).

Visit : www.idddi.org

IDDSI Implementation Guides


62

62

Implementation Guides: Tools to Assist

| Tools to assist | |
|--|---|
| IDDSI PowerPoint presentations http://idddi.org/resources/ | Examples: <ul style="list-style-type: none">• What is IDDSI?• IDDSI Framework Descriptors and Testing Methods• Implementation resources and tools. |
| IDDSI Posters http://idddi.org/resources/ | Examples: <ul style="list-style-type: none">• What is IDDSI?• Flow Test Poster• Country specific adoption posters |
| IDDSI Tools http://idddi.org/resources/ | Examples: <ul style="list-style-type: none">• IDDSI Audit tools• IDDSI Abbreviations for Foodservice Software• Country specific conversion charts (e.g. National Dysphagia Diet to IDDSI)• IDDSI templates for download to printers• Flow test and template and printing restrictions |

Used with permission from IDDSI www.idddi.org under Creative Commons Attribution-ShareAlike 4.0 International license <https://creativecommons.org/licenses/by-sa/4.0/> March 2018

**IDDSI Implementation Guide: Clinicians and Health Care Providers**

| Tools to assist | |
|---|--|
| | <ul style="list-style-type: none">• "This will soon be called..." transitional label sticker templates• Patient education materials/handouts (available soon, watch e-bites for launch) |
| IDDSI Translations http://idddi.org/translations/ | The IDDSI Framework and testing documents are being translated into 27 different languages. Visit the website to view IDDSI in languages other than English. |
| IDDSI Webinars and IDDSI videos http://idddi.org/resources/ | Visit the IDDSI YouTube channel |

63

63

Brought to you by Becky Dörner & Associates, Inc. with the generous support of Hormel Health Labs

21

IDDSI: From Regulatory Requirements to Successful Implementation Webinar

IDDSI Implementation Guides: Clinicians/Health Care Providers

IDDSI Implementation Guide: Clinicians and Health Care Providers

| TASKS | 12 months to go | 11 months to go | 10 months to go | 9 months to go | 8 months to go | 7 months to go | 6 months to go | 5 months to go | 4 months to go | 3 months to go | 2 months to go | 1 month to go | Launch! |
|---|-----------------|-----------------|-----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------------|---------|
| 1. Become familiar with IDDSI | | | | | | | | | | | | | |
| Become familiar with the IDDSI website www.iddsi.org | | | | | | | | | | | | | |
| Download the IDDSI app | | | | | | | | | | | | | |
| Sign up for IDDSI newsletters (e-bites) | | | | | | | | | | | | | |
| Review key IDDSI resources: Detailed definitions; Testing methods; FAQs; Resources | | | | | | | | | | | | | |
| 2. Form IDDSI Implementation teams | | | | | | | | | | | | | |
| Form a Clinical Health Care IDDSI Team | | | | | | | | | | | | | |
| Join or create your "workplace iddsi" multidisciplinary IDDSI team that includes your Food Service/Catering team, Clinical and health care professional staff and all others affected by IDDSI implementation. As appropriate to your facility, consider asking a patient/caregiver/family member to join the multidisciplinary IDDSI team | | | | | | | | | | | | | |

IDDSI Guide is 9 pages total

Used with permission from IDDSI www.iddsi.org under Creative Commons Attribution-ShareAlike 4.0 International License <https://creativecommons.org/licenses/by-sa/4.0/>
March 2018

64

IDDSI Implementation Guides (con't)

IDDSI Implementation Guide: Clinicians and Health Care Providers

| TASKS | 12 months to go | 11 months to go | 10 months to go | 9 months to go | 8 months to go | 7 months to go | 6 months to go | 5 months to go | 4 months to go | 3 months to go | 2 months to go | 1 month to go | Launch! |
|--|-----------------|-----------------|-----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------------|---------|
| Meet with leadership/management to receive necessary permissions and keep them informed | | | | | | | | | | | | | |
| Consult industry/manufacturers about challenging recipes/ingredients, labeling changes | | | | | | | | | | | | | |
| 3. Determine implementation tasks and 'IDDSI Calendar' – convene, divide and conquer | | | | | | | | | | | | | |
| Determine implementation tasks and timeline | | | | | | | | | | | | | |
| Create an 'IDDSI Calendar of Events' | | | | | | | | | | | | | |
| Determine the need for IDDSI translation documents for languages other than English (True resources) | | | | | | | | | | | | | |
| Determine which team/s will be responsible for which tasks, review and refine | | | | | | | | | | | | | |
| Have regular Clinical Health Care IDDSI team meetings | | | | | | | | | | | | | |
| Draft Policy & Procedures for IDDSI implementation in clinical practice | | | | | | | | | | | | | |

