



WISCONSIN DEPARTMENT  
*of* HEALTH SERVICES

# Dietary Services

Angela Hertz, RN  
Dietary Services Consultant, DQA  
September 12, 2024

# Nurse Aide (NA) Dietary Hot Topics

The background of the slide features a close-up of two marshmallows on a wooden stick, positioned over a fire. The marshmallows are white with some light browning on their sides. The fire below is bright orange and yellow, with some blue smoke rising. The entire scene is slightly blurred, giving it a soft, warm appearance.

Hand Hygiene / Glove Use

Right Resident, Right Meal

Resident Rights and Dignity

Non-Verbal Residents

Intake Documentation

IDDSI (International Dysphagia Diet Standardisation Initiative)

A graphic of a target with concentric circles in shades of blue and white. Three arrows with blue fletching and white shafts are shown hitting the bullseye. The background is a soft, out-of-focus blue and white pattern.

# Goal

- Assist the NA training programs to enhance your training regarding dietary/nutrition
  - Take home tips and tricks
  - Refreshing reminders

# Hand Hygiene During Meal Service

A close-up photograph of a hand with blue nail polish holding a clear plastic bottle of hand sanitizer. The bottle is tilted, and a stream of clear gel sanitizer is being dispensed into the palm of another hand, also with blue nail polish. The background is a soft, out-of-focus light blue.

- Resident hand hygiene
- NA hand hygiene
- NA glove use

# Resident Hand Hygiene Prior to Eating

- Level of care needed
- Preference
- Infection control



# NA Hand Hygiene During Meal Service

- Before starting and after completion of meal service
- Any time hands are contaminated
  - Resident contact
  - Contact with unclean objects
    - Own face
    - Refrigerator door handles, cabinet handles
  - Visibly soiled hands (use soap and water)
  - After cleaning the tables

\*list not all inclusive

# Glove Use During Meal Service



- **Avoid use if possible!**
- Risk of cross contamination
- Not necessary
- Do not use the same pair of gloves between residents
  - 1 pair of gloves per resident and task
- If gloves are needed, hand hygiene before donning and again after doffing the gloves

# Right Resident, Right Meal

- How do you know
- Why is it important to follow the prescribed diet
- Real life examples



# Five Rights of Meal Administration

**Right Allergy**

**Right Consistency**

**Right Diet**

**Right Preference**

**Right Resident**

# What Could Happen?

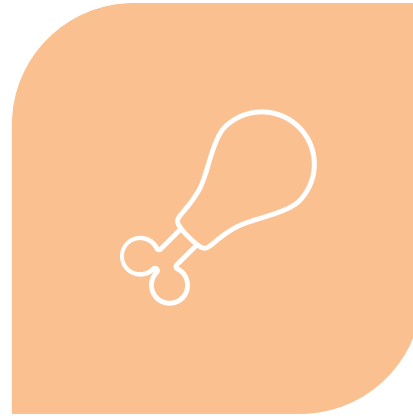
- **Allergy**
  - Allergic reaction – Anaphylaxis
  - Intolerance – gluten free, lactose
- **Consistency of food and liquids**
  - Choking hazards
  - Aspiration
- **Diet**
  - Disturb the disease process
- **Preference**
  - Decreased intake
  - Weight loss / dehydration
  - Resident's quality of life
- **Resident**
  - Most Important!



# Real Life Example



IDDSI level 5,  
minced and moist  
diet.



NA did not look at  
the meal card and  
served IDDSI level 7  
regular consistency  
meal.

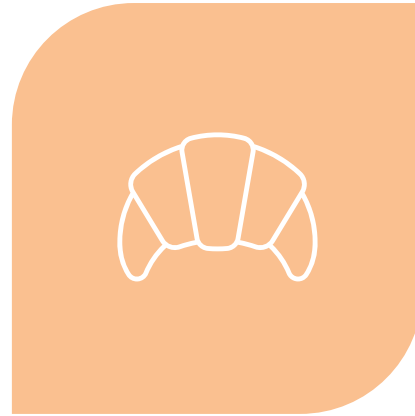


The resident  
choked.

