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**Implementation Package**

*For Phase 1 IDDSI Transition across the Winnipeg Regional Health Authority*

**International Dysphagia Diet Standardisation Initiative (IDDSI)**

Phase 1 - Implementation Plan

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# IDDSI Implementation Plan – Phase 1

## Background & Purpose of IDDSI:

The use of standardized diet texture and liquid-modification classifications is critical in **ensuring consistency and minimizing errors** surrounding diet textures. Standardized terminology and definitions allow for consistent communication among health professionals, care providers, clients, family, researchers and industry partners.

WRHA Nutrition & Food Services – Feeding & Swallowing Expert Review Group has completed a review of the literature, current practice and has identified International Dysphagia Diet Standardisation Initiative (IDDSI) as best practice.

IDDSI was formed by global experts in the area of dysphagia and has a principle **goal of enhancing safe care** of people with trouble chewing and swallowing across all sites, ages and cultures. When we use the same diet names and descriptions, we can be sure that we know what foods fit on each diet and provide safe care when a person comes to our site. These guidelines are being implemented across Manitoba (and Canada), and allows us to communicate consistent diet information when individuals are transferred, and reduces the need for re-education when staff move from one site to another.

## IDDSI Framework, including WRHA Implementation Phases:



***Photo Credit: The International Dysphagia Diet Standardisation Initiative 2016 @https://iddsi.org/framework/***

## Goal:

Changes in diets will be phased in, first with thick liquid diets, then with diet textures.

Phase 1 Implementation (thick liquid diets) – May 2019

Phase 2 Implementation (diet textures) – Proposed for 2020.  
*During transition, both new and current terms will be used for ease of communication (Eg. Mildly/Nectar Thick)*

Facilities Targeted: *All WRHA Facilities*

Note that this list of activities is intended to meet the needs of a variety of sites. *Your site may not use some of the tools listed and therefore are not applicable in your situation.* While this list is intended to be comprehensive, it will be updated as missing items are identified.

# OVERALL TIMELINE – PHASE 1

|  |  |
| --- | --- |
| **Date** | **Work Completed to Date** |
| **Feb 2015** | Feeding & Swallowing Expert Review Group formed |
| **May 2015** | Feeding & Swallowing Expert Review Group first draft of Executive Summary and recommendations (IDDSI) communicated to Regional Clinical Nutrition Managers |
| **Sept 2017** | Development of Diet Criteria |
| **Sept 2017** | Feeding & Swallowing Executive Summary sent out for stakeholder review |
| **Nov 2018** | Communication of plans for implementation of IDDSI diets to Directors of Care |
| **Jan 2019** | Education session provided to PCH food service staff (IDDSI Email Distribution Group) developed by Feeding & Swallowing Expert Review Group LTC Representatives |
| **Jan 2019** | Resources sent to IDDSI Distribution Group to begin review and determination of resources pertinent to site food service staff. PowerPoint, posters |
| **Jan 2019** | To begin transition process with identification of food service documents requiring updating (see detailed list under Food Service Implementation) |
| **Feb 2019** | PowerPoint with Voice Over planning |
| **Date** | **Upcoming Action Steps** |
| **Mar 2019** | Memo to announce implementation date starting May 2019 to:   * Clinical Programs * Medical Advisory * Nursing Leadership * Allied Health (including RD, SLP, OT etc.) |
| **Apr 2019** | Education of Phase 1 IDDSI to Staff **(See Education Action Items)** |
| **Apr 2019** | Establish updated CQI protocols **(See Food Service Action Items)** |
| **Apr 2019** | Identification and update of resources used within the site overall |
| **Apr 2019** | Update of identified food service resources |
| **Apr 2019** | Update all written tools and resources with dual terminology. *(Exception: SLP Assessment Form will be updated with new terminology Fall 2019)* |
| **May 2019** | **Transition to using IDDSI Thick Liquid Diet Terminology in all WRHA sites.** |
| **May to July 2019** | Update diet orders/care plans/patient files with IDDSI Phase 1 thick liquid diet terminology **(See Clinical Services Action Items)** |
| **July 2019** | All client records updated to dual terminology at all WRHA sites |
| **Fall 2019** | Update SLP Assessment Forms to WRHA IDDSI Phase 1 terminology |