65

Audit Sheets-Examples (www.IDDSI.org)

5 MINCED & MOIST

Testing intended for

Product or food tested

Heating method(s)

Temperature when tested: ☐ at time of service ☐ 15 mins after serving ☐ 30 mins after serving

Instructions:

- Level 5 Minced & Moist critical tests include **Appearance** • **Fork Pressure Test** • **Spoon Tilt Test** OR if these are not available Finger Test.
- For particle size: food intended to mimic a "chewed bolus" – must be equal to or less than 4mm width and no longer than 15mm in length (adults); Equal to or less than 2mm width and no longer than 8mm length (pediatrics).
- The food item must pass or meet criteria for any row marked *.

| Tests | Time of service | Meets criteria at 15 mins after serving | Meets criteria at 30 mins after serving |
|---|--|--|--|
| Critical: Appearance | | | |
| * Lumps less than or equal to 4mm (adults), 2mm (pediatrics) | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| * No separate thin liquid | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Critical: Fork Pressure Test (use metal dinner fork needed) | | | |
| * Food can be easily mashed with little pressure from a dinner fork (pressure should not make thumb nail blanch to white) | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| * Easily separates and comes through prongs of a dinner fork | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Critical: Spoon Tilt Test (teaspoon needed) | | | |
| * Holds shape on teaspoon | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| * Food slides off spoon with little food left on teaspoon (i.e. not sticky) | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| * May spread or slump slowly on a flat plate | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |

<http://iddsi.org/resources/> → Implementation → Audit Sheets

Information from IDDSI website
Slide created by [SwallowStudy.com](http://www.swallowstudy.com) 2018

66

IDDSI: From Regulatory Requirements to Successful Implementation Webinar

IDDSI Audit Sheets - Example

Intended for **4. EXTREMELY THICK**

Product or food tested: _____

If soup, heating method(s): _____

Temperature when tested at: ☐ optimal serving temperature ☐ 15 mins after serving ☐ 30 mins after serving

Instructions:

- Level 4 Extremely Thick critical tests include **Appearance** + **Fork Drip Test** + **Spoon Tilt Test** OR if these are not available **Finger Test**.
- Chopped food not appropriate.
- The food item must pass or meet criteria for any row marked +.

| Tests: Suitable drinks, soups, nutritional supplements, gravies, sauces, liquid medications | Time of service | Meets criteria at | |
|--|--|--|--|
| | | 15 mins after serving | 30 mins after serving |
| Critical: Appearance | | | |
| + No lumps | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| + Fork Drip Test (visual dinner fork needed) | | | |
| + Food sits in a mound above the dinner fork (a small amount may form a trail below the dinner fork) | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| + Does not drip or flow continuously through the dinner fork | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Critical: Spoon Tilt Test (teaspoon needed) | | | |
| + Holds shape on teaspoon | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| + Food slides off spoon with little food left on teaspoon (i.e. not sticky) | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| + May spread or slump slowly on a flat plate | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Alternative if Fork or Spoon not available: Finger Test | | | |
| + Hold a sample on fingers without it dropping through continuously | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| + Food slides smoothly and easily between fingers | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| + Food leaves noticeable residue on fingers | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Preferred but not critical: Fork Pressure Test | | | |
| + Pressure of fork makes clear pattern on surface OR food hardly extends dinner fork indentation marks | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| OVERALL CONCLUSION: Does the sample meet the criteria for Level 4 Extremely Thick? | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No | <input type="checkbox"/> Yes <input type="checkbox"/> No |

Notes: - Extremely Thick liquids need to be able to be put in the mouth and swallowed whole. No chewing and no bolus formation skills should be needed to eat this consistency.

