



## Newsletter 4

14 December 2018

Dear Colleagues,

We now have more than 405 subscribers to the Australian IDDSI newsletter! Keep them coming. Please encourage colleagues to sign up to receive information about Australian Implementation of IDDSI.

### WHAT'S NEW?

#### **SURVEY - Where are you up to with IDDSI and how can we help?**

##### **Survey will close 31 January 2019**

Thanks to those people who have completed the *Australian IDDSI implementation Survey 2*. Most respondents have come from Queensland and Victoria, with responses also recorded from Western Australia, ACT and New South Wales. We'd love to hear from people in South Australia, Tasmania and the North Territory to hear how you are going with your IDDSI implementation activities. Responses are coming through from all work locations including hospitals, community, disability services, aged care, schools, adult and paediatric services. Most respondents so far are well into the 'Prepare' phase, however some are in the 'Aware' phase, a small number are already in the 'Adopt' phase, and a few have reported that they are still to get started. Thanks for the suggestions on what will help you with implementation. **If you haven't had a chance yet, please complete this short 3 minute survey so we know how you're going with implementation and how we can best help** : [Australian IDDSI Implementation Survey 2](#)

#### **What key things can I do to help with IDDSI implementation?**

- 1. Work together as a team.** The best results from Australia and overseas show that multidisciplinary groups gain the most traction. For example, large hospitals have had groups of speech pathologists, dietitians, food service and catering staff meet for 30 minutes 1-2 times a week to evaluate current meals or drinks and map them to IDDSI. They brain storm 'work arounds' for foods that are non-compliant rather than outright abandoning recipes. For example, a longer cooking time at a lower temperature was all that was needed to ensure that the meat and carrots in a beef stew met the IDDSI requirements. Placing foil over apple crumble to soften the 'crumb' and serve it with cream allowed an apple crumble recipe to meet the IDDSI requirements for Level 6 Soft & Bite-sized. Adding cream or butter to mashed potato that was 'too sticky' allowed the mashed potato to meet the IDDSI Level 4 Puree requirements.
- 2. Work 'top down' as well as 'bottom up'.** The Australian IDDSI Steering Committee have developed one page IDDSI fact sheets that can be used to help Administrators understand what IDDSI is and why we are transitioning. These sheets will soon be available on the IDDSI website under the 'Country specific resources' tab and can also be provided via email (please email [australia@iddsi.org](mailto:australia@iddsi.org)). The IDDSI published paper reporting on the first pilot site in Germany demonstrated cost savings because of reduced plate wastage. It is **available free** here from the [British Journal of Neuroscience Nursing](#) and also includes tips on implementation enablers and barriers.

3. **If it seems too overwhelming, choose one area to start with.** Some groups have chosen to start just with changes to IDDSI drinks, and once they have transitioned those, they will commence with IDDSI foods. Some have chosen to start with just one IDDSI level – e.g. Level 4 Puree, and once that has been established, move onto the next level.
4. **Raise awareness in your workplace** Resources like posters help people understand that change is coming. There are posters on the IDDSI website under the Resources tab, and then choose '[IDDSI 101 Print and Post](#)'. IDDSI International is also poised to release a Whole Framework Poster and Patient Handouts for each of the IDDSI levels. The Australian Steering Committee will have some Australia specific posters available early in 2019. **CONGRATULATIONS to Queensland Health** and lead IDDSI Champion Denise Cruikshank for her idea to create an **IDDSI Screen-Saver** as part of a campaign to help alert staff to the change to IDDSI. You will soon be able to see Denise's presentation about the Queensland Health IDDSI Implementation journey on the [IDDSI videos](#) section of the resources page. Thank you, Denise and Queensland Health, for your generosity in sharing your experiences and tips.
5. **Think outside the box** Partner with Universities and students to help with testing and mapping activities and resource development. Students from dietetic and speech pathology programs have assisted with mapping activities and presentations as part of their placements in Brisbane and Mt Isa health facilities.

