



WISCONSIN DEPARTMENT  
*of* HEALTH SERVICES

# Dietary Services

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To protect and promote the health and safety of the people of Wisconsin

# 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 golden-brown charring on their surfaces. The fire below is bright orange and yellow, with some blue flames visible. The entire scene is set against a dark, slightly blurred background.

Hand Hygiene / Glove Use

Right Resident, Right Meal

Resident Rights and Dignity

Non-Verbal Residents

Intake Documentation

IDDSI (International Dysphagia Diet Standardisation Initiative)



## 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

- 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?

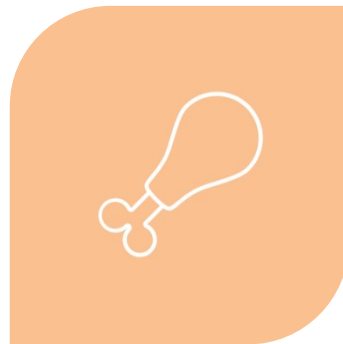
- **Allergy**
  - Allergic reaction – Anaphylaxis
  - Intolerance – gluten free, lactose
- **Consistency of food and liquids**
  - Choking hazards
  - Aspiration
- **Diet**
  - Disturb the disease process
- **Preference**
  - Decreased intake
  - Weight loss / dehydration
  - Resident's quality of life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

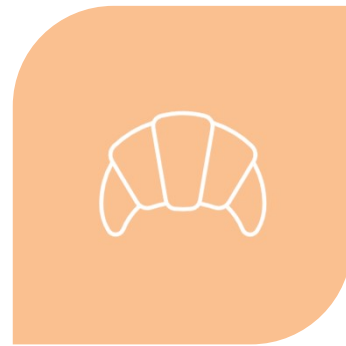


The resident  
choked.

# 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

### FOODS

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

### TRANSITIONAL FOODS TEST INSTRUCTIONS

- Add 1 mL of water to 15 mm x 15 mm sample and wait 1 minute (child: 8 mm x 8 mm)
- Then complete the IDDSI Fork Pressure Test
- Thumbnail blanches white

### FLOW TEST INSTRUCTIONS

Use IDDSI funnel

- Cover nozzle with finger
- Pour to Fill Line
- Remove finger from nozzle as you start the stopwatch
- Stop at 10 seconds

### FOOD TEST INSTRUCTIONS

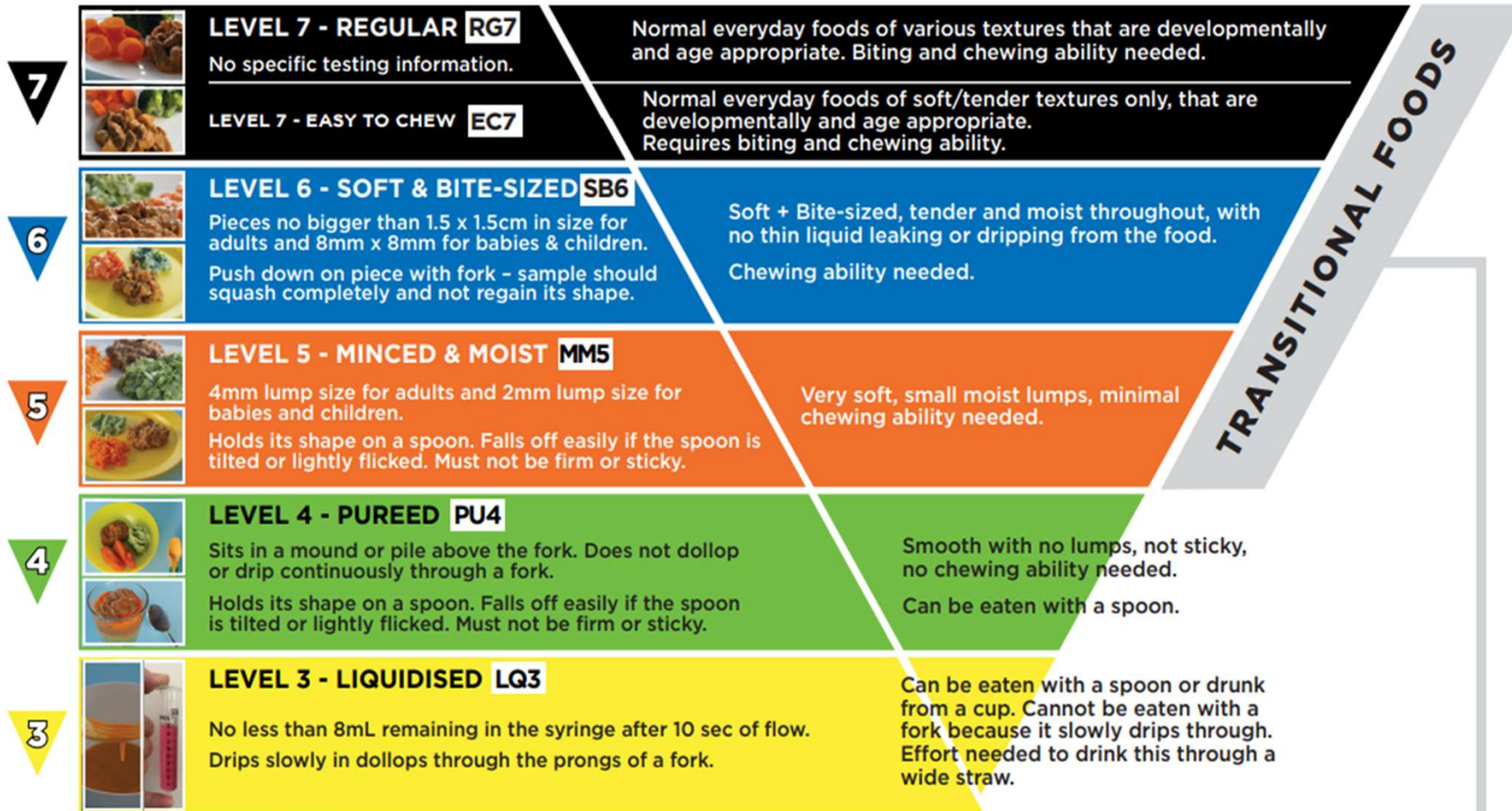
4	PUREED	
4	EXTREMELY THICK	
5	MINCED & MOIST	ADULT 4mm, CHILD 2mm 
6	SOFT & BITE-SIZED	ADULT 15mm x 15mm, CHILD 8mm x 8mm 
EC7	EASY TO CHEW	

