

Putting the “S” back in IDDSI: How to Successfully implement and standardize your IDDSI program

Live Webinar: Thursday, January 18, 2024
(2:00-3:00pm EDT) Convert to your own [time zone](#)

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Description and Speaker:

Join IDDSI Champion, **Mary Rybicki MS, RDN, LDN** and learn the skills needed to have a sustainable and successful IDDSI implementation project. This session will discuss how a more complete understanding of what IDDSI is all about can enhance your practice. Learning about IDDSI and the ability to speak the IDDSI language simplifies your team’s efforts and facilitates interprofessional collaboration for individualized person-centered care. Learn how to empower yourself, your co-workers, and leadership through application of IDDSI and its resources, participation in a team-driven quality effort, and by knowing which potential benefits to identify and track.

Objectives:

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

1. Become confident with the “what” and “why” of IDDSI, including understanding what CAN and CANNOT be changed about IDDSI Implementation.
2. Accurately navigate implementation barriers and discover solutions. Feel comfortable surfing the IDDSI website for solutions and learn how to put the resources to good use?
3. Participate in and/or create an effective team, learn how to uphold best practices and how to coordinate efforts within the kitchen for skill development, and collaborate with other health care team members for person centered care.
4. Recognize the connection between quality improvement and a sustainable, IDDSI implementation project. Embrace the IDDSI-QAPI COMPLIMENT: a method for your facility to adopt IDDSI, track progress, collect data, and calculate benefits.

Disclosure:

Mary Rybicki discloses that she is a paid consultant for Anderson, Sadia’s Health and Wellness, Academy of Nutrition and Dietetics EIC of NCM Diet Manual and a consultant for Pineapple Academy, however, she certifies that no conflict of interest exists for this program.

Professional Approvals:

Becky Dorner & Associates, Inc. has been providing continuing professional education (CPE) since 1983 (Commission on Dietetic Registration provider number NU004).

Intended Audience: RDNs, NDTRs and CDMs	CDR: Activity Type: 171 Live webinar/175 Recorded webinar Activity number: 180143 Recorded Webinar: 180144 CBDM: Approval number 168138
CPE Hours: 1.0	CDR Level: II
Suggested CDR Performance Indicators: 1.1.5, 7.4.3, 8.2.4, 13.2.1	

Note: Numerous Other Performance Indicators May Apply.

Expiration Date for Recorded Webinar: January 18, 2027.

How to Complete a CPE Course: <https://www.beckydorner.com/continuing-education/how-to-complete-cpe/>

Questions? Please contact us at info@beckydorner.com

Putting the "S" back in IDDSI: How to Successfully implement and standardize your IDDSI program



Today's Webinar

- Please refer to your handout for instructions

Handouts

- Live: Emailed to the person who registered for the program, and posted in the Go To Webinar System

Recording

- Available on our website with the recording

Questions

- Live: Use GoToWebinar to ask questions

- Recording: Email info@beckydorner.com

Program Length

- 60 minutes

Credit Hours/Certificate

- Please refer to handouts for details

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Mary Rybicki, MS, RDN, LDN

- Consultant dietitian in post-acute care settings, clinical & food service roles, and assisting with IDDSI and quality initiatives
- Editor-in-Chief of the NCM Diet Manual, IDDSI content & transition tools
- Volunteer for the U.S. IDDSI Reference Group.



Contact: marybickrd@gmail.com

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Disclosures for Mary Rybicki

- Mary's opinions and advice are her own. She works as a paid consultant for IDDSI content, teaching and feedback on manufacturing products for companies.
- However, Mary certifies that no conflict of interest exists for this program.
- This is NOT an official IDDSI webinar and NOT intended to replace materials and resources on www.IDDSI.org. Refer to the IDDSI website for the most current information and resources.

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Putting the "S" back in IDDSI:

How to Successfully implement and standardize your IDDSI program

Putting the "S" Back in IDDSI


How to Successfully Implement and Standardize your IDDSI Program



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Happy National Winnie the Pooh Day

- Let us proceed with kindness
- How can we lift each other with IDDSI implementation?