### Are you catching up on IDDSI in Australia?

New Australian webinars have been recorded and will soon be available for viewing **free of charge** on the [IDDSI Resources page](#) under the *Videos* and also the *Webinar recordings* tab. Webinar content is relevant to all stakeholders (Clinicians, Food service, Catering, Industry, Suppliers, Government, NGOs, Professional Associations, Individuals with dysphagia, Carers)

**Recorded Webinars soon to be available** (6 Australian webinars have been presented and recorded over November and December 2018. With other resource development and correspondence, there has been a small backlog to get these edited and uploaded to the IDDSI website. These recorded webinars will be available for viewing in late December 2018 or early January 2019 **free of charge** on the [IDDSI Resources page](#) under the *Videos* and also the *Webinar recordings* tab.

- [IHHC Webinar 5: IDDSI Fork pressure test for Level 6 Soft & Bite-Sized](#). This webinar provided detailed information on Level 6 Soft & Bite-Sized and answered questions that had arisen on the IDDSI Flow Test.
- [IDDSI and Paediatrics](#) was recorded on 12 November 2018. Many thanks to the clinicians who participated in the webinar – suggestions arising from the webinar are in progress. Paediatric clinicians have also been actively testing and mapping thickened infant milk/formula and sharing their results. Thank you for your generosity.
- [Implementing IDDSI in Queensland Health – the journey to a new standard](#) – presented by Denise Cruikshank on 20 November 2018. This was a thorough presentation on a state wide approach to IDDSI implementation. One of the key learnings was having an IDDSI champion from each site, monthly meetings of the champions and dissemination back to sites using a hub-and-spoke model. An educational video was also developed and shared during the presentation with many thanks.
- [IDDSI and Aged Care Facilities](#) was recorded on 26 November 2018. This webinar looked specifically at changes to the food levels, and preliminary information about Level 7 Easy to Chew for food that is soft, but not necessarily bite-sized.
- [IDDSI and Food Service](#) was recorded on 5 December 2018. This webinar reviewed the IDDSI levels with a focus on testing methods, writing compliance IDDSI compliance into tender documents and managing the 'foods to include' vs 'foods to avoid' topics
- [IDDSI and Disability Services](#) was recorded on 10 December 2018. This webinar reviewed the IDDSI levels and highlighted the disability groups that have been contacted in Australia to date. It also provided information from the [NSW Ombudsman's 2018 Deaths of People with Disability in](#)

[Residential Care report](#) showing that whilst the Australian health departments are responsible for costs associated with the development of mealtime management plans that the NDIS generally funds education for speech pathologists to educate and train informal supports (carers, family members) and other support staff on how to implement mealtime plan recommendations (p.38-39). The report also noted that choking was a cause of death in 11 people from 2014-2017 and that pneumonitis as a result of inhaling solids or liquids was one of the top ten leading causes of death.

## IDDSI and Industry in Australia

### Consumers are asking – when will industry transition to IDDSI labels?

Thank you for the questions about when individual industry members will transition to IDDSI labels. A number of industry groups have confirmed their support of IDDSI and have asked consumers to check the manufacturer websites and to contact them directly to find out when their products will change to IDDSI labelling. Please note that Australian Industry have advised they are unlikely to provide 'transition labelling', where the old and new labels appear on the packaging due to cost. Therefore, consumers will start to see the new IDDSI labels from next year. The Australian IDDSI Steering Committee have encouraged industry to include educational material about the label changes to their customers.

## WEBINARS AND EVENTS

2019 webinars are currently being planned

- If you would like to share your IDDSI implementation journey via webinar, please contact [australia@iddsi.org](mailto:australia@iddsi.org)
- A series of 'Townhall' Q&A webinars are being planned for 2019. These will be 30 minute webinars allowing interested groups to meet virtually with the Project Officer via Zoom to ask questions or brainstorm problems to assist with implementation.

## HAPPY TO HELP

Please feel free to forward this email to others and encourage them to be added to the newsletter group by emailing [australia@iddsi.org](mailto:australia@iddsi.org)

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### AUSTRALIA: IDDSI Implementation

AWARE 1 December 2016

PREPARE 1 January 2018

ADOPT 1 May 2019

**Australian IDDSI Steering Committee Members:** Dietitians Association of Australia, Speech Pathology Australia, Institute of Hospitality in Healthcare, International Dysphagia Diet Standardisation Initiative, Nestle Health Science, Precise ThickN, Flavour Creations.