# EDUCATION

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Action Item** | **Who is Responsible?** | **Done?** |
| **April 2019** | Develop Education Plan **(See Appendix A)** | **Site Champion(s)** |  |
|  | Provide Education (based on site needs) |  |  |
|  | Ensure all staff impacted by IDDSI Phase 1 transition have participated in education |  |  |
|  | Test Staff Knowledge with Post-Education Quiz **(See Appendix A)** |  |  |
|  | **Learning Objectives: All Staff should be able to:**   * Identify new diet terms and abbreviations * Use dual terms in communication with other staff |  |  |
|  | **Learning Objectives: Food Service/Cooks:**   * Perform IDDSI Testing Procedure following CQI Audit Guidelines **(See Appendix C)** * Prepare foods and thick liquids of the appropriate viscosity |  |  |

# FOOD SERVICE

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Action Item** | **Who is Responsible?** | **Done?** |
| **Food Service Management** | | |  |
| **April 2019** | **Update** Staff Orientation/Training Tools, including:   * Resources for employees providing thickened liquids (Eg. Posters with recipe directions up on the wards) * Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
|  | **Update c**urrent CQI audits with new terminology (as required):   * Menu audit * Point of Service Audit * Plate Waste Audit * Hydration Program Audit |  |  |
|  | **Implement** CQI for IDDSI:   * Standardized recipes with IDDSI guidelines and testing methods as required (Eg. Soup) * Implementation of IDDSI testing procedures and recording guidelines. **(See Appendix C)** |  |  |
|  | **Order** enough BD Syringes to complete testing.  *(Please see* [*www.iddsi.org*](http://www.iddsi.org) *for specifications on syringe requirements)* |  |  |
|  | **Test** all thickened liquids and soups made in house to determine which thick liquid level it is compliant to. ***(See WRHA IDDSI CQI Audit Guidelines in Appendix C)*** | **Cooks** |  |
|  | **Update** Communication Tools with the units |  |  |
|  | **Update** Menu and/or Menu Database |  |  |
|  | **Update** Recipes for thickened products |  |  |
|  | **Update Production Forms/Tools (as required):**   * Tallies * Diet Lists * Other:\_\_\_\_\_\_\_\_\_\_\_ |  |  |
|  | **Update Ordering Forms/Tools (as required):**   * Inventory Sheets * Ordering Frequency Charts * Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
|  | **Update Service Forms/Tools (as required):**   * Seating Plan * Feeding Plan * Tray Tickets * Diet Kardex * Other: \_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| **Meals on Wheels (MOW)** | | |  |
|  | **Update to include dual terminology:**   * Client files * Client Education Resources * MOW website |  |  |
| **Electronic Clinical Systems** | | |  |
|  | **RDF CBORD** |  |  |
| **April 2019** | **Update** the following with dual terminology:   * Diet Compendium * Diet Criteria * Diet Names/Abbreviations on Tray Tickets * CBORD Card Files |  |  |
|  | **PCH Electronic Systems** |  |  |
| **April 2019** | **Update** Computer System with dual terminology |  |  |
|  | **Electronic Patient Records** |  |  |
| **April 2019** | Contact Clinical Informatics Specialist to update EPR and EDIS (2-3 week timeframe) | **Jean Helps** |  |
| **April 2019** | **Update** Accuro |  |  |

# CLINICAL SERVICES

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Action Item** | **Who is responsible?** | **Done?** |
| **INTER-PROFESSIONAL TEAM**  **(MD, RN, RD, SLP, OT)** | | |  |
| **May – July 2019** | **Update** all documentation that includes thick liquid terminology to dual terminology (IDDSI/Current), as needed:   * Diet Orders * Care Plans/Kardex * Activities of Daily Living (ADL) Sheets * Working patient/resident file * Referral forms * Resources/Posters for staff preparing thick liquids on the wards * Patient/Family handouts and educational materials |  |  |
|  |  |  |  |
| **Registered Dietitians** | | |  |
| **May 2019** | **Begin** using dual terminology in all communications. |  |  |
|  | **Community Services: Home Care, Primary Care, Day Hospital, PRIME** |  |  |
|  | Update Delegated Task Program Staff Orientation and Training Resources (Home Care) | **Roberta McPeak** |  |
| **Speech Language Pathologists** | | |  |
| **May 2019** | **Begin** using dual terminology in all communications. |  |  |
|  | **Update** SLP patient bedside diet order signage. |  |  |
| **Fall 2019** | **Update** Assessment Forms to Include New Diet Names |  |  |

# APPENDIX

# APPENDIX A – Education Plan

## Education Plan Outline:

**Important Points:**

     The memo informing sites of the change in fluid diets may be used as a communication/education tool.