# Real Life Example



IDDSI level 4  
pureed diet and  
supervised  
while eating.



NA did not check the  
care plan, provided the  
IDDSI level 7 regular  
sandwich, and did not  
supervise the resident.

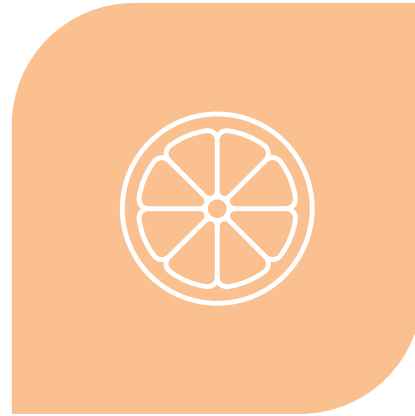


The resident  
choked and  
expired.

# Real Life Example



IDDSI level 2  
mildly thick liquid  
consistency and  
supervised while  
eating.



Did not notice the  
juice was IDDSI level  
0 thin liquid and did  
not supervise the  
resident.



The resident  
rapidly declined  
and expired.



# Resident Rights and Dignity

- Staff position during assist feeding
- Clothing protectors
- Conversations during meals
- Assist feeding non-verbal residents

1



2



\*standing

3



\*sitting

Which staff position is correct when assist feeding?

3



# Clothing Protector

- **Avoid use!** (Unless resident choice)
- Ask resident
- Not a napkin – do not use to wipe resident's face
- Do not scrape food off and feed to the resident
- Remove after meal completed

# Conversations During Meal Service

- 2 NAs assisting to feed residents at the same table/area
  - Who should the conversation be with?
  - What should the conversation be about?



## Non-verbal Residents

# Amar

- Hindu
- Hospital medical unit
- Stroke
  - Unable to speak, but able to motion yes or no
  - Dysphagia – IDDSI level 4 pureed diet
  - Full assistance meals



## Amar's Meal

- Pureed meat (beef) and eggs
- Moistened french toast with syrup
- Milk, juice, and coffee

## Amar's Meal Card

- No mention of any dietary restrictions / preferences
- Pureed IDDSI level 4

# What is wrong with this story?



# Proper Technique



- Review five rights of meal administration
  - Look at meal card and care plan
- Sit next to resident
- Notify resident of what is served before providing the item
- Offer selection of drink/food if able to choose
- If resident refuses to eat/drink, find out the reason why, notify the nurse
- Notify nurse and dietary if missing or incorrect information found on the meal card
- Communication is key

# Intake Documentation

- Proper documentation of food and fluids gives insight to the overall health and well-being of the resident or can indicate an issue
- Document the solid food and fluid intake separately
  - Do not include the fluid intake with % of solid food consumed

# IDDSI

- “The IDDSI Framework provides a common terminology to describe food textures and drink thickness to improve safety for individuals with swallowing difficulties.”
- [www.iddsi.org/resources](http://www.iddsi.org/resources)