Please see also <http://idssi.org/framework/food-testing-methods/>

67

IDDSI: Consumer Handouts

CONSUMER HANDOUTS AND POSTER SERIES

Introducing our newest resource – **Consumer Handouts for each IDDSI Level**.

These handouts were developed for adults with dysphagia and families of children and babies with dysphagia as well as other careproviders.

Each IDDSI level of food (Levels 3-7) and drinks (Levels 0-4) is presented in an easy to read format with separate handouts for adults and careproviders of babies/children. The recommended testing methods are clearly shown in visual graphic format.

In addition, we have included some additional resources:

- Examples of foods that may be appropriate for a particular IDDSI Level
- Example lists of **foods to avoid**
- A handout on Transitional foods
- An FAQ on when to transition from baby/child size to adult food sizes
- A handout explaining IDDSI and how it can help improve safety.

We would like to extend our sincere gratitude to a number of individuals who reviewed the handouts and provided invaluable feedback: Sue Robins of Vancouver, Canada; Anna Miles and colleagues of New Zealand; Hannah Crawford, Judith Anderson, Kamini Gadhok, Louise Borjes and colleagues of the United Kingdom. **Thank you!**

Consumer handouts are now available on our Resources page:

68

Find “Champions” in Your Facility

- The Registered Dietitian & Speech-Language Pathologist can start raising awareness & building a task force/team. Give quick talks/lectures.
- Team up with food service & nursing.
- At our hospital, our chef became a chief advocate.
- Review every item on the menu, using IDDSI’s detailed descriptors and all testing methods.**
- You may need to delete items, change items, and add new recipes.**
- Consider sharing your ideas/recipes on IDDSI.org!

Slide created by SwallowStudy.com 2018

69

IDDSI: From Regulatory Requirements to Successful Implementation Webinar

Sign up to receive updates via IDDSI e-bites

Implementing IDDSI: Updates

In our last e-bite on June 17, we showcased the Kampen Pilot Project as one of the first IDDSI implementation initiatives. We are pleased to announce that the full review article of this project can now be accessed through our website. [Click here to access the article.](https://www.iddsi.org/kampen)

Translation of IDDSI Framework: Update

Need a translation to help your implementation? In order to implement the IDDSI framework, we need to ensure people can read and understand it. In your setting, you may be working with colleagues whose first language is not the same as yours. Using a translated version of the IDDSI documents can help your implementation process.

Share your stories!

Write to us at email: communications@iddsi.org

Copyright December 2017 - Used with permission from IDDSI

70

What is IDDSI?

International Dysphagia Diet Standardisation Initiative

The International Dysphagia Diet Standardisation Initiative (IDDSI) is a global effort to create a common language for describing food and liquid textures. This common language will help healthcare providers, caregivers, and consumers to communicate effectively about food and liquid textures, ensuring that everyone is on the same page when it comes to diet recommendations.

IDDSI flow test

The International Dysphagia Diet Standardisation Initiative (IDDSI) framework of terminology and definitions includes an objective measurement for liquid thickness.

The IDDSI flow test classifies IDDSI Levels 0-3 based on their rate of flow.

Use a syringe (following syringe dimensions as per image below) for correct results.

IDDSI flow test - Instructions

Values of IDDSI flow test can be found here: <https://www.iddsi.org/flow-test-instructions/> or in the IDDSI App.

1. Prepare syringe
2. Draw liquid or food into syringe
3. Push plunger down
4. Observe 10 seconds

<http://iddsi.org/resources/> → IDDSI 101 (Print & Post)

Copyright December 2017 - Used with permission from IDDSI

71

FOOD & DRINKS CLASSIFICATION AND TESTING ADULT & PEDIATRIC

TESTING INFO

LEVEL 7 - REGULAR

Mostly smooth, soft, and moist textures that are easily chewed and swallowed. No need for special utensils. Eating and drinking easily without assistance.

LEVEL 6 - SOFT & BITE-SIZED

Soft and moist textures that are easily chewed and swallowed. No need for special utensils. Eating and drinking easily without assistance.

LEVEL 5 - MINCED & MOIST

Very soft, moist textures that are easily chewed and swallowed. No need for special utensils. Eating and drinking easily without assistance.

