

WHY IDDSI AND ITS TRANSITION STRATEGIES

THE WHAT, WHY, WHO AND HOW OF IDDSI




International Dysphagia Diet Standardisation Initiative

MAND March 29, 2019
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Disclosures:

- Mary Rybicki – Editor in Chief of NCM Diet Manual, Academy of Nutrition and Dietetics
- Heather Wilson – Menu and Recipe development for Golden Living and contributor to GL Diet Manual



International Dysphagia Diet Standardisation Initiative

IDDSI Updates and Implementation

Learning Objectives:

1. Describe why IDDSI is essential for patient safety and future research
2. Understand the IDDSI Framework and where to obtain resources
3. Recognize the application in your setting and how to begin to plan for transition



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IDDSI WHAT AND WHY?

International Dysphagia Diet Standardisation Initiative



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

WHAT IS IDDSI?

*Evidence based global standardized 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.*

WHAT REALLY IS IDDSI?

What it IS a *description*

- Standardization of terminology, description and testing methods
- Rationale of Best Practice

What it is NOT a *standardized prescription of diets*

- Clinical assessment is needed
- SLP and RDN must work together to individualize

International Dysphagia Diet Standardisation Initiative

Safety through...

- Common terminology for
- All ages
- All care settings
- All cultures

www.iddsi.org

WHY DO WE NEED A STANDARDIZED SYSTEM?

1. **Safety** = Based on research
2. **Clinical Efficiency** = Same terminology between and within institutions avoiding reassessment
3. **Commercial Implications** = testing methods for consistency and validation
4. **Applies to ALL** = Individuals with swallowing difficulties
Family and Care providers, Health Care professionals, and Food Service departments

IDDSI stakeholder survey 2013-2014

- Only 40% of respondents check that texture modified foods and thickened liquids are of appropriate consistency before serving!?!
- **Point of serving is key time to ensure correct texture and consistency.**

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WHAT ARE OUR CONCERNS?

Resident Safety: ALWAYS

- ✓ #1 concern = Safety of patients
- ✓ Regulatory compliance is for safety too!
- ✓ Development of clinical evidence
- ✓ Conducting future research

Quality Product

Current texture modified diets:

- Missing consistent product
- Confusing terms
- Complicate admission process
 - Transitions of care
 - 48 hour care plan & first meal

✓ **Training tools**

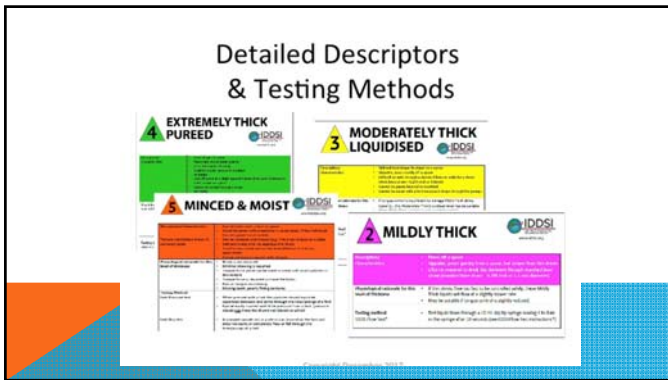
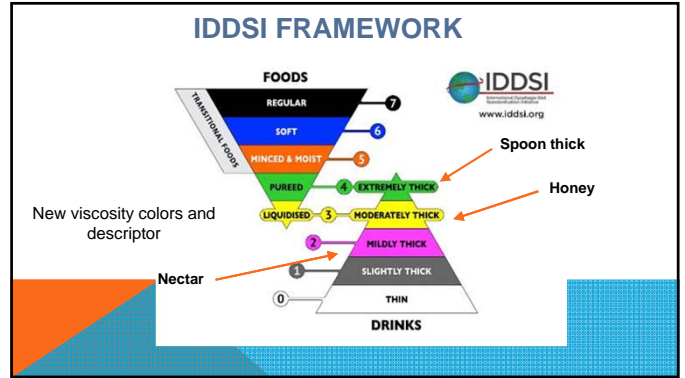
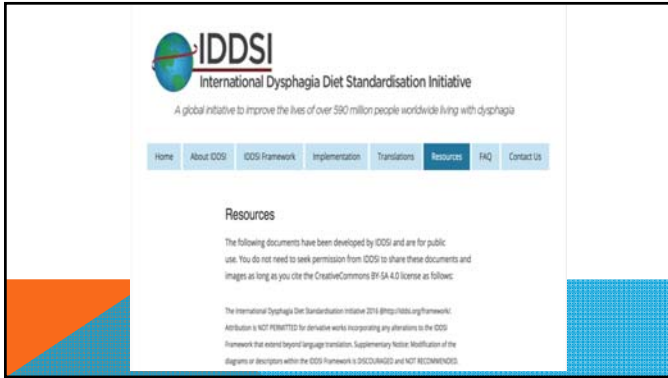
- Be knowledgeable to be resourceful

SAFETY FIRST!