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

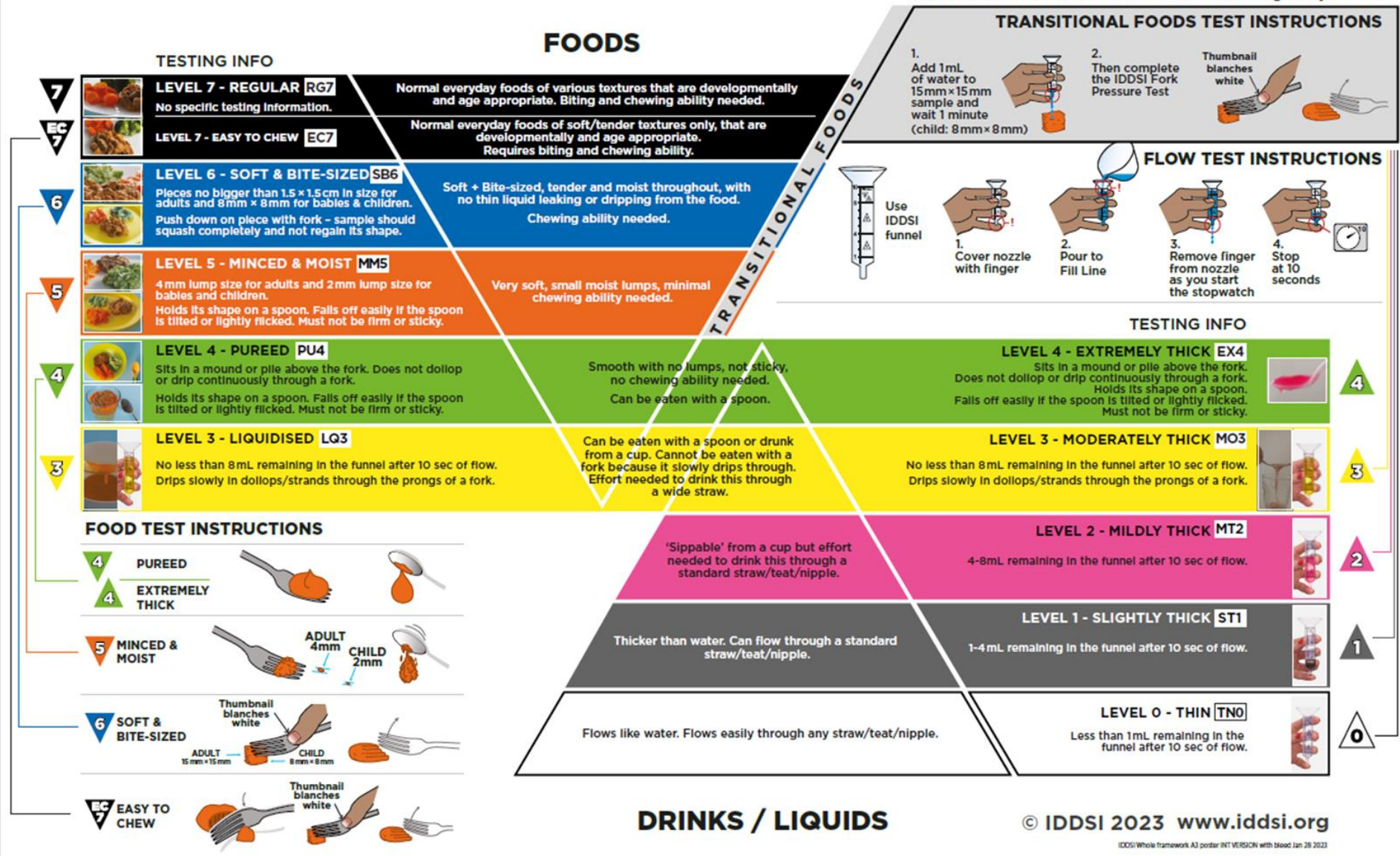
# There's an App For That!



- What's included:
  - The IDDSI Framework
  - Detailed definitions for each level
  - Links to relevant materials and resources
- IDDSI app available for Android and Apple/iOS
  - Search the app store for IDDSI

# IDDSI 101 for Food Service Workers, Certified Nursing Assistants and Caregivers

IDDSI's YouTube Channel











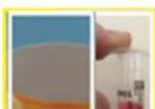
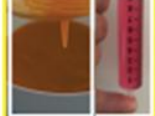
**DRINKS / LIQUIDS**

© IDDSI 2023 [www.iddsi.org](http://www.iddsi.org)