LEVEL 4 - PUREED

Smooth, moist textures that are easily swallowed. No need for special utensils. Eating and drinking easily without assistance.

LEVEL 3 - MODERATELY THICK

Thick, moist textures that are easily swallowed. No need for special utensils. Eating and drinking easily without assistance.

LEVEL 2 - MILKY THICK

Thick, moist textures that are easily swallowed. No need for special utensils. Eating and drinking easily without assistance.

LEVEL 1 - SLURRY

Thick, moist textures that are easily swallowed. No need for special utensils. Eating and drinking easily without assistance.

LEVEL 0 - THIN

Thin, moist textures that are easily swallowed. No need for special utensils. Eating and drinking easily without assistance.

TRANSITIONAL FOODS TEST INSTRUCTIONS

Food that starts as a firm solid texture and changes to another texture when it is broken apart or when it is chewed. Examples: Meatballs, meatloaf, meat pies, meatloaf, meatloaf, meatloaf.

FLOW TEST INSTRUCTIONS

1. Prepare syringe
2. Draw liquid or food into syringe
3. Push plunger down
4. Observe 10 seconds

FOOD TEST INSTRUCTIONS

PUREED

MINCED & MOIST

SOFT & BITE-SIZED

EASY TO CHW

DRINKS / LIQUIDS

© IDDSI 2019 www.iddsi.org

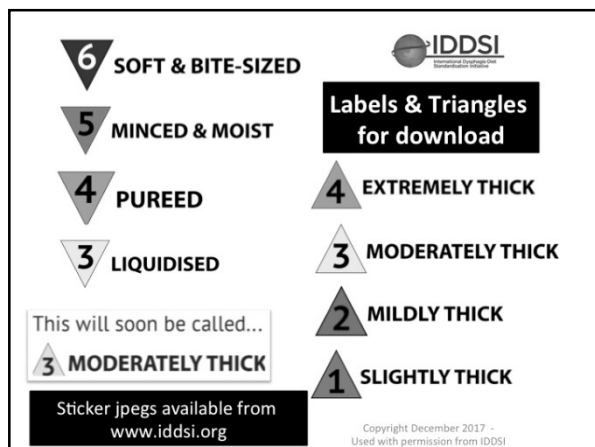
POST: New All-In-One Poster from IDDSI

72

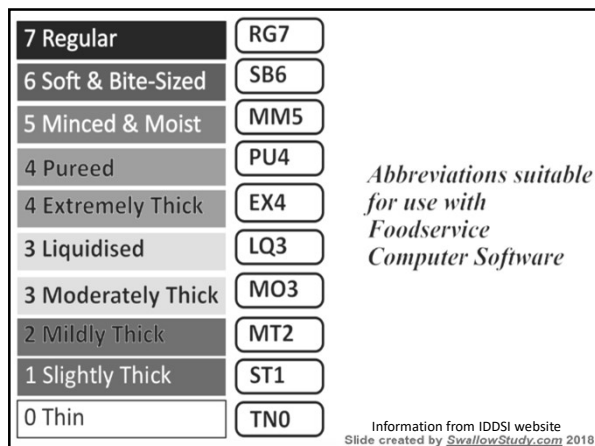
IDDSI: From Regulatory Requirements to Successful Implementation Webinar



73



74



75

IDDSI: From Regulatory Requirements to Successful Implementation Webinar

Importance of Dual Labeling

We may have to dual label for years

Slide created by SwallowStudy.com 2018

76

Sample Meal Tray Card

Dual Labelling during transition period?

Copyright December 2017 -
Used with permission from IDDSI

77

SWALLOW GUIDE

Name: _____ Date: _____ SLP pager: _____

DIET ORDER:

| SOLIDS | Old National Dysphagia Diet label | New IDDSI diet label |
|--------------------------|--|--|
| <input type="checkbox"/> | Regular | <input type="checkbox"/> Regular |
| <input type="checkbox"/> | Dysphagia Advanced/Chopped | <input type="checkbox"/> Soft & Bite Sized |
| <input type="checkbox"/> | Dysphagia Mechanically Altered or Ground | <input type="checkbox"/> Minced & Moist |
| <input type="checkbox"/> | Dysphagia Pureed | <input type="checkbox"/> Pureed |

| LIQUIDS | Old National Dysphagia Diet label | New IDDSI diet label |
|--------------------------|-----------------------------------|---|
| <input type="checkbox"/> | Thin liquid | <input type="checkbox"/> Thin |
| <input type="checkbox"/> | Nectar Thick Liquid | <input type="checkbox"/> Slightly Thick |
| <input type="checkbox"/> | Honey Thick Liquid | <input type="checkbox"/> Mildly Thick |
| <input type="checkbox"/> | Pudding Thick Liquid | <input type="checkbox"/> Moderately Thick |
| | | <input type="checkbox"/> Extremely Thick |