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Learning Objectives

1. Become confident with the "what" and "why" of IDDSI, including understanding what CAN and CANNOT be changed about IDDSI Implementation. *Why the "Standardisation" is essential!*
2. Accurately navigate implementation barriers and discover solutions. Feel comfortable surfing the IDDSI website for solutions and how to put the resources to good use: what have others done?
3. Participate in/create an effective team; how to uphold best practices; how to coordinate efforts within the kitchen for skill development; and collaborate with other health care team members for person centered care.
4. Recognize the connection between quality improvement and a sustainable, IDDSI implementation project. Embrace the IDDSI-QAPI COMPLIMENT: a method for your facility to adopt IDDSI, track progress, collect data, and calculate benefits.

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National Organizations Support IDDSI

- "The Academy, ANFP and ASHA are committed to supporting its members during their transition."
- "It is imperative that all healthcare providers globally implement IDDSI, both to ensure patient safety and to maintain current standards of practice."
- "Beginning October 2021, IDDSI will be the only texture-modified diet recognized by NCM®. The National Dysphagia Diet and associated resources will no longer be included in the NCM® past October 2021." eatrightpro.org


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"What" and "Why" of IDDSI Implementation

- Why is "standardisation" so important?
- What if I do it "my way"?
- What cannot change...
- What can we individualize?
- What can I do if I am "stuck"? Where do I start?
- How do I begin learning the language of IDDSI?
- Feeling more confident now?

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IDDSI
International Dysphagia Diet Standardisation Initiative
Standardising dysphagia diet terminology to improve safety.

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

© The International Dysphagia Diet Standardisation Initiative 2019 @ <https://idddi.org/framework/> Licensed under the Creative Commons Attribution ShareAlike 4.0 License <https://creativecommons.org/licenses/by-sa/4.0/deed.en> Derivative works extending beyond language translation are NOT PERMITTED

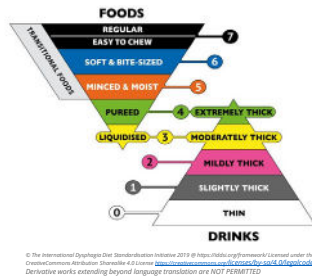
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IDDSI Overview

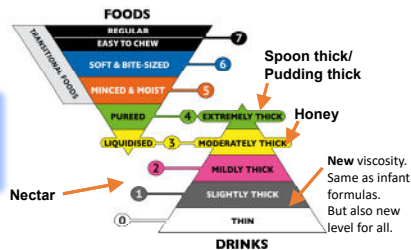
- What IDDSI is
 - Framework standardization
 - Standardisation of terminology, description and testing methods
 - A descriptive tool used by clinicians to assess and determine individualized diet order
 - Used by kitchen to evaluate consistency of finished product
- What IDDSI is NOT
 - Not a prescriptive or diet order
 - Not modifiable; not "copy and paste"
- Individualized approach is key



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IDDSI FRAMEWORK: The Power of 3

3 Identifiers:
Number, label, color.
New terms clear up confusions!



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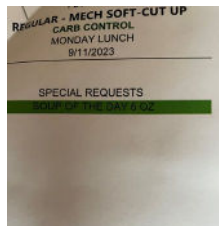
Why is Standardization so Important?

- How would you interpret this diet order?

Regular Mech Soft Cut up

- Carb Control
- Soup of the day

- What will you put on this tray?