ACADEMY UPDATE

Academy of Nutrition and Dietetics

- ☐ **Academy & ASHA Collaboration continues**
 - FNCE 2018: IDDSI on the Expo floor: BUSY! Many have started implementation.
 - IDDSI Implementation is a "journey": it is a transition process that will take time.
 - May 2019: Date to "Begin" this transition (not to complete it!)
 - IDDSI Academy webpage finalized, look for that as resource for members.
- ☐ **Nutrition Care Process Terminology updated with IDDSI terms & definitions**
- ☐ **NCM Diet Manual includes both NDD and IDDSI: plan to phase out NDD & update IDDSI**
 - Use the NCM Diet Manual Crosswalk to connect texture diet names to NCM Diet Manual content
 - New 2019 IDDSI Consumer Education sheets: link added
 - Audit testing sheets added



4 EXTREMELY THICK	
Description/characteristics	<ul style="list-style-type: none"> Usually eaten with a spoon (a 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
Texture restrictions shown in summary table	<ul style="list-style-type: none"> Falls off spoon in a single spoonful when tilted and continues to hold shape on a plate No lumps Not sticky Liquid must not separate from solid
Physiological rationale for this level of thickness	<ul style="list-style-type: none"> If tongue control is significantly reduced, this category may be easiest to manage Requires less propulsion effort than Mincéd & Mincéd (level 5), Soft & Bite-Sized (Level 6) and Regular (Level 7) but more than Liquidised/Moderately thick (Level 3) No biting or chewing is required Increased residue is a risk if too sticky Any food that requires chewing, controlled manipulation or bolus formation are <i>not</i> suitable Pain on chewing or swallowing Missing teeth, poorly fitting dentures

Mixed Consistency and Bread

Mixed Consistency

Definition = foods that contain solid and liquid

Examples:

- Soup with vegetable, pasta, and meat
- Cold cereal and milk
- Canned fruit in juice
- Stews and casseroles

Bread

Is considered major cause of choking in literature review since it cannot easily be mashed or broken down

Substitute with modified products (pureed or gelled) and plan menus with less bread


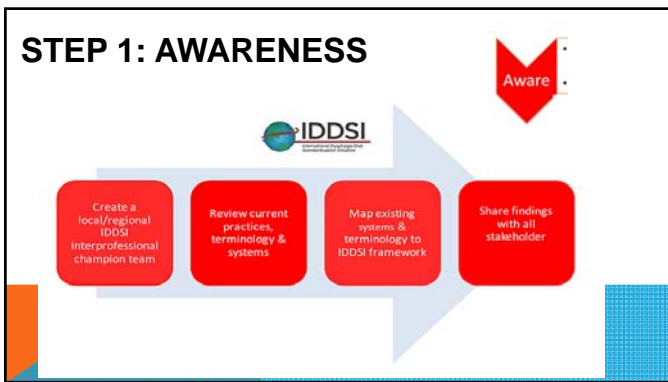
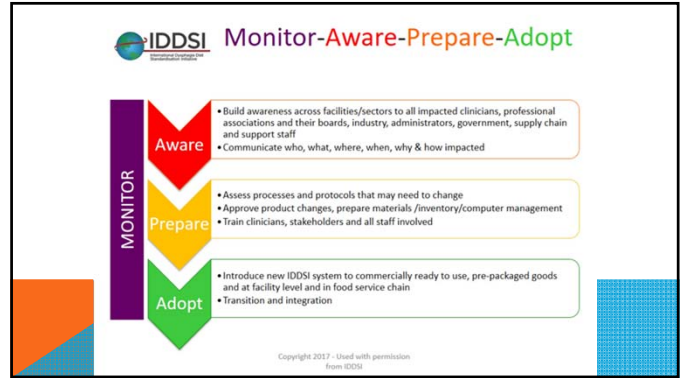
'Transitional foods'