     Education tools that may be used on an ongoing basis include: dual labelled products, dual term diet orders, transition posters, and five minute huddle resource.

     The education may be presented by any an Education Champion such as Clinical Dietitian, Speech Language Pathologist, Unit Manager, Clinical Resource Nurse or Educator.

**Learning Objectives:** identify required learning of each stakeholder group

1. Unit Staff (nurse, unit clerk, HCA): recognize and use new thick liquid diet terminology
2. Food Service:

* Cook:
  + Prepare foods and thick liquids of the appropriate viscosity
* Food Service Supervisor and/or cook:
  + Perform testing method including documentation correctly
  + Understand the characteristics of thick fluid diets
* Diet Clerk and Diet Aide:
  + Recognize and use new thick liquid diet terminology
  + Document and provide appropriate foods/liquids as per diet order

1. Inter-professional Team: recognize and use new liquid diet terminology

**Develop an Education Plan:**

1. Identify IDDSI Education Champion(s)
2. Assess the need of the facility
   1. Determine English proficiency of each stakeholder group
   2. Determine amount of detail required by each stakeholder group
   3. Determine availability of participants
   4. Determine time frame available for education, based on amount of detail required by stakeholder
3. Review Education Resources and Determine Mode of Education & Delivery Method:
4. 5 Minute Huddle: Script & Posters: This includes script and 4 posters. Educators need to determine which posters may be best suited to each stakeholder group.
5. Thick Liquid Transition Posters: Four posters found within Five Minute Huddle may be used as stand-alone posters
6. PowerPoint with Voice Over
7. PowerPoint template, modified for site/department use
8. Knowledge Assessment Quiz
9. Review IDDSI Resources:
   1. See IDDSI website: https://iddsi.org/resources/
10. Logistics (dependent upon mode of education):
    1. Schedule education - space, time and day, equipment
    2. Identify space for posting resources
11. Education provision:
    1. Provide education
    2. Evaluate knowledge transfer (Knowledge Assessment Quiz)
    3. Address knowledge gaps

## Knowledge Assessment Quiz:

**You may use this quiz to test the knowledge of staff that have received education regarding the Phase 1 IDDSI Transition to new thick liquid diets.**

1. **We are making changes to the diet names to follow IDDSI standards for what reason?**
   1. Patient Safety
   2. Communication between sites
   3. All of the above

*Answer: C, All of the above*

1. **Draw a line to match the current with the new IDDSI diet names that go together:**

Nectar Thick Honey Thick

Moderately Thick Mildly Thick

*Answer: Mildly – Nectar / Moderately – Honey*

1. **In May, we will be transitioning directly to using IDDSI terminology ONLY:**
   1. True
   2. False

*Answer: False, we will be using DUAL terminology for up to 8 months.*

1. **Choose the Correct Abbreviations for the new thick liquid IDDSI terminology:**
   1. Moderately Thick = MODTHK / Mildly Thick = MILDTHK
   2. Moderately Thick = MO3 / Mildly Thick = MT2
   3. Moderately Thick = MOD3 / Mildly Thick = MILD2

*Answer: B*

# APPENDIX B – Education Resources

## Five Minute Huddle: Script

**WHAT is IDDSI?**

* The WRHA (Winnipeg Regional Health Authority) Feeding & Swallowing Expert Review Group has identified and accepted the International Dysphagia Diet Standardisation Initiative (IDDSI) as best practice.
* As a result, Nutrition & Food Services is reviewing and updating our diet compendium, including diet texture and thick liquid diets.
* In 2019, we are starting with Phase 1 of ISSDI Implementation, with terminology changes to the thick liquid diets.
* In 2020, Phase 2 implementation will impact terminology and types of food texture diets.
* We will follow the IDDSI Framework, which includes new names, colours and numbers to identify the different diets. (See Poster 1). At a minimum, diet name and number will be identifiers within WRHA.

**WHO does IDDSI impact?**

* Across the WRHA, we are changing diet texture and thick liquid names to match international standards (IDDSI).