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Individualized/Person-Centered Diet Orders



MATCH:

Diet manual, menu extensions, and diet order language



DETERMINE:

Exact diet order wording and "exception" language



UTILIZE:

IDDSI Framework



CLEAR DIET ORDERS

Are needed to avoid confusion when creating exceptions

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Best Practice

- Best practice is to **use at least 2 identifiers**
- Preferred is to use the **IDDSI Icon** (including color) and descriptive name



- When the IDDSI icon is not possible, use descriptive name followed by level number:
 - **Mildly Thick, Level 2**
 - **Mildly Thick, MT2**
- When space does not allow 2 identifiers, use descriptive name or IDDSI abbreviation
 - **Mildly Thick**
 - **MT2**



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Therapeutic Diet	Texture	Drink
<ul style="list-style-type: none"> Regular General House 2gm Sodium Low Fat, Low Cholesterol 	<ul style="list-style-type: none"> Regular, RG7 Easy to Chew, EC7 Soft & Bite-Sized, SB6 Minced & Moist, MM5 Pureed, PU4 Liquidized, LQ3 	<ul style="list-style-type: none"> Thin, Level 0 Slightly Thick, Level 1 Mildly Thick, Level 2 Moderately Thick, Level 3 Extremely Thick, Level 4



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How to Successfully implement and standardize your IDDSI program

6 SOFT & BITE-SIZED	5 MINCED & MOIST
<p>Descriptions/Characteristics</p> <ul style="list-style-type: none"> Can be eaten with a fork, spoon or chopsticks Can be scooped with a spoon with pressure from fork, spoon or chopsticks A solid is not required to cut this food, but may be used to help hold food in place Soft, tender and moist throughout but with no separate thin liquid Chewing is required before swallowing Food should be moist, slippery for the rim and not processing skills Appearance, shape, texture, temperature <ul style="list-style-type: none"> Appearance, shape, texture, temperature Appearance, shape, texture, temperature <p>Physiological rationale for this level of thickness</p> <ul style="list-style-type: none"> Being in soft form Food should be moist Food should be moist enough to minimize chewing risk Tongue force and pressure is required to move the food and keep it within the mouth for chewing and not processing Tongue force is required to move the food for swallowing Food should be moist enough to move the food for swallowing Food should be moist enough to move the food for swallowing <p>Although descriptions are provided, use IDDSI Testing methods to decide if the food meets IDDSI Level 6.</p> <p>TESTING METHODS</p> <p>See also IDDSI Testing Method document at https://idddi.org/frameworks/testing-methods/</p> <p>Spoon Pressure Test</p> <ul style="list-style-type: none"> Pressure from a spoon held on its side can be used to "cut" or "break apart" or "flake" this texture into smaller pieces When a sample of food is held with a spoon, it should be pressed with the side of the spoon against the food and the food should be pressed into the spoon When a sample of food is held with a spoon, it should be pressed with the side of the spoon against the food and the food should be pressed into the spoon <p>When fork is not available</p> <ul style="list-style-type: none"> Chopsticks can be used to break this texture into smaller pieces or particles 	<p>Descriptions/Characteristics</p> <ul style="list-style-type: none"> Can be eaten with a fork or spoon Can be eaten with chopsticks in some cases, if the individual has good hand control Can be scooped with a spoon with pressure from fork, spoon or chopsticks Soft and moist with no separate thin liquid Soft and moist with no separate thin liquid Soft and moist with no separate thin liquid Appearance, shape, texture, temperature <ul style="list-style-type: none"> Appearance, shape, texture, temperature Appearance, shape, texture, temperature <p>Physiological rationale for this level of thickness</p> <ul style="list-style-type: none"> Being in soft form Food should be moist Food should be moist enough to minimize chewing risk Tongue force and pressure is required to move the food and keep it within the mouth for chewing and not processing Tongue force is required to move the food for swallowing Food should be moist enough to move the food for swallowing Food should be moist enough to move the food for swallowing <p>Although descriptions are provided, use IDDSI Testing methods to decide if the food meets IDDSI Level 5.</p> <p>TESTING METHODS</p> <p>See also IDDSI Testing Method document at https://idddi.org/frameworks/testing-methods/</p> <p>Spoon Pressure Test</p> <ul style="list-style-type: none"> Pressure from a spoon held on its side can be used to "cut" or "break apart" or "flake" this texture into smaller pieces When a sample of food is held with a spoon, it should be pressed with the side of the spoon against the food and the food should be pressed into the spoon When a sample of food is held with a spoon, it should be pressed with the side of the spoon against the food and the food should be pressed into the spoon <p>When fork is not available</p> <ul style="list-style-type: none"> Chopsticks can be used to break this texture into smaller pieces or particles