IDDSI Whole framework A3 poster INT VERSION with bleed Jan 28 2023

# FOODS

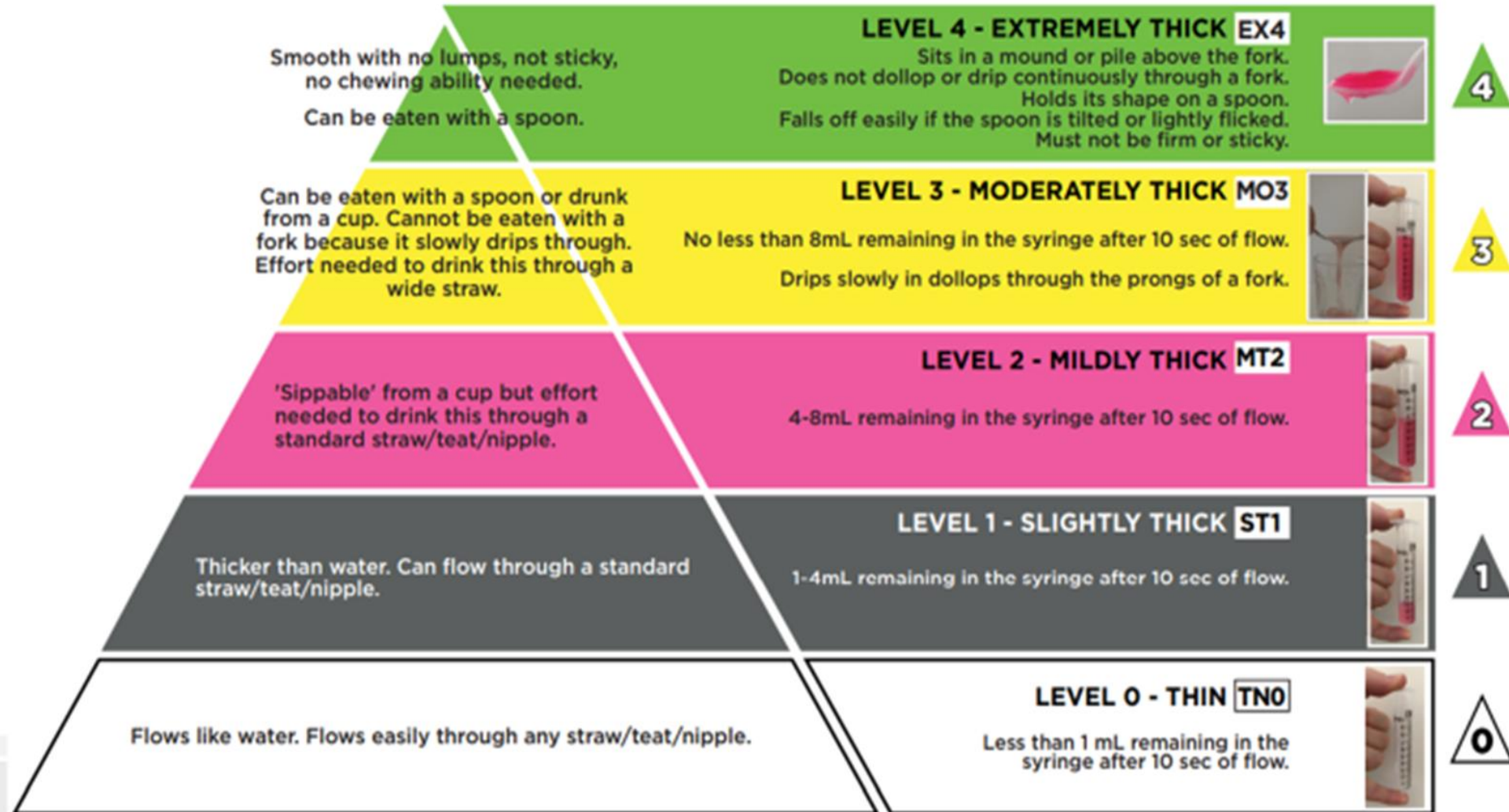
## TESTING INFO

|   |   |  |  |
|---|---|--|--|
| 7 |       | <b>LEVEL 7 - REGULAR RG7</b><br>No specific testing information.<br><br><b>LEVEL 7 - EASY TO CHEW EC7</b>  | Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.<br><br>Normal everyday foods of soft/tender textures only, that are developmentally and age appropriate. Requires biting and chewing ability. |
| 6 |       | <b>LEVEL 6 - SOFT &amp; BITE-SIZED SB6</b><br>Pieces no bigger than 1.5 x 1.5cm in size for adults and 8mm x 8mm for babies & children.<br>Push down on piece with fork - sample should squash completely and not regain its shape.                | Soft + Bite-sized, tender and moist throughout, with no thin liquid leaking or dripping from the food.<br><br>Chewing ability needed.  |
| 5 |       | <b>LEVEL 5 - MINCED &amp; MOIST MM5</b><br>4mm lump size for adults and 2mm lump size for babies and children.<br>Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.              | Very soft, small moist lumps, minimal chewing ability needed.  |
