

Webinar 5: How does IDDSI work in the real world? Serving Food and Drinks

International Dysphagia Diet Standardization Initiative (IDDSI) Training Series

Prior to Viewing Webinar 5:

1. View Webinars 1-4 and complete assignments.

Webinar 5 Objectives:

After this training, the learner will be able to:

1. Help ensure that foods and drinks are served/maintained at the correct texture and consistency for the individual with dysphagia. Identify products, equipment and tools needed to help with efficiency of preparation and service.
2. Describe the importance of time and temperature on the maintenance of food texture and liquid consistency.
3. Identify useful tools, testing methods, and quality assurance and performance improvement resources.
4. Learn what to do when foods and drinks do not test correctly at the point of service.

Webinar 5 Outline:

The focus of this webinar is to help ensure that each bite of food and sip of beverage is as safe as possible.

- I. Introduction/Overview
 - a. Story of individual who choked on incorrect food texture and what went wrong
 - Importance of testing foods & drinks prior to service
 - Cost of not testing/correcting errors
 - b. Overview of what we have learned in Webinars 1-4, including IDDSI framework and testing
- II. The 3 Checkpoints for Review
 - a. When leaving the kitchen
 - Levels 7EC, 6, 5, 4 – photos, key points and brief explanation of what to look for
 - Importance of time/temperature
 - b. Before delivering the meal to the individual
 - Examples of what went wrong with meals for Levels 7EC, 6, 5, 4 – photos, key points and brief explanation of what to look for
 - c. At the table and bedside and throughout the meal
 - When to check the accuracy of foods & drinks, when to test, what to do if food doesn't pass the test
 - Testing for each level photos, videos and explanations for Levels 7EC, 6, 5, 4
 - Review mixed consistencies, bread, correct particle sizes, moistness
- III. Helpful Tools and Tips
 - a. Tools needed to test/adjust foods at the point of service
 - b. Importance of Infection control and dignity
 - c. Point of service tips and techniques including videos, photos and explanations for different food categories
 - d. Reminders for thickened liquids
 - e. Key Points for each discipline/caregiver (food and nutrition services directors, nurses/nursing assistants, food servers, person feeding the individual)
 - f. Quality assurance/performance improvement at the point of service
 - g. Best practices/competencies – Coming soon
- IV. Summary: Keys to Success
- V. Resources

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After Webinar 5:

1. Continue to learn as much as you can about IDDSI – it is evolving and new resources are becoming available.
2. Implement the helpful tools and tips from this webinar.
3. Continue to conduct QAPI audits and retrain as needed.

Resources for Webinar 5:

IDDSI Resources. <https://iddsi.org/resources/>

1. <https://iddsi.org/resources/> scroll down to Resources from Other IDDSI Users for Recipe books on Pureed and Minced & Moist foods
2. IDDSI Audits: IDDSI.org → Resources → Implementation Resources → Audit Sheets
3. Refer to the IDDSI FAQs for answers to questions: <https://iddsi.org/faq/>

Hormel Health Labs Resources. <https://www.hormelhealthlabs.com/conditiondysphagia-swallowing-disorders/>

1. Dysphagia Solutions and More <https://www.hormelhealthlabs.com/>
2. IDDSI Compliant Recipes <https://www.hormelhealthlabs.com/resources/category/recipes/>
3. Expert Support <https://www.hormelhealthlabs.com/resources/>
4. IDDSI Compliant Foods and Beverage Products <https://www.hormelhealthlabs.com/products/>
5. IDDSI Preparation Tips <https://www.hormelhealthlabs.com/resources/maintaining-iddsi-levels-from-kitchen-to-plate/>

Resources for Professionals:

1. Free CPE - IDDSI webinars (90 minutes, 1.5 CPE) can be accessed here:
 - <https://www.beckydorner.com/free-resources/free-cpes/>
 - <https://www.hormelhealthlabs.com/resources/for-healthcare-professionals/> (Scroll down to Free CPE Training)
2. Becky Dorner & Associates website
 - Blog <https://www.beckydorner.com/adopting-the-international-dysphagia-diet-standardisation-initiative-now-is-the-time/>
 - Diet and Nutrition Care Manuals and Policy & Procedure Manual <https://www.beckydorner.com/product-category/manuals/>

IDDSI Training Series: Key Points for Each Caregiver

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1. Food and Nutrition Services Director

- a. All foods & drinks must pass “tests” prior to being served.
- b. When holding foods for service, re-test at the 30-minute mark.
- c. Keep accurate documentation on food & drink temperatures (when first prepared, at 30-minute intervals, and at the point of service).
- d. Use pre-thickened liquids if possible.