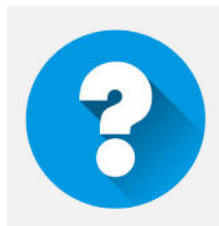
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5 MINCED & MOIST	4 MINCED & MOIST
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Summary.....Let's All Speak The Same Language


- Why is "standardization" so important? Safety, communication, and care: all follow same guidelines...
- What cannot change? IDDSI Framework.
- What can we individualize? The diet order.
- What to do if I am "stuck"? Read the directions.
- Where do I start? Read the directions with a colleague



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Putting the "S" back in IDDSI:


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IDDSI Implementation Barriers

- IDDSI resources: Not aware, using suboptimal resources
- Not using a structured implementation plan
- Lack of understanding: The "Why" and "What" of IDDSI
- Lack of educational leaders
- Lack of evaluation and reflection on IDDSI implementation and usage

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Navigate the Barriers and Be Ready with Solutions!

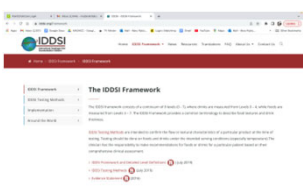
Did you know?
Speech pathologists and dietitians were identified as sources to assist in active learning and encourage multidisciplinary collaboration.

Guess what?
Audits, feedback, staff performance assessments, knowledge-level exams and team meetings may lead to increased success with implementation.

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Solution: Start with Instruction Manual at IDDSI.org

- Read First
 - Complete IDDSI Framework Detailed Definitions
 - IDDSI Framework Testing Methods
<https://iddsi.org/Framework>
 - Evidence Statement
- Watch
 - YouTube
 - Instagram, LinkedIn

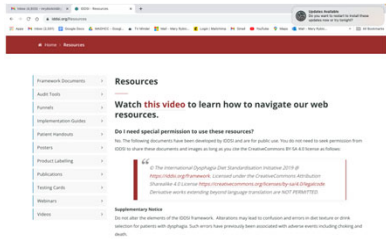


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3 Key Messages on Resources Page



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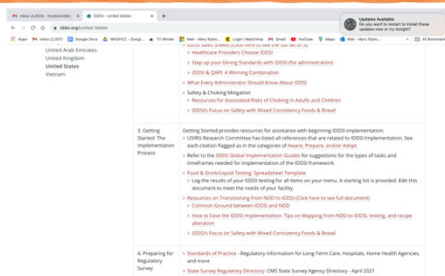
IDDSI Country Specific Reference Groups

- Go to IDDSI website:
<https://iddsi.org/>
- Scroll down to "United States" or use this direct link :
<https://iddsi.org/United-States>
- Check out the FAQ on USIRG - adding more



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USIRG: Section 3: Implementation



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Solution: Comply with Regulations Evidence-Based Practices and Competencies

- F 658. 483.21 (b)(3) Comprehensive care plans.
 - Must meet professional standards of quality
 - Care and services provided per accepted standards of clinical practice
 - Example provided includes standards published by "ADA"
 - Find this on the USIRG Page
 - Additional examples for hospitals, home health and hospice
 - Resource available on the "United States" Tab at IDDSI.org



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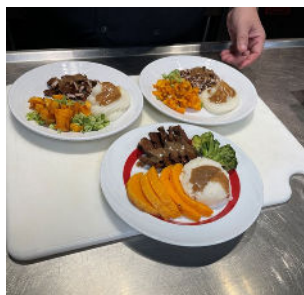
Solution: Create a Successful IDDSI Culture



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1. Build and Engage the Team

- Make it interdisciplinary
 - NDTRs, RDNs, Dietary Managers, SLPs, and Nursing working with the whole culinary team
- 3 Rs:
 - Remember the "WHY"
 - Relate to "your story"
 - Reinforce best practice



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1. Build and Engage the Team (Cont'd)

- Connect the team by learning together about IDDSI
- Practice using the IDDSI language
- Clarify diet order terminology and definition (what is served?)
- Streamline communication within the team
- Facilitate the interprofessional collaboration for individualized person-centered care
- Empower yourself, coworkers and leadership!

