

Nursing Home IDDSI Implementation Guide

International Dysphagia Diet Standardization Initiative (IDDSI)

Aware	Initiating Program (It is recommended to start 12 months prior to program launch)
	<ul style="list-style-type: none"> Obtain program implementation approval and support from leadership (e.g., nursing home administrator [NHA] and/or board members). Obtain and review IDDSI resources at https://www.iddsi.org/. <ul style="list-style-type: none"> Key resources: framework documents, testing methods, audit tools, and education materials, etc.
Prepare	Building Your IDDSI Implementation Team
	<ul style="list-style-type: none"> Identify key staff to form a team. The team is ideally comprised of a registered dietitian (RD); food service director; NHA; speech and language pathologist (SLP); and director of nursing, activities, and social services. Identify implementation tasks, create a realistic timeline, and determine roles and responsibilities. Set up routine team meetings. Determine program launch date: _____
	Getting Ready—Food production/Food and Nutrition Services (FNS) Department
	<ul style="list-style-type: none"> Provide training to cooks and other FNS staff on thickening and flow test competency, post educational materials in the kitchen, and include an IDDSI discussion as part of the department’s regular meetings. Provide training on how to read and interpret new diet orders under IDDSI. Communicate with supply vendors and obtain needed supplies or foods. <ul style="list-style-type: none"> Pureed molds, thickeners, and pre-cut meat and vegetables, etc. Obtain or create new recipes and production spreadsheets. <ul style="list-style-type: none"> If your facility uses vendor menus, contact the vendor for its IDDSI production spreadsheets. Trial new recipes prior to the launch date and review new production processes. Map existing products to determine their IDDSI labels and levels using the IDDSI audit tool.
	Preparing Materials, Resources, and Other Supporting Documents
	<ul style="list-style-type: none"> Identify key changes with IDDSI implementation based on facility residents’ existing diets. Refer to the facility diet manual. Draft the policy and modify the facility diet manual. Obtain approval for a new policy and diet manual. Create a document that crosswalks exiting diets to new diets under IDDSI. This will assist in transitioning diet orders. Identify possible challenge areas and contingency plans: bread products and mixed consistency foods, etc. Develop plans and make necessary modifications of diet orders, clinical assessment tools, or chart entries in the facility’s electronic health record and menu/nutrition management systems.
	Developing and Providing Training and Notification
	<ul style="list-style-type: none"> Develop educational materials or notifications for providers, new/existing staff, residents, and families; determine the needs for materials in different languages; and provide an opportunity to ask questions. Develop and provide training for trainers. Incorporate adult learning principles in training (e.g., return demonstration and keep training documentation/proof). Present diet changes to resident council/family council. Provide facility-wide training for staff and notify residents and families; include in the training how to spot texture failures, intervene, and report them.
	Assessing Resident Tolerance to New Diet
	<ul style="list-style-type: none"> Identify which residents’ diets will be significantly affected by the new diet program. Refer for clinician (SLP) assessment for possible diet order modification.
Adopt	Transitioning to the New Program—IDDSI
	<ul style="list-style-type: none"> Assist the RD and SLP with diet/liquid crosswalks and obtain appropriate orders. Conduct frequent meal observations, especially with residents who are at risk for being affected by the new diet program.
Monitor	Auditing for Program Sustainability and Preventing Negative Outcomes
	<ul style="list-style-type: none"> Audit food textures and liquid consistencies with test trays or in production using an IDDSI test form and flow test. At the point of service, audit random trays to confirm they match the diet orders and care plans. Monitor and track resident nutritional intake, food tolerance, and meal satisfaction. Include audits as part of facility’s Quality Assurance and Performance Improvement (QAPI) program. Discuss IDDSI implementation regularly during departmental meetings.

**This document is not an official IDDSI resource. It is not meant to replace materials and resources found at www.IDDSI.org.*

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