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

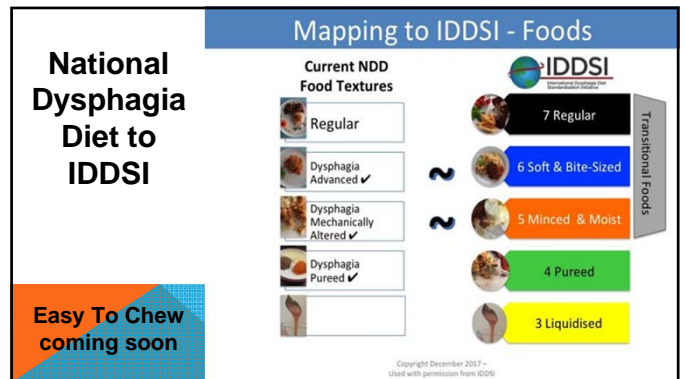
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IDDSI IMPLEMENTATION

DIET MANUAL

Establish Existing Terminology	Ongoing Adjustment
<ul style="list-style-type: none"> Establish standard name and what is served on each texture modified diet Get new diet order language approved Communicate to ALL Transition gradually 	<ul style="list-style-type: none"> Adjust as you learn – be as specific as possible Keep as liberal as possible Use diet manual as training tool Individualize for specific resident needs

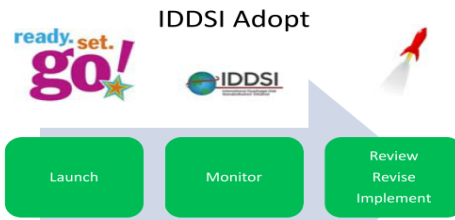


FOOD TEXTURE REQUIREMENTS

- A Green Shaded Check = is acceptable characteristic for specific texture level
- A Red Shaded Check = is not acceptable characteristic for specific texture level

Description/Characteristics	3 Liquidized/ Moderately thick	4 Pureed/ Extremely thick	5 Minced & moist	6 Soft & bite sized
No skin, no crust even after cooking, heating or standing	✓	✓	✓	✓
No separation of thin (watery) liquid	✓	✓	✓	✓
Will hold its shape on a plate, fork or spoon	✗	✓	✓	✓
Soft grainy texture quality	✗	✓	✓	✓
Visible lumps	✗	✗	✓	✓
Can contain soft, smooth, rounded, moist, small (2-4 mm) lumps if tender throughout	✗	✗	✓	✓
Can contain soft, moist large (8-15 mm) lumps if tender throughout	✗	✗	✗	✓

STEP 3: ADOPT



INGREDIENT AND COOKING METHOD

Ingredient Considerations:

- Size
- Ripeness
- Quality
- Characteristics



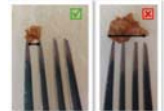
Cooking Methods

- Keep moist
- Time and temperature
- Cooking and holding technique
- Taste



Recipe Development = Key Education Tool

- Use IDDSI definitions and measurements
- Emphasize importance of testing at point of service



MINCED & MOIST

Testing intended for: Product or food tested: _____

Heating method(s): At time of service 15 mins after serving 30 mins after serving

Temperature when tested: _____

Instructions:

- Level 5 Minced & Moist (50/50) tests include Appearance + Fork Pressure Test + Spoon Lift Test. If these are not available Finger Test.
- For particle size, test procedure to remove a 'shaved' test - must be equal to or less than three width and no longer than three in length (width).
- Equal to three (or three width and no longer than three in length).
- The food has most parts or most (three) for any one method.

Visual Appearance	Moisture criteria at		
	Time of service	15 mins after serving	30 mins after serving
1. Lumps less than or equal to three width, three guidelines	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. No separation 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
3. Will hold its shape on a plate, fork or spoon	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Small soft to evenly rounded with little pressure from a silver 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
5. Dimensions (width) and (height) should not exceed 3:1 ratio	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Fully rounded and smooth (no sharp edges) if a Finger Test	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Holds shape on spoon	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
8. Food sticks off spoon with little food left on spoon (e.g. egg, potato)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
9. Food sticks off spoon with little food left on spoon (e.g. egg, potato)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