### DRINKS / LIQUIDS

Level	Code	Texture	Testing Info
4	EXTREMELY THICK (EX4)	Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.	
3	MODERATELY THICK (MO3)	No less than 8 mL remaining in the funnel after 10 sec of flow. Drips slowly in dollops/strands through the prongs of a fork.	
2	MILDLY THICK (MT2)	'Sippable' from a cup but effort needed to drink this through a standard straw/teat/nipple. 4-8 mL remaining in the funnel after 10 sec of flow.	
1	SLIGHTLY THICK (ST1)	Thicker than water. Can flow through a standard straw/teat/nipple. 1-4 mL remaining in the funnel after 10 sec of flow.	
0	THIN (TN0)	Flows like water. Flows easily through any straw/teat/nipple. Less than 1 mL remaining in the funnel after 10 sec of flow.	

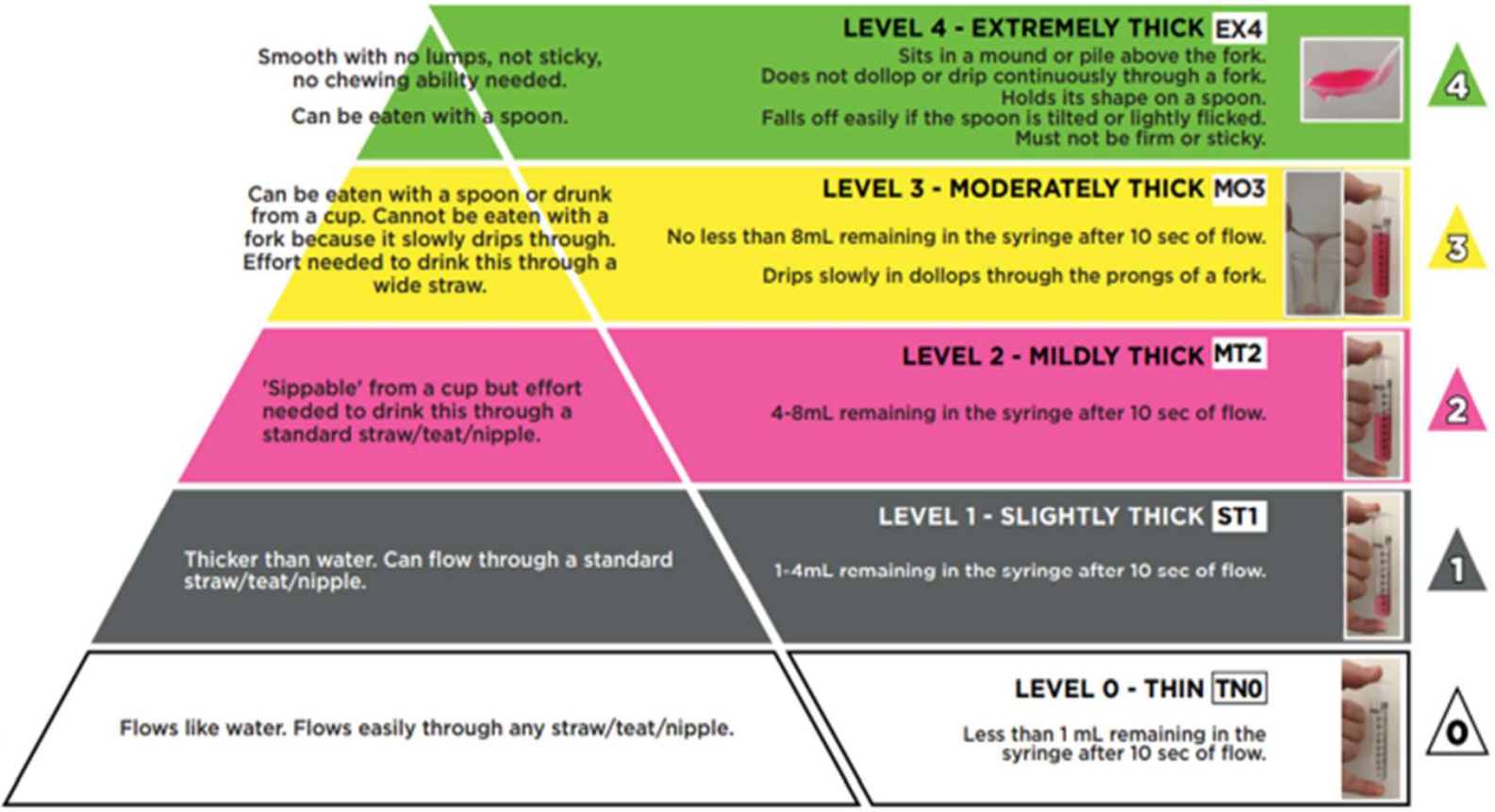
# FOODS

## TESTING INFO



# DRINKS / LIQUIDS

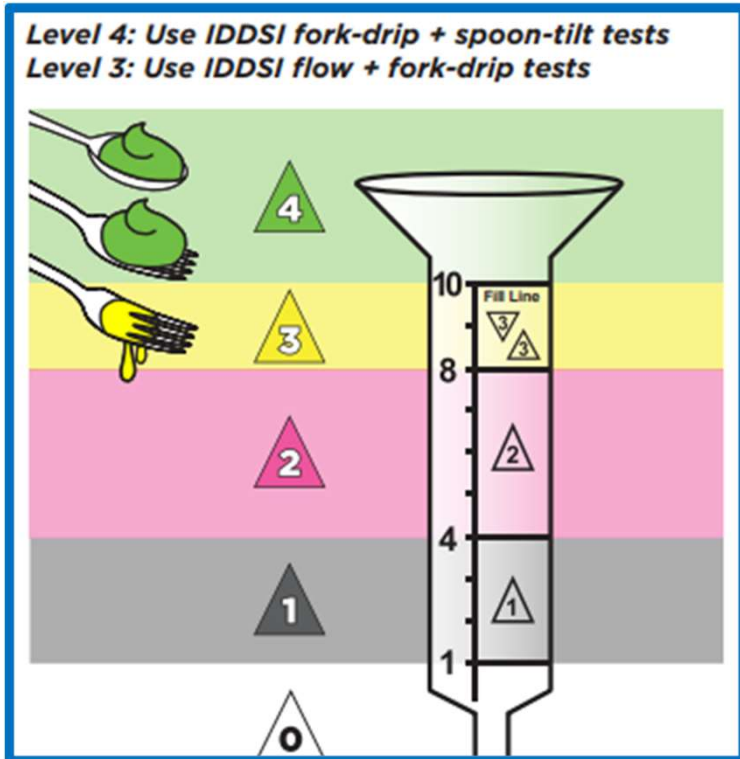