**WHY is IDDSI important?**

* This is important for **PATIENT SAFETY** across all ages, care settings and cultures.
* Terminology becomes consistent in all care settings, with all practitioners.
* Example: In Canada, a 88 year old patient named Eldon on the wrong diet type choked on partially chewed food and died.
* When somebody is placed on a texture or consistency modified diet, it may be for client preference, however usually these diets are required for client safety! Among other things, texture and consistency modified diets may help reduce the risk of choking, food or liquid going into the airway, ease chewing, and improve quality of life surrounding meals.

**WHEN is IDDSI being Implemented?**

* Transition to new terminology for diet orders and client care plans will begin May 1, 2019.
* By the end of July 2019, it is anticipated that all care plans will be updated.

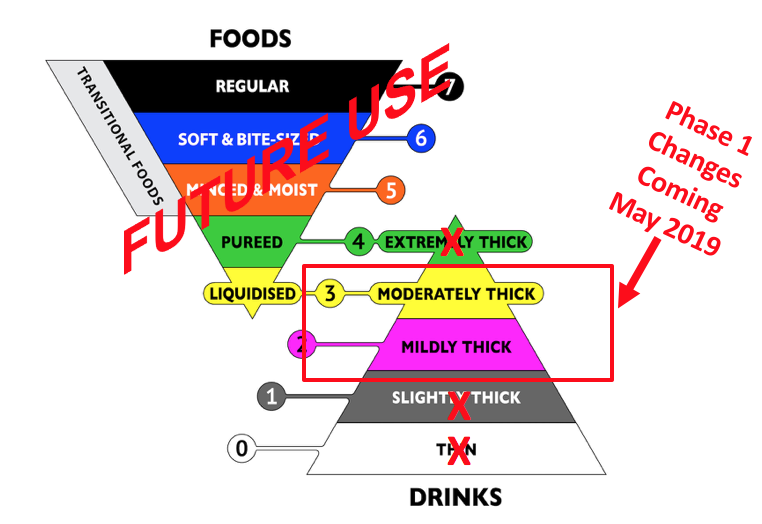
**HOW will IDDSI be Implemented?**

* During transition, we will start using dual labels including *BOTH* the current and new terminology. (See Posters 2 & 4).
* Dual Terminology will be used for up to 8 months, depending on the site.
* Transition to only IDDSI terminology for thick liquid consistency is expected by the end of 2019.

**ADDITIONAL NOTES:**

* We have created an implementation package to help you make the transition.
* Depending on the sector and site you work at, changes needed will be different.
* Education is extremely important so that all staff are aware of the changes.

### Poster 1: IDDSI Framework – WRHA Implementation Phases



***Photo Credit: The International Dysphagia Diet Standardisation Initiative 2016 @https://iddsi.org/framework/***

### Poster 2: New/Current IDDSI Diet Terminology

**New Thick Liquid Diets**

**IDDSI (International Dysphagia Diet Standardization Initiative)**

**PURPOSE OF CHANGE:**

* To enhance safe care of individuals with trouble chewing and swallowing.
* Consistent use of diet names and descriptions between sites and programs.

Everyone in the kitchen needs to understand these new diets.

These diets will be implemented \_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Upcoming Changes in Thick Liquids:** | |
| **New Diet Terms** | **Current Diet Terms** |
| **MILDLY THICK (2)** | Nectar Thick |
| **MODERATELY THICK (3)** | Honey Thick |



**NOTES:**

* Changes will be phased in, with liquid diets in the Spring/Summer of 2019, followed by food texture diets in 2020.
* There is a range of thicknesses within each category. The products in some categories may be *slightly* thinner than current products.
* ***During transition, both new and current terms will be used for ease of communication. (Eg. Mildly/Nectar Thick)***

Everyone in the kitchen needs to understand these new diets.

These diets will be implemented \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Our current diets will be changed to these new diets (implementation date or time frame).

Our current diets will be changed to these new diets (implementation date or time frame).

Our current diets will be changed to these new diets (implementation date or time frame).