MENUS AND SPREADSHEETS



MINCED & MOIST



- FOOD**
- 3 ounce Chopped Roast Beef
 - 1/2 cup Diced Carrots
 - 1/2 cup Mashed Potatoes
 - 1/4 cup Beef Gravy
 - 6 ounce Blended Veg Soup LS
- Trayline**
- 1 each LS Veg Juice (V8)
 - 1/3 cup Cottage Cheese
 - 1 each FF Chocolate Pudding
 - 6 ounce Nechr Thk Decaf Coff
 - 2 pkt Smart Balance

STEP 4: MONITOR



MONITOR

- Continually update and adjust Diet Manual and Menus as we learn more things
- Electronic process of how to write diet orders
- Update Menu Software and Tray Tickets as needed
- Educate all players – staff, surveyors, family, residents
- Celebrate our successes

CHOOSE YOUR PATH

- There are many paths
- Same outcome
- Choose one
- Don't turn back
- Always some side roads



IDDSI TESTING METHODS

IDDSI Testing Methods

- **Flow Test** = measures viscosity of liquids (Level 0-3)
- **Fork Drip Test** = measures thickness (Level 4)
- **Fork Pressure Test** = measures softness (Level 6)
- **Spoon Tilt Test** = measures stickiness (Level 4)
- **Fork Tine** = size of particle (Level 5)



Flow Test

Testing for Puree and Extremely Thick

Fork Drip Test



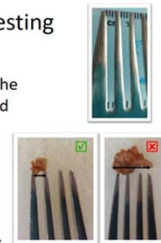
Spoon Tilt Test



Fork Tine Testing

IDDSI Texture Testing

- IDDSI Fork Test:
- The slots/gaps between the tines/prongs of a standard metal fork typically measure 4 mm.
 - This provides a useful compliance measure for particle size of foods at Level 5 - Minced & Moist.



Fork Pressure Testing

 Texture Testing

IDDSI Fork Pressure Test:

- A fork can be applied to the food sample to observe its behavior when pressure is applied.
- Pressure applied to the food sample has been quantified by assessment of the pressure needed to make the thumb nail blanch noticeably to white.



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MASHED POTATO TESTING

Minced and Moist Mashed Potato Video

Pureed Mashed Potato Video



IDDSI tests – Level 5 Minced & Moist demonstration video – particle size



Additional Resources

Read more about the descriptors, testing methods, and the evidence from research with the documents below.



IDDSI Framework + Detailed Definitions



Testing Methods



Evidence Statement

IDDSI AND QUALITY IMPROVEMENT



WHAT IS WRONG WITH THIS PICTURE?



- How do we get participation?
- Cooperation?
- QAPI & IDDSI = great fit!
- Lots of small PIP's
- How can we do things better?
- Safer?
- Improve outcomes

Identify Opportunities for Improvement

Where to Begin? Identify your concerns & collect data:

- ▶ Is that ground allowed the bun?
- ▶ Wait... is it a ground or a mechanical soft?
- ▶ Or is it a "no bread"? Is a bun a bread?
- ▶ I think that person is a dysphagia 2 or 3...?
- ▶ What is the difference?
- ▶ I don't know?
- ▶ Let's see how it goes....
- ▶ I guess the patient will be fine...?

CREATIVE SOLUTIONS TO SHARE

1. Test one food category at a time
2. Take Pictures & Educate
3. Ask Questions
4. Relay information to your vendors
5. Play

- Pick one day a week to test
- Coordinate with SLP
- Use QAPI meeting times to track progress and share results
- Explore website together
- Just do it! it gets easier as you practice testing



EXAMPLES OF EARLY ADAPTORS

- RDN & SLP created Google doc to track testing results
- Took a year to test all menu items and classify
- Determined limits of food service & # of versions; example cottage cheese
- Made immediate changes to recipes and spreadsheets
- Determine common diet exceptions; diet orders
- Test liquids together with nursing/others to learn current concerns
- Use diet manual & client education sheets for updating P&P
- First step: putting up posters
- Last step: change the actual diet name