## TESTING INFO





DYSPHAGIA  
MEAL PREP:  
IDDSI LEVELS  
3 TO 7

CREATED BY NUTRICIA



## LIQUID IDDSI FLOW TEST WITH FUNNEL

CREATED BY IDDSI

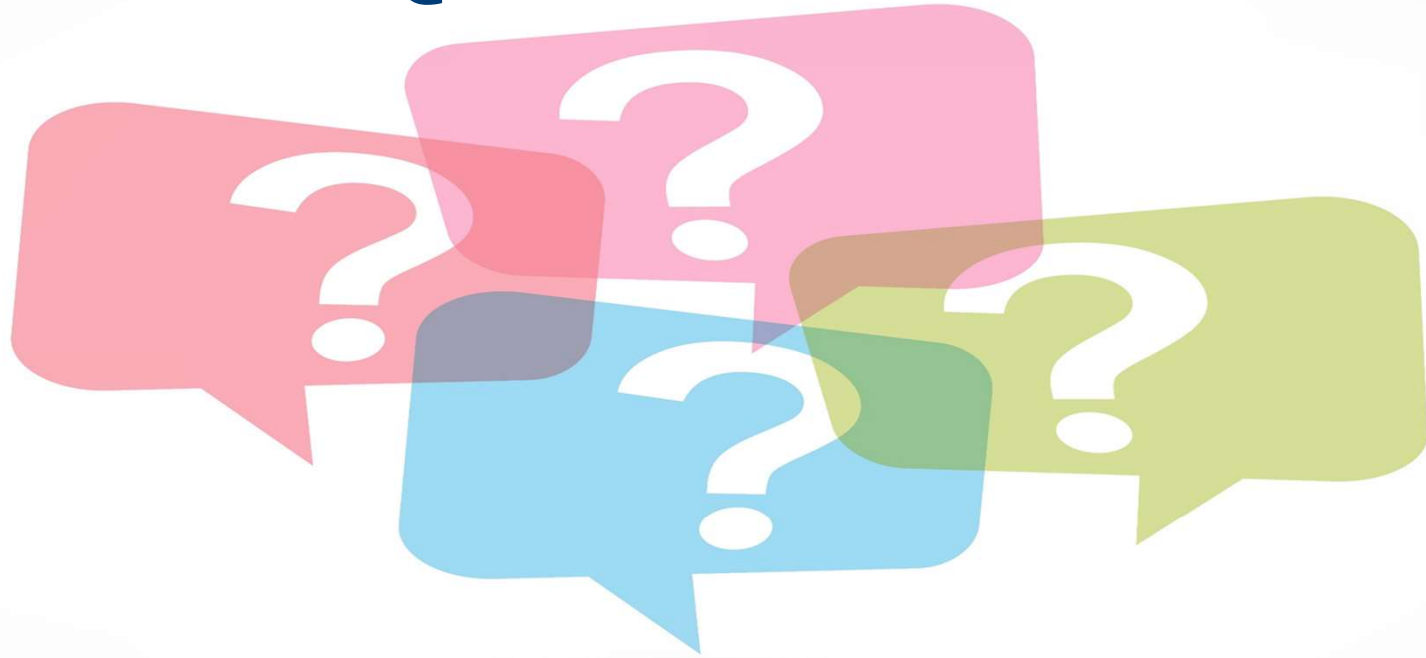
# General Safe Feeding Strategies

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



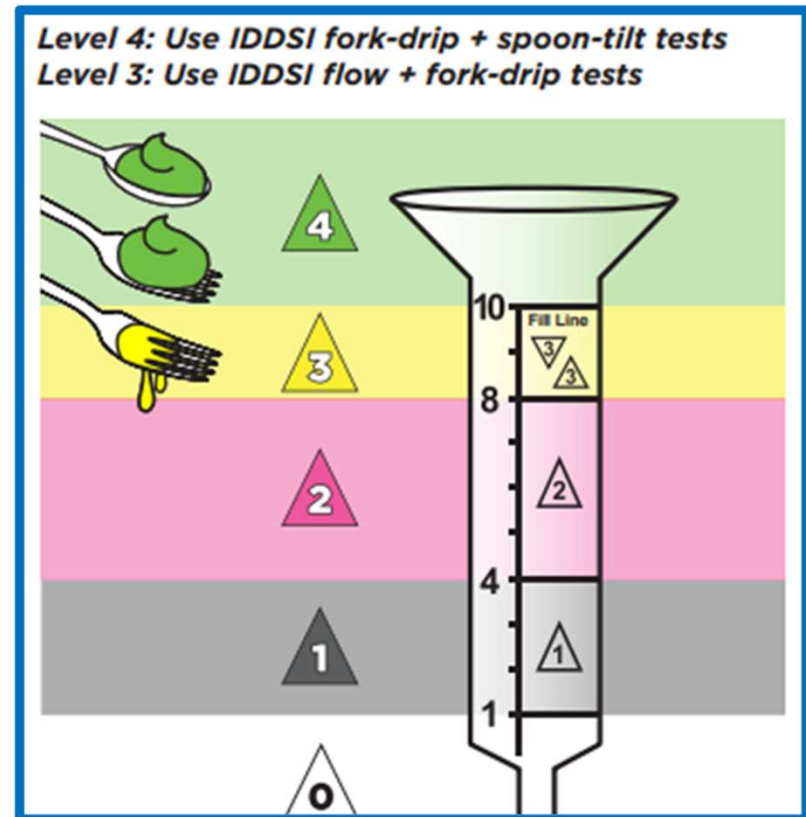


# Questions?



# 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](#)