

# What Every Administrator Should Know About the International Dysphagia Diet Standardisation Initiative (IDDSI)

## Standardization = Improved Patient Care, Patient Safety & Outcomes

- IDDSI diet framework standardizes diets for people with **dysphagia (difficulty chewing and swallowing)**. This framework has been adopted in over 30 countries.
- IDDSI has the full support of the Academy of Nutrition & Dietetics (AND) and the American Speech-Language & Hearing Association (ASHA) since May 2019.
- October 2021: IDDSI is now the **only professionally recognized dysphagia diet standard** in the Nutrition Care Manual® of the AND for the United States.
- Regulatory compliance guidelines related to CFR §483.25 *Quality of Care*, CFR §483.24 *Quality of Life*, and others require facilities to align with accepted professional standards.

## Make sure your facility is using best-practice and up-to-date standards.

- Your organization may have used the National Dysphagia Diet (NDD) or a custom-made set of diets, both of which are subjective and lack standardization. The IDDSI diet framework is objective, has simple testing methods, and is based on the latest scientific evidence.
- Collaboration is crucial, involving food service operations, dietitians, speech pathologists, occupational therapists, nursing, certified nursing assistants, physicians, and IT services.
- Identify an **IDDSI champion** who will manage the transition for your organization. They will keep you apprised of progress and any barriers that may require your assistance.
- Quality Assurance and Performance Improvement (QAPI): From a regulatory perspective, the process of transitioning to IDDSI is a great **quality improvement** initiative, demonstrating your organization's commitment to operational excellence and best practice.
- IDDSI implementation time frame varies from 6-18 months. Start now and document well.

## Learn More:

- *Why IDDSI? IDDSI Mission Statement:* <https://iddsi.org/IDDSI/media/images/Translations/IDDSI-Mission-Statement.pdf>
- *Step Up Your Dining Standards with IDDSI:* <https://iddsi.org/IDDSI/media/images/CountrySpecific/UnitedStates/Info-Sheet-for-Administration.pdf>
- *QAPI:* <https://iddsi.org/IDDSI/media/images/CountrySpecific/UnitedStates/Info-Sheet-IDDSI-Quality-Assurance.pdf>
- The [United States IDDSI Reference Group \(USIRG\)](#) has created many other **resources** to help your organization successfully make this transition (Go to: [www.IDDSI.org](http://www.IDDSI.org) website homepage & click on the United States in the chart at the bottom). Please also see the IDDSI *Resources* tab on [www.IDDSI.org](http://www.IDDSI.org).