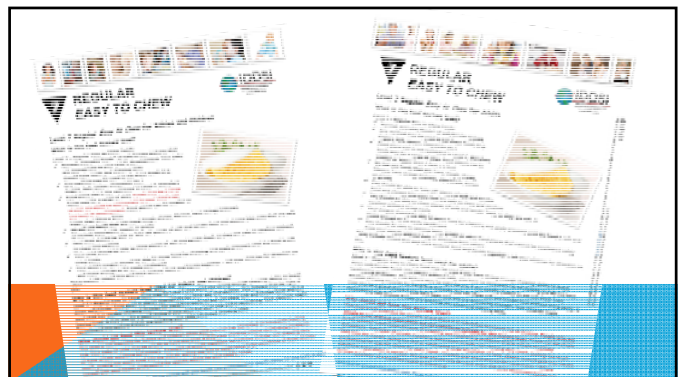
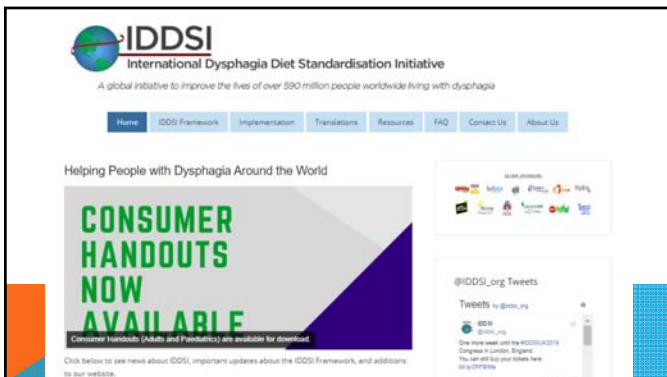
TRANSITIONS OF CARE: IDDSI IS FOR ALL SETTINGS

Action Items for Success:

Benefits as confidence grows!

- Reaching out
- Test trays
- Following IDDSI Framework & resources
- Testing, testing, testing
- Collaboration between all departments

- IDDSI Framework is Objective for SLP & RDN to follow together
- Easily identify confusion and test on the spot
- Improved relationships & confidence among departments
- Training becomes streamlined



IDDSI
International Dysphagia Diet Standardisation Initiative

CONSUMER HANDOUTS - PAEDIATRICS
CONSUMER HANDOUTS - ADULTS

- General Back page info: What is the IDDSI Framework - Adult
- Level 0 Thin - Adult
- Level 1 Slightly Thick - Adult
- Level 2 Moderately Thick - Adult
- Level 3 Extremely Thick - Adult
- Level 4 Pureed - Adult
- Level 5 Minced and Moist - Adult
- Level 5 Minced and Moist - Food examples - Adult
- Level 5 Minced and Moist - Food to Avoid - Adult
- Level 6 Soft and Bite Sized - Adult
- Level 6 Soft and Bite Sized - Food examples - Adult
- Level 6 Soft and Bite Sized - Food to avoid - Adult
- Level 7 Easy to Chew - Adult
- Level 7 Easy to Chew - Food examples - Adult
- Level 7 Easy to Chew - Food to avoid - Adult
- Level 8 Regular - Adult
- Transitional - Adult

IMPLEMENTATION
PRESENTATIONS
PUBLICATIONS

IDDSI FOOD & DRINKS CLASSIFICATION AND TESTING ADULT & PEDIATRIC

FOODS

TESTING INFO

LEVEL 0 - THIN
The consistency of thin liquids will change to a slightly thicker Level 1 texture as it is eaten. Drinking through a straw is not recommended.

LEVEL 1 - SLIGHTLY THICK
Drinking through a straw is not recommended.

LEVEL 2 - MODERATELY THICK
Drinking through a straw is not recommended.

LEVEL 3 - EXTREMELY THICK
Drinking through a straw is not recommended.

LEVEL 4 - PUREED
The consistency of pureed foods will change to a slightly thicker Level 5 texture as it is eaten. Drinking through a straw is not recommended.

LEVEL 5 - MINCED AND MOIST
The consistency of minced and moist foods will change to a slightly thicker Level 6 texture as it is eaten. Drinking through a straw is not recommended.

LEVEL 6 - SOFT AND BITE SIZED
The consistency of soft and bite sized foods will change to a slightly thicker Level 7 texture as it is eaten. Drinking through a straw is not recommended.

LEVEL 7 - EASY TO CHEW
The consistency of easy to chew foods will change to a slightly thicker Level 8 texture as it is eaten. Drinking through a straw is not recommended.

LEVEL 8 - REGULAR
The consistency of regular foods will change to a slightly thicker Level 9 texture as it is eaten. Drinking through a straw is not recommended.

DRINKS / LIQUIDS

TESTING INFO

LEVEL 0 - THIN
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LEVEL 1 - SLIGHTLY THICK
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LEVEL 2 - MODERATELY THICK
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TRANSITIONAL FOODS TEST INSTRUCTIONS

FLOW TEST INSTRUCTIONS

FOOD TEST INSTRUCTIONS

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