### Poster 3: Product Label Changes

|  |  |
| --- | --- |
| **New Dual Labels** | **Old Labels:** |
| Mildly Thick (2) /Nectar | Nectar Consistency |
| Moderately Thick (3)/Honey | Honey Consistency |
| thickened milk**Example:** Hormel Thickened Dairy (dual) | **thickened milk oldExample:** Hormel Thickened Dairy (old) |

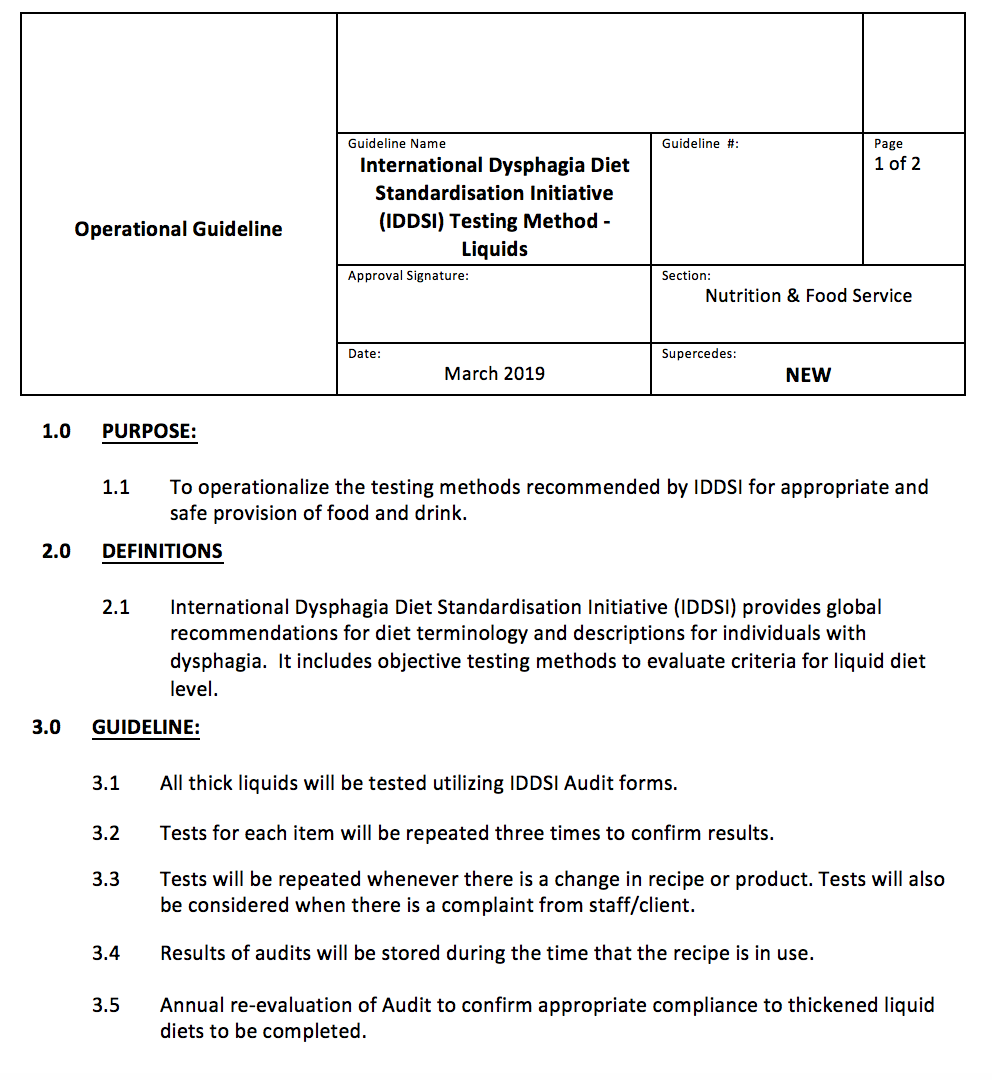
### Poster 4: Tray Ticket Changes

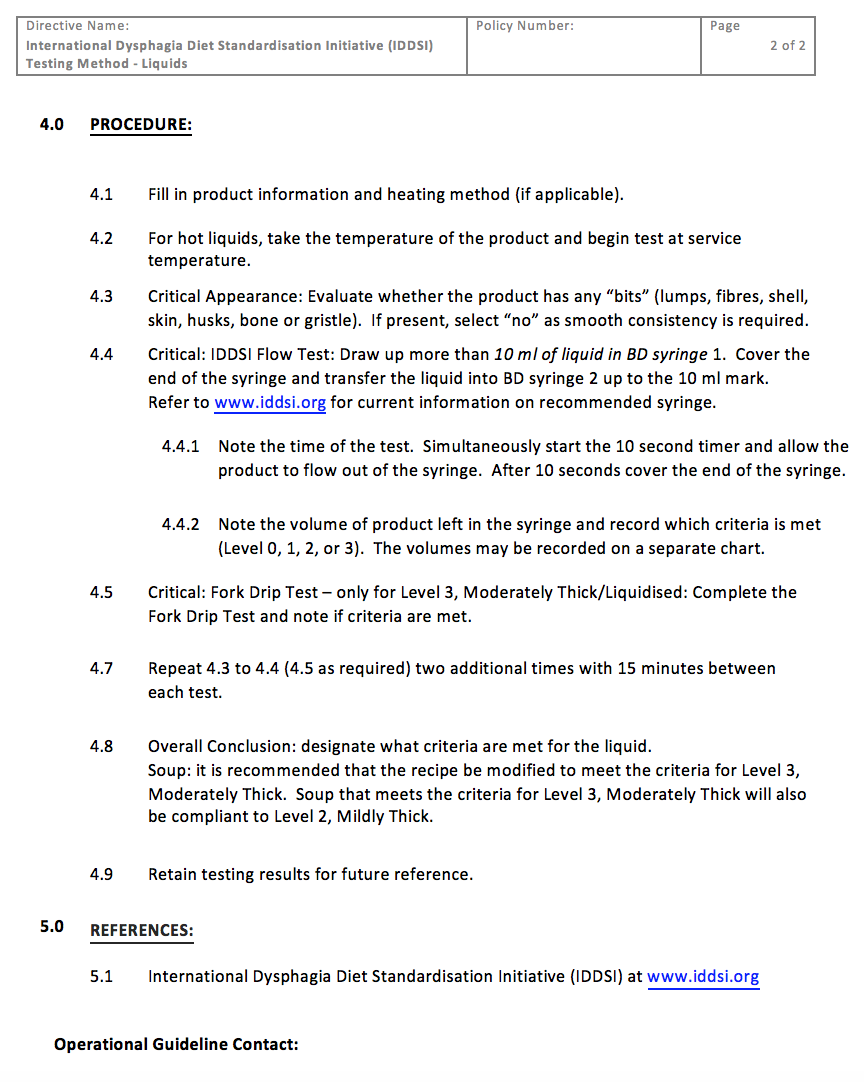
|  |  |  |
| --- | --- | --- |
| **New Diet Name & IDDSI Abbreviation** | **New Dual Name & Abbreviation** | **Old Diet Name & Abbreviation** |
| Mildly Thick =  MT2 | Mildly/Nectar Thick (2) = MT2/THKNEC | Nectar Thick =  THKNEC |
| Moderately Thick = MO3 | Moderately/Honey Thick (3) = MO3/THKHON | Honey Thick =  TKHHON |
|  | Example: Tray Ticket (dual)  ../../../../Screenshot%202019-03-14%2015.28.05.png  MILDLY-THICK-2%MILK | Example: Tray Ticket (old)  ../../../../Screenshot%202019-03-14%2015.27.07.png |

*Note: These are proposed edits to the tray tickets, that are yet to be finalized.*