| 4 |      | <b>LEVEL 4 - PUREED PU4</b><br>Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork.<br>Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky. | Smooth with no lumps, not sticky, no chewing ability needed.<br><br>Can be eaten with a spoon.   |
| 3 |   | <b>LEVEL 3 - LIQUIDISED LQ3</b><br>No less than 8mL remaining in the syringe after 10 sec of flow.<br>Drips slowly in dollops through the prongs of a fork.  | Can be eaten with a spoon or drunk from a cup. Cannot be eaten with a fork because it slowly drips through. Effort needed to drink this through a wide straw.  |

TRANSITIONAL FOODS

# DRINKS / LIQUIDS

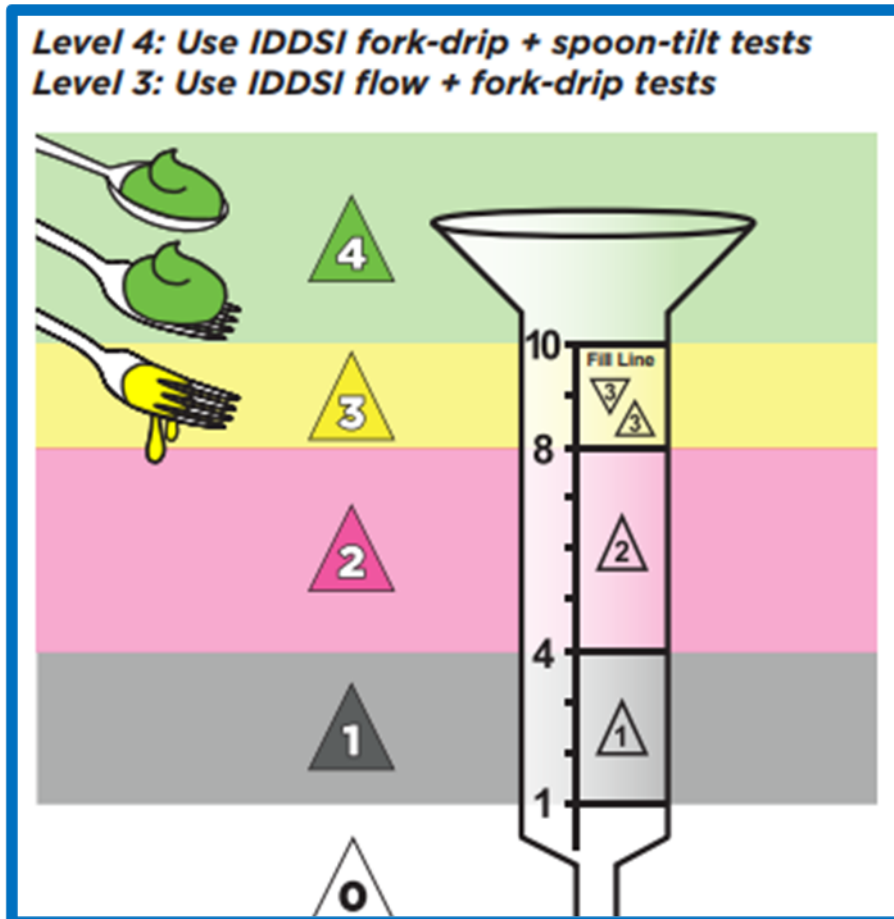
## TESTING INFO





DYSPHAGIA  
MEAL PREP:  
IDDSI LEVELS  
3 TO 7

CREATED BY NUTRICIA



# LIQUID IDDSI FLOW TEST WITH FUNNEL

CREATED BY IDDSI

# General Safe Feeding Strategies

- [Great overview video](#)
- Proper vs. improper techniques
- Created by St. Andrew's Community Hospital Speech Therapy Team