2. Nurses and Nursing Assistants

- a. Provide appropriate supervision at meals and snacks.
- b. Pass trays in a timely fashion (15-20 minute benchmark goal).
- c. Provide timely assistance/supervision upon delivery of the meal.
- d. Thickened liquids are either provided by the kitchen or served directly from a carton of pre-thickened beverage.
- e. Pay special attention to foods that change textures based on time and temperature (ice-cream melts over time, gelatin may melt if it becomes too warm).

3. Food Servers

- a. All foods & drinks must pass “tests” prior to being served.
- b. When holding foods for service, re-test at the 30-minute mark.
- c. Keep accurate documentation on food & drink temperatures (when first prepared, at 30-minute intervals, and at the point of service).
- d. Use pre-thickened liquids if possible.
- e. Learn techniques for plating to make food look appealing while still fitting the diet order.

4. Person Feeding/Assisting the Individual with Dysphagia (should have special training)

- a. Pay special attention to foods that change textures based on time and temperature (ice-cream melts over time, gelatin may melt if it becomes too warm, pureed bread may become crusty and dry).
- b. Ask your supervisor what you should do if an individual requires an extended period of time to eat (more than 30-minutes from meal delivery).
- c. Keep foods & drinks at proper temperature until you can assist the individual to eat the meal.
- d. Use pre-thickened liquids if possible.
- e. Learn techniques for plating to make food look appealing while still fitting the diet order.

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Point of Service Tips and Techniques

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If the Pieces (Particle Sizes) Are Too Large

- Chop or mash with a fork to obtain correct particle size **or**
- Cut with a fork and knife to achieve correct particle size **or**
- Bring plate back to kitchen for replacement

If the Food Contains a Mixed Consistency

- Drain liquid from food or use fresh paper napkin to absorb liquid **or**
- Thicken to extensively thick **or**
- Bring plate back to kitchen for replacement

If the Food is Too Dry or Too Sticky

- Add compatible product (olive oil, gravy, milk, juice, liquid butter, sour cream), poke and soak or mix thoroughly **or**
- Bring plate back to kitchen for replacement
- Retest following spoon and fork testing methods prior to serving

If the Food is Too Tough

- Bring plate back to kitchen for replacement

If Regular Bread is Served Without an Order

- Bring bread back to kitchen for replacement
- If it is a soft cake or brownie-type dessert, a poke and soak method using milk or compatible liquid may be acceptable.
- Retest following spoon and fork testing methods prior to serving

If the Drink Appears Too Thick or Too Thin

- Use pre-thickened drinks when possible
- Complete a flow test to analyze current thickness
- If too thick, add more of the same liquid and retest using flow test
- If too thin, add thickener product and mix according to manufacturer's directions then retest using flow test
- If in doubt, bring beverage back to kitchen for replacement

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IDDSI Point of Service Review

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Facility _____ Meal _____
 Location _____ Reviewer _____ Date _____

Directions: Observe residents receiving IDDSI diets in the dining room or in-room (must have supervision)	Comment	Score
Are pre-thickened liquids served? If no, is the flow test performed to ensure proper consistency for Levels 1-4?		
Is regular bread served on the IDDSI diet? If yes, is there a SLP/physician order for it?		
Are mixed consistencies served to residents (ex: milk on cereal; soup with food pieces; soft cooked egg, mashed potato with thin/moderately thick gravy)? If yes, is there a SLP/physician order for them?		
Is the particle size appropriate for each diet type?	<i>If no to any below, return plate to kitchen</i>	
Level 4 Puree - Smooth/no lumps		
Level 5 Minced/Moist - Pieces fit between tines of fork		
Level 6 Soft/Bite Size - Pieces are no bigger than fork width		
Level 7 Easy to Chew or Dental Soft - Pieces can be cut with the side of a fork		
Are the foods moist and can pass fork/spoon test at START of service & 30 MINUTES (if resident still eating)?	<i>If no to any below, return to kitchen or adjust with like sauce or use soak/poke</i>	
Level 4 Puree - Not dry/sticky; hold shape on fork; slide off spoon easily leaving little residual on spoon		
Level 5 Minced/Moist - Food appears as soft/moist cohesive bolus; can be easily mashed with fork with no thumb blanching		
Level 6 Soft/Bite Size - Moist in appearance; can be easily cut with side of fork; food squashed with a fork and stays in mashed shape		
Level 7 Easy to Chew or Dental Soft - Pieces can be squashed with a fork and stay in mashed shape		
Is the food palatable in appearance?		
Are the residents satisfied with the meals?		
Are plates garnished with edible garnish of like texture?		
Additional Comments:	Total Score:	

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