How does IDDSI help with EBP?

IDDSI can help with person-centered care.
Exceptions can be made to a person's diet order, based on an individualized, comprehensive clinical assessment.

- IDDSI Framework cannot change, but the diet order can be individualized.
  - Include simple statements to describe the exceptions outside the IDDSI framework.
  - Clearly written diet orders avoid confusion when creating exceptions to the IDDSI Framework.

- Clinicians can work with the client and caregivers to modify recipes to meet IDDSI testing methods. Preferred food and drink items can be tested to determine if they fit in the person's recommended IDDSI diet levels.

IDDSI creates a new standard of practice.
IDDSI is supported by the American Speech-Language Hearing Association (ASHA) as of 2022. IDDSI is also the only professionally recognized and supported diet framework by the Academy of Nutrition and Dietetics (AND). Evaluate and grow your knowledge of dysphagia diets, swallowing physiology, and food and drink characteristics using the IDDSI framework and related materials.

Research utilizing and studying IDDSI is growing.
Since its introduction, over 600 articles in speech pathology, dietetics, and food science have been published. Many references can be found on **IDDSI.org/United-States** and are highlighted in the USIRG monthly newsletter.

Evidence-based practice (EBP) is a continuous & dynamic integration of our ever-evolving expertise & evidence, keeping in mind the people we serve.

Person perspective

Research/ Evidence

Clinical expertise

Not Enough Cooks in the Kitchen: Sparking Team- and Evidence-Based Implementation of IDDSI

Challenges	Facilitators	References
Leadership buy-in	Use the 101 training webinars for Administrative Leadership found at **IDDSI.org/United-States.** Identify your champions! SLPs and RDs work great together with food service leaders to develop an implementation plan. Check in regularly with your champions to monitor progress. Coordinate with champions from partnering or referring facilities.	Jukic Peladic et al., 2023 Sella-Wiss, 2022
Staff training	Use the 101 and 201 training webinars for Foods Service Workers and Caregivers as well as Healthcare Professionals found at **IDDSI.org/United-States.** Use simulation trainings for reliable ratings of IDDSI levels. Provide the *WHY*. Emphasize each staff member's role in reaching the benefits of descriptive, person-centered care.	Wu, Miles, & Braakhuis, 2022
Staff fatigue, attitude, and resistance	Carry on! Most people will follow a positive trend once started. Stick with regular meetings. Embrace online meetings and self-paced trainings. Advertise progress and improvements made.	
Kitchen set up and cost of equipment Lack of equipment	High-quality food chopper, food processor, high-power blender, and cutting boards with measurements are helpful for consistent preparation of IDDSI food levels. Order pre-made products, when appropriate. Use smaller pans or bowls when preparing food with few patients on an IDDSI level.	Brewsaugh, Brust, & Hartman, 2022
Menu preparation and mapping	Focus on the characteristics the level is trying to achieve before recipe development. Create menu spreadsheets to track progress, test, and retest. Talk to partnering or referring facilities for their available recipes.	

References

Brewsaugh, A. M., Brust, L. J., & Hartman, J. (2022). https://doi.org/10.1016/j.jand.2021.02.012
Jukic Peladic, N., Orlandoni, P., Di Rosa, M., Giulioni, G., Bartoloni, L., & Venturini, C. (2023). https://doi.org/10.3390/nu15051103
Sella-Weiss O. (2022). https://doi.org/10.1111/1460-6984.12749
Wu, X. S., Miles, A., & Braakhuis, A. (2022). https://doi.org/10.1007/s00455-021-10393-2

IDDSI Implementation

IDDSI adoption and implementation is happening on a global scale. Visit **iddsi.org/implementation** to find free implementation guides and resources available to facilitate and guide your implementation process.

Visit **IDDSI.org/United-States** for an *Implementation Reference List* of over 20 articles related to "Monitor-Aware-Prepare-Adopt" that can be used to advocate for IDDSI at your facility.

Encountering challenges during IDDSI adoption and implementation?

The IDDSI United States Resource Group (USIRG), Resources & Best Practice has gathered many resources to support IDDSI implementation. Check back often for new resources. For additional best practice questions, concerns, or to share your resources, contact **usa.bestpractices@iddsi.net.**