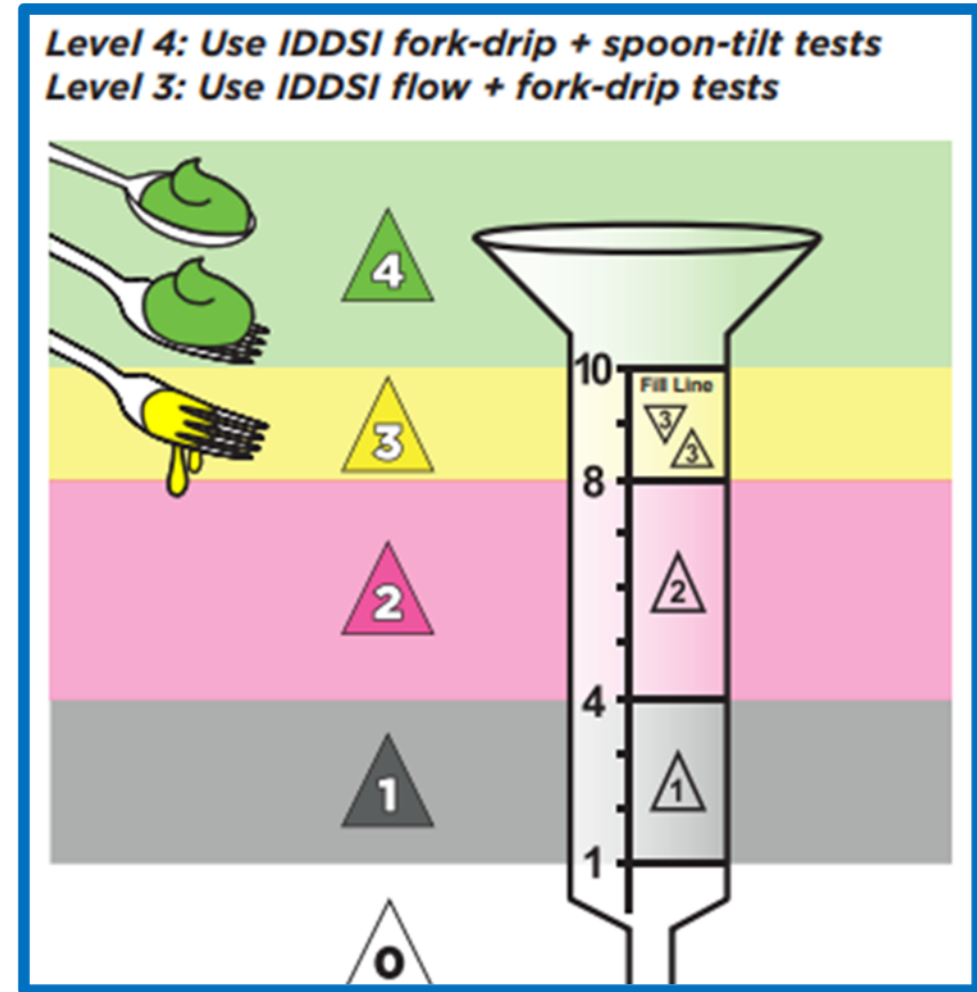


# Questions?



# IDDSI Flow Test Demonstration

- Instructions at each table
- IDDSI approved funnels
- Use timer on cell phone (10 seconds)
- Only need 10ml fluid each test



# Resources

## Website / PDF:

- [IDDSI Website](#)
- [IDDSI Quick Reference Poster](#)
- [IDDSI Detailed Framework](#)
- [IDDSI Flow Test Instructions](#)

## Videos:

- [IDDSI 101 for Certified Nursing Assistants](#)
- [IDDSI Meal Prep Levels 3-7](#)
- [Liquid IDDSI Flow Test](#)
- [General Safe Feeding Strategies](#)