



IDDSI – A Strategic Transition to the New Diet Texture Standards

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MOMENTUM
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Renaissance Schaumburg
Convention Center - Schaumburg, IL

Objectives

- Name the new diet texture standards
- Describe the difference between the old National Dysphagia Diet (NDD) Textures and the new International Dysphagia Diet Standardization Initiative (IDDSI) Textures
- Identify the key players needed to prepare to the conversion of the new textures within a community

Dysphagia



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Any disruption in the swallowing process during bolus transportation from the oral cavity to the stomach

Stroke

Brain Injury

**Parkinson's
Disease**

**Alzheimer's
Disease/Deme
ntia**

**Cognitive
Defects**

**History of
Aspiration**

**Medication
Side Effect**
(i.e., sedation,
decreased
saliva)

**Cancer in
the mouth,
throat or
esophagus**

**Injury or
surgery
involving the
head or neck**

**Decayed,
missing or
loose teeth**

**Poorly fitting
dentures**

Brain Tumors

NDD vs. IDDSI

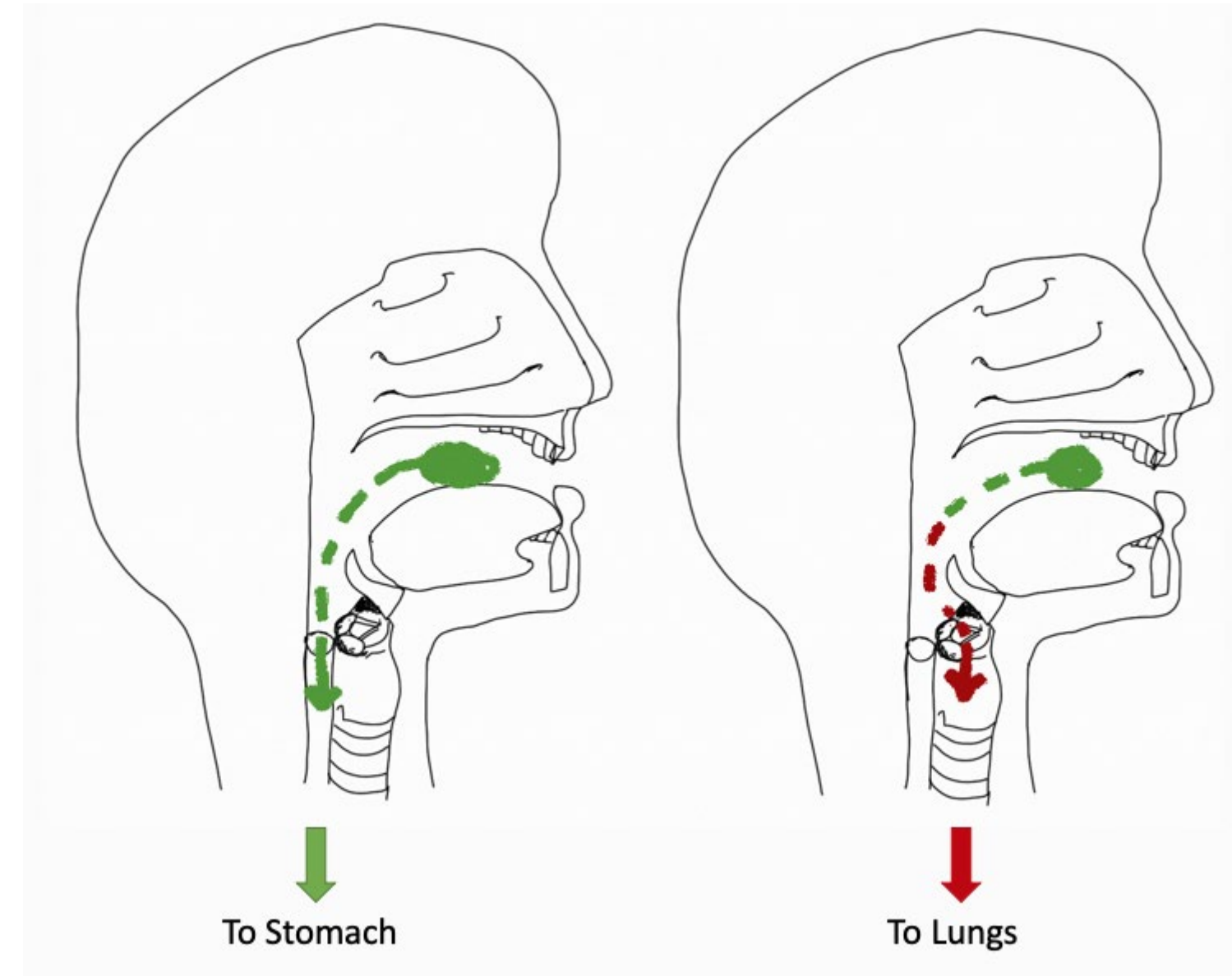
NDD/Sodexo Diet Name	Similar to IDDSI Diet Labels
• Regular: No Change	• Regular (Level 7)
• NDD Level 3: Advanced <25 mm • Mechanical Soft/Chopped	• Soft & Bite-Sized (Level 6) • 15 mm x 15 mm: adult particle size
• NDD Level 2: Mechanically altered—6 mm particle size • Mechanically Ground/Dysphagia	• Minced & Moist (Level 5) • 4 mm: adult particle size
• NDD Level 1: Pureed	• Pureed (Level 4)
• Pudding or Spoon Thick Liquids	• Extremely Thick (Level 4)
• Honey Thick Liquids	• Liquidized (Level 3) • Moderately Thick (Level 3)
• Nectar Thick Liquids	• Mildly Thick (Level 2)
• No NDD Level	• Slightly Thick (Level 1) • Naturally thick liquids, like supplements and infant formulas
• No NDD Level	• Thin (Level 0)