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2. Involve Leadership

- Add in Management understanding and support; and a touch of money
- Mix in: Objective audits, trainings and competencies, feedback, and routine meetings
- Fold into QAPI or QA program
- Consider optional ingredients, specific to your location.

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3. Training and Competencies

- Tips that have worked for others:
 - Establish a training lead position
 - Incorporate into routine training
 - Identify informal opportunities!
 - Take pictures of testing results; post. Keep it in an IDDSI binder.
 - Color code: charts, diet spreadsheets, menu tickets
 - Include what is allowable and note restrictions on SNACK CARTS too!

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3. Training: Use the Competencies

- Prove that your staff has been educated
- Train, record, and track at QAPI
- Utilize Competencies on USIRG IDDSI website after viewing of the videos
- Create additional Q/A to documented competencies for different departments
- Keep in mind...
 - New employees may have existing IDDSI skills
 - All levels and departments learning the same information
 - IDDSI becomes the common language for the TEAM



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Sustaining the IDDSI Program Takes Monitoring and Evaluation

- Audit using IDDSI testing
- Track data
- Adjust recipes and procedures
- Monitor Feedback
- Report your results!



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Monitoring and Evaluation

QAPI + IDDSI= What a team!

Goals:

- PROMOTE resident safety.
- OPTIMIZE Staff efficiency.
- CONTROL food costs and dining efforts.
- IMPROVE resident satisfaction.
- GAIN staff confidence and skills
- CHANGE HEALTH OUTCOMES.
- DECREASE READMISSIONS.
- IDENTIFY and document positive changes

A screenshot of a data tracking table with multiple columns and rows, showing various metrics and dates. The table is titled "Tracking data... and capturing benefits of everyone speaking the IDDSI language!".

Tracking data... and capturing benefits
of everyone speaking the IDDSI language!

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Practice Makes Perfect: AUDITS Feed Your QAPI

The screenshot shows the IDDSI Audit Tool interface. It includes a header with logos for PUREED, IDDSI, and others. Below the header, there are sections for 'Audit Tool', 'Audit Categories', and a table of results. The table has columns for 'Category', 'Item', 'Status', and 'Score'. The results are organized into sections like 'Intended for Liquids', 'Intended for Soft Solids', and 'Intended for Thick Solids'. Each section contains a list of items with their corresponding scores and status (e.g., 'Pass', 'Fail', 'Not Tested').

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Challenge: Can We Improve Quality Of Food Textures?



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PDSA Cycle

Performance Improvement Project on Improving Puree Consistency Using IDDSI Framework and Testing

What are we trying to accomplish (aim)?

- Produce consistent puree menu items; improve presentation, taste and acceptance of puree foods; and begin transition towards IDDSI implementation

How will we know that change is an improvement (measures)?

- Puree food meets IDDSI Testing expectations; resident acceptance of puree foods; and staff, resident, and family feedback

What change can we make that will result in an improvement (ideas, hunches, theories)?

- Following IDDSI Framework and Testing
- Incorporate new procedures, recipes, cooking processes and serving protocols into daily routine

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Risks vs Benefits: Find Your Waste And Create Improvements

- Less is more!
- Extras difficult to track
- Orders for fortified foods and extras?
- Are we following orders?
- Can we improve dining experience?