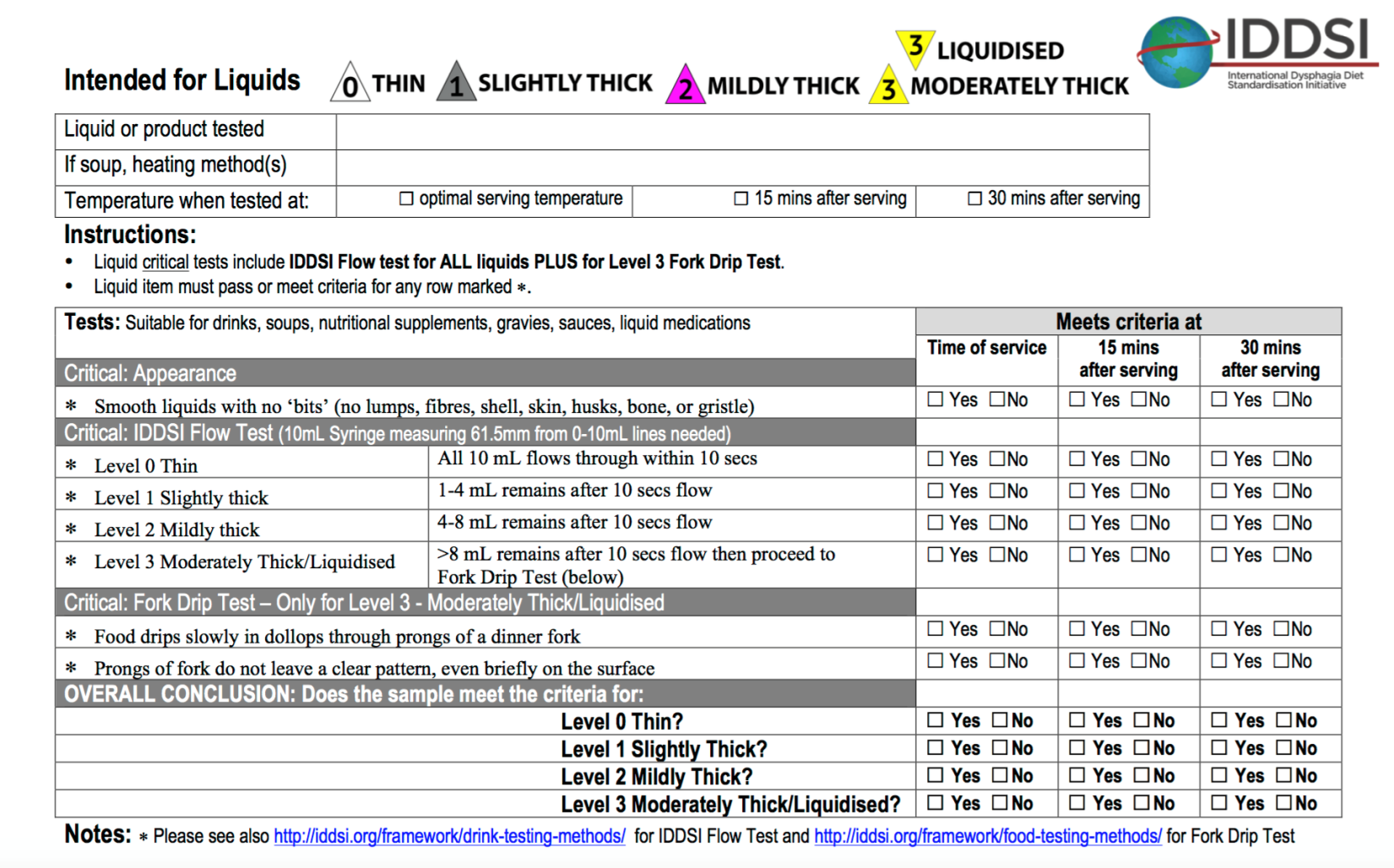
# APPENDIX C – Continuous Quality Improvement (CQI)

## WRHA IDDSI CQI Audit Completion Guidelines



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## IDDSI Liquids (0-3) Testing Audit Form



* *Downloadable file can be found at:* [*https://iddsi.org/wp-content/uploads/2018/01/Liquids\_L0\_L1\_L2\_L3\_18-January-2018.pdf*](https://iddsi.org/wp-content/uploads/2018/01/Liquids_L0_L1_L2_L3_18-January-2018.pdf)

## Flow Test Procedure: Hot Soups

**Size of one portion:** 10ml+

|  |  |
| --- | --- |
| **Quantity:**  15ml  2  1 | **Ingredients/Supplies**  Soup to be tested  BD Syringes  Pair Silicone Gloves |

**Steps:**

1. Ensure soup temperature is appropriate for service (Eg. Minimum 70°C)
2. With care, draw up **greater than 10ml** into a BD syringe.
3. Cover the tip of the syringe with a ***silicone gloved hand.***
4. Carefully, syringe 10 ml of soup into the clean test syringe, covering the tip with a ***silicone gloved hand.***
5. Simultaneously, start 10 second timer & remove finger to allow liquid to flow out of the syringe.
6. At the end of 10 seconds, cover tip of syringe.
7. Measure how much fluid is remaining.
8. Determine thick liquid category based on IDDSI guidelines.  
     
   **\*\*Visual for steps 3-8 is below:**