IDDSI Structure



Risks and Complications

- Resident safety
 - Choking
 - Aspiration
- Malnutrition
- Dehydration



CMS Regulations

- F684 – Quality of Care
- F800 -
- F803 – Menus and Nutritional Adequacy
- F804 – Food and Drink
- F805 – Food Prepared to Meet Individual Needs

Demonstration



Interdisciplinary Team Approach



- Nursing
- Activities/ Life Enrichment
- Speech Therapy
- Resident/ Family
- Dining/ Nutrition Services

Nursing

- Training for nurses and nursing assistants
 - Serve as a second set of eyes to ensure meals are the appropriate texture
 - Review the consistency of foods brought in from outside
 - Ability to identify plated foods
- Review and update to electronic medical records
 - Transition diet orders to new framework
 - Update EMR to include new terminology



Activities/Life Enrichment



- Training to ensure they understand how to modify or check the consistency of foods and beverages prepared during activities

Speech Therapy

- Review clinical documentation to ensure diet terminology matches
- Collaborate with dietitian to review current residents on modified diets during the transition which may require updated swallow assessments
- Assist with training of staff members
- Collaboration to ensure menus match the diet textures



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Resident and Family

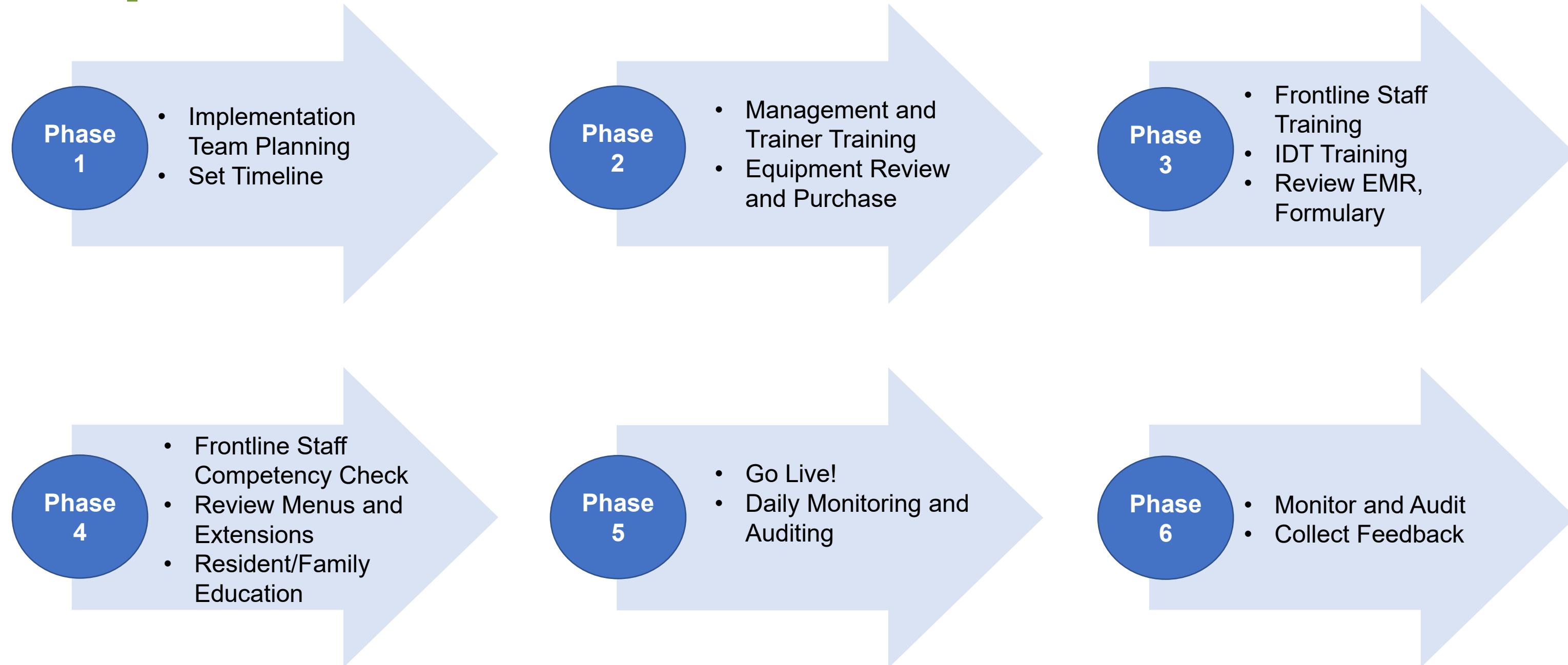
- Discuss the transition with the resident as some of their food may look different than before
- Educate family members on the change especially if they bring in food from home

Dining and Nutrition Services

- Review and purchase equipment as needed
- Update tray card system with new terminology
- Training including visual and hands on skills training
- Skills based evaluations with chefs and service staff
- Standardized tested recipes



Implementation Timeline



Tools

- Transition Readiness Checklist
- Training Videos
- Hands on Training Materials

Questions?





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