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IDDSI: Standardize and Increase Options to Individualize and Possibly Upgrade Texture

Historical Diet Names/Definitions	What could be the IDDSI Version?
NDD Level 3 Dysphagia Advanced/Mech soft/dental soft	EC7, soft bread allowed
Chopped/cut-up	SB6, allow bread/bread products
NDD Level 2/Dysphagia Mechanically Altered/Dysphagia Ground/Ground	SB6 with MM5 meats or
Ground with puree fruit/veg	MM5, allow muffin/coffee cake
NDD Level 1/Dysphagia/Puree	MM5 with SB6 Fruit/Veg
Thin puree	MM5 with PU4 Fruit/Veg***
	LQ3

**Reality check: What will be served?*

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Process For Mechanical Altered Diet Order:

Each Step Can Result in Miscommunications and Confusion

Assess

- Use shared best practice = IDDSI

Write Diet Order

- Individualize

Fill Diet Order

- What to serve?


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Interpret The Diet Order


Translate into facility available diets and food available



Opportunity for improvement?

Who gets what?
Takes some organization and paperwork
Tally what and how much


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Case Study on Regulation: Serve Diet as Ordered

- Problem: Failure to ensure correct diet was served to 3/3 residents
- Initiation of investigation: Resident on SB6 choked on cantaloupe
- Situation: Tx to ED, CXR found lump 2.7x2.0 cm. Was too big to be allowable on SB6. State came in to investigate; found more errors.

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Case Study on Regulation: Serve Diet as Ordered (Cont'd)

- Diet order did not follow diet manual description for SB6. Particles too big. Another res. given bacon in SB6 pieces; but not soft enough; & was also given pastry on SB6; bread NOT allowed unless documented. A 3rd res. on MM5 got the same cantaloupe (that 1st res. choked on) b/c this res. was "allowed canned fruit."
- IDDSI auditing could have prevented 3/3; all findings would have been identified for resolution because particle size too big AND/OR fail on fork pressure test.

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Challenge: Meet Regulation: Serve the Diet As Ordered

Clear, consistent diet orders eliminate risk for error

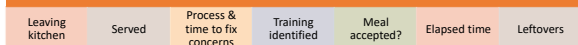


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Performance Improvement Projects (PIP): IDDSI Example

Accuracy of texture modified diets prepared & served

Follow the process:



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Additional IDDSI.org Resources

- "News": Sign up for the free E-bite
- Monthly newsletter. "Special Features" such as the funnel, IDDSI APP
- Explanation of mixed consistencies, reminders of why temperature is so important, and a puree deep dive. <https://iddsi.org/News>
- Resource library in development: <https://iddsi.org/Resources>
- FAQs make great staff shares: <https://iddsi.org/FAQ>
- Translations: <https://iddsi.org/Translations/Available-Translations>



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Conclusion

- Refer to your handout for references
- The IDDSI framework can target improved quality care and patient safety.



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Thank you!



- **Credit Hours:** Please watch for a follow up email with detailed information on how to obtain your certificate (instructions are also on the next slide).
- **Watch our emails** for upcoming programs.
- **Sign up for free membership** at www.beckydorner.com for free resources, discounts on CPE courses, webinars, publications, and valuable practice tips and tools.

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Certificates (for Free Webinars)

1. Log into your account using the same email address you used when registering for the webinar. Not a Member? Create your free account at <https://www.beckydorner.com/become-a-member/>. You must be a member to obtain your certificate.
2. Access the recording, download handouts, and review instructions on how to receive your CPE certificate at: <https://www.beckydorner.com/free-resources/free-cpes/>
3. Choose the appropriate webinar to access all the information.
4. Follow the instructions to obtain your certificate.

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References and Resources

1. The International Dysphagia Diet Standardization Initiative web site: <https://iddsi.org/>. Accessed September 30, 2023.
2. Academy of Nutrition and Dietetics Nutrition Care Manual. http://www.nutritioncaremanual.org/content.cfm?ncm_content_id=81215. Accessed September 30, 2023.
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