



Greetings from the Communication & Advocacy Committee! Welcome to our current E-BITE. Please enjoy and continue to share your news with us at usa.communications@iddsi.net

United States IDDSI Reference Group Newsletter for May 2022

MAY is BETTER HEARING AND SPEECH MONTH!

Celebrate IDDSI success with the Team from Nationwide Children's Hospital!



Project Owner team from left to right- Melanie Stevens, SLP; Shelley Coleman Casto, OT; Sara O'Rourke, OT; Becca Patton, project coordinator

Nationwide Children's Hospital in Columbus, OH went live with IDDSI in March of 2021. They acknowledged that their hospital leadership was very supportive, providing an outstanding amount of support once they fully understood the scope of the project and how many

areas IDDSI would impact. Read on for our IDDSI interview with their team!

Why did you implement IDDSI?

We decided to implement IDDSI for various reasons however primarily due to better continuity of care across institutions with standardized terminology and objective testing measures to ensure our patients were receiving the safest diet. We pride ourselves on being a national pediatric leader based upon the evidence to support best practice initiatives and IDDSI fit into our hospital's mission and values.

How do you thicken liquids?

If the patient is under 12 months of age corrected it is recommended that all thickening is completed using infant cereal. For any patient over 12 months of age corrected we recommend the use of artificial thickeners. It is the medical providers decision on which commercial thickener to recommend/prescribe for their patients based upon the patient's medical history. How often do you perform the IDDSI Flow Test? The IDDSI flow test is performed prior to every feed for any patient thickening with infant cereal due to the variability and inability to create standardized recipes when thickening with infant cereal. As a part of our implementation we had hoped to create a standardized recipe for each IDDSI level however following many hours of flow testing with infant cereal and all of our hospital available formulas we were unable to determine a standardized recipe for our formulas when thickened with infant cereal for each IDDSI level. Each formula brand has a specific recipe range to obtain the specified IDDSI level however flow testing is completed to ensure the formula is thickened to the appropriate recommended IDDSI level.

Do you train a preferred mixing method, or can clinicians choose shaking or stirring?

With implementation our institution created a flow testing competency which specified a specific method of mixing and timing prior to flow testing for any thickening completed with infant cereal. We know there may be variations in mixing therefore the safeguard of flow testing prior to the feed was implemented to ensure the safety of our patients.

Do you flow test liquid medications?

We do not flow test liquid medications.

Are there any challenges you've experienced with the Minced & Moist, Level 5 or Soft & Bite-Sized, Level 6 foods?

Nutrition services was an integral member of our IDDSI implementation process. The nutrition services team which consisted of a dietitian and chef along with a speech language pathologist and occupational therapist worked closely together to review our hospital menu and create a menu that met the needs of patients needing the various IDDSI food levels. Recipes were created and IDDSI testing using the IDDSI testing methods and audit sheets to ensure they met the appropriate IDDSI level. Nutrition services then worked to train designated staff that were identified as the primary team creating the foods for our patients on IDDSI diets.

What lessons-learned would you like to share with others who are working toward IDDSI implementation?

The biggest piece of advice would be the have "The Right Team & The Right Plan". When we initially started the project we did not have the right team in place which ended up placing a hold and delaying our project. Once we had a project manager this person helped coordinate various teams: project leadership team, EPIC training team, core project team, extended project team, specific department stakeholders, clinical education committee & provider workgroup. The project manager kept the project on track by defining individuals' roles and responsibilities and keeping team members accountable deadlines to meet our implementation go live date.

Hospital leadership was very supportive and provided an outstanding amount of support once they fully understand the scope of the project and how many areas IDDSI would impact.

IDDSI in the Schools: Learn how one SLP brought IDDSI to her TX school district!



Introducing
Carolyn Dolby
M.S., CCC-SLP of
Bite-Sized Advice
Dysphagia
Support

Where are you with IDDSI implementation?

We are fully implemented here in Cypress-Fairbanks Independent School District. We have curated our Dysphagia menu that provides students with hot meals (breakfast and lunch) delivered daily following the IDDSI framework. We package our meals utilizing color coded labels indicated the IDDSI taxonomy of puree, minced and moist, and soft and bite-size.

How is IDDSI being taught and presented?

I provide a yearly, district wide, training for all our staff along with ongoing smaller campus-based trainings throughout the year. I supply our campuses (currently 91 campuses) with IDDSI booklets, a cheat sheet, and materials needed for testing (ie, syringes, forks, spoons, thickener, etc). I work closely with our food service production facility to maintain our dysphagia menu and conduct quality control checks. I also liaise between staff/campuses/food services/ families to establish and maintain feeding plans of care indicating required modifications for all students (over 200) that require modified foods and/or liquids.

Which thickening agents do you use for children who have recommendations for thickened liquids?

We follow physician recommendations for thickening agents for either powder or gel.

Does SLP recommend a specific thickener or does the SLP defer to MD? Defer to MD.

Do you train a mixing method (shaking, stirring)?

Yes, we train both options.

Are you using the IDDSI levels precisely (0, 1,2, 3, 4) and the ranges, OR are you using "extra" levels, like Canada level 0.5?

We are using the IDDSI levels precisely.

Below is a picture of our taste and texture testing at our food production facility.



And this is one of our sample menus.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Oatmeal w/ Fruit Compote Applesauce Juice Milk Beef & Cheese Nachos Seasoned Black Beans Cauliflower Peach Cobbler #16	4 Chicken & Waffles Applesauce Juice Milk Pulled Pork BBQ Sweet Potatoes Green Beans Canned Peaches #17	5 Cinnamon Roll w/ Sausage Applesauce Juice Milk Mashed Potato Bowl w/ Cheese & Chicken Glazed Carrots Squash/Zucchini Spiced Applesauce #18	6 Cream of Wheat w/ Fruit Compote Applesauce Juice Milk Chili Sweet Potatoes Squash/Zucchini Fruit Cocktail #19	7 Pancakes & Sausage Applesauce Juice Milk Fish Fillet w/ Tartar Sauce Tomato Soup Glazed Carrots Fruit Cobbler #20
10 Fruit & Yogurt Parfait Applesauce Juice Milk Chicken Enchiladas Seasoned Black Beans Green Beans Canned Peaches #1	11 Sausage Biscuit w/ Gravy Applesauce Juice Milk Salisbury Steak Glazed Carrots Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice #2	12 French Toast w/ Fruit Compote Applesauce Juice Milk Chicken Teriyaki Fried Rice Edamame Squash/Zucchini Spiced Applesauce #3	13 Chicken Biscuit w/ Gravy Applesauce Juice Milk Spaghetti Glazed Carrots Seasoned Green Beans Canned Peas #4	14 Blueberry Muffin w/ Fruit Compote Applesauce Juice Milk Macaroni & Cheese Tomato Soup Creamed Spinach Fruit Cobbler #5
17 NO SCHOOL #6	18 2 Yogurts Applesauce Juice Milk Turkey Alfredo Green Beans Glazed Carrots Pineapple Tidbits #7	19 Cinnamon Roll w/ Sausage Applesauce Juice Milk Chicken Nuggets w/ Country Gravy Mashed Potatoes Green Beans Fruit Cobbler #8	20 Cream of Wheat w/ Fruit Compote Applesauce Juice Milk Chili Sweet Potatoes Squash/Zucchini Fruit Cocktail #9	21 Pancakes & Sausage Applesauce Juice Milk Green Chili Cheese Burrito w/ Nacho Cheese Mixed Vegetables Green Beans Mandarin Oranges #10