MEDICATION DELIVERY: _____

LEVEL OF SUPERVISION: _____

SAFE SWALLOW STRATEGIES: _____

Start dual-labeling in your reports.

Here is an idea for dual-labeling on swallow guides.

Swallow guide created by SwallowStudy.com
Slide created by SwallowStudy.com 2018

78

Academy's IDDSI Boot Camp http://and.informz.net/AND/pages/IDDSI_bootcamp_reg?zs=31wEa&zmi=JN6D



The Academy of Nutrition and Dietetics & International Dysphagia Diet Standardisation Initiative (IDDSI) Boot Camp

The Academy of Nutrition and Dietetics and the American Speech-Language-Hearing Association recently announced support of the implementation of a global initiative to standardize diets for the treatment of people with swallowing disorders. The International Dysphagia Diet Standardisation Initiative is committed to support the global effort to help people with swallowing disorders.

The Academy has created a monthly, step-by-step IDDSI Boot Camp and an online database to lead the charge of program implementation in your facility.

How it Works
The Boot Camp will include monthly events providing content and resources to guide implementation in your facility. The registered participants will receive the complete implementation guide, and will gain access to the IDDSI database.

While the IDDSI framework is a 12-month implementation time frame, the Academy recognizes the challenge of achieving this time frame and recommends following a timeline that best fits your facility.

Register Now:

First Name
 Last Name
 Email
 Phone
 Fax
 Address
 City
 State
 Zip
 Country

79

79



Attendees can place order online and receive 15% off using discount code BDA15
(Extra 15% discount expires June 1, 2019)

Continuing education. Nutrition resources. Creative solutions

Visit www.beckydorner.com for sales, discounts & FREE resources!

Continuing Education



Professional Approvals: RDNs, CDEs, NDTRs, CDMs

Self-Study Courses

- Quick and easy access!
- Hard copy books, online tests, downloadable certificates
- Already have the book? Simply purchase the "Additional Certificate" on our website
- Visit website for full descriptions, photos, tables of contents, sample pages

Our most popular publications include:

- Diet and Nutrition Care Manuals (2019 Comprehensive or Simplified)
- Policy and Procedure Manual (2019)
- End of Life Nutrition and Hydration (2017)
- Making Mealtime Magic with Person Centered Dining (2017)
- Emergency/ Disaster Plan for Food and Dining Services (2018)
- Inspiring & Supporting Behavior Change (2017)

More titles:

- Nutrition Assessment: Clinical Research Applications Course (2019)
- ADA Guide to Nutrition Therapy for Diabetes (2018)
- Nutrition Care of the Older Adult, 3rd Edition (2018)
- Nutrition Counseling and Education Skills (2018)
- Making Nutrition Your Business (2018)
- Essential Pocket Guide for Clinical Nutrition (2018)
- Nutrition Focused Physical Exam Pocket Guide (2018)
- More on our website! New courses added frequently.

Webinars

Live & recorded presentations – more than a dozen titles to choose from!

FREE Resources!

- **Free Membership!** Members get the best **discounts** for online orders and can use our coupon codes for more savings. **Sign up today!**
- **Free E-newsletter** Stay up to date with the latest news!
- **Free Tips & Resources** Available on our website

Note: Prices subject to change. See website for current prices.

"I prefer Becky Dorner & Associates to other CPE providers because they have the most relevant, cutting-edge topics at an affordable price. Not only are the CPE programs enjoyable and useful, but the E-zine and other publications keep me up to date on what is happening in the industry."

- Kathy Warwick, RD, CDE, Owner, Professional Nutrition Consultants, LLC, Madison, Mississippi

