SNF Implementation Guidance

Created by Paula Bohlen, last modified just a moment ago

NOTE: Guidance can be used by Senior Housing locations where texture modified food and drinks are served.

<table>
<thead>
<tr>
<th>Task #</th>
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<th>Implementation Task</th>
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<th>Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>12/28/18</td>
<td>IDDSI Toolkit for Pre-implementation Guidance</td>
<td>as needed</td>
<td>Guidance for locations when referral sources implement IDDSI prior to October 2019. Click here for more information.</td>
<td>DFN, RDN &amp; SLP</td>
<td>FN, Nursing, SLP</td>
</tr>
<tr>
<td>2</td>
<td>4/3/19</td>
<td>IDDSI Target Implementation Date Set</td>
<td>N/A</td>
<td>Click here for more information.</td>
<td>DFN</td>
<td>IDDSI Champions</td>
</tr>
<tr>
<td>3</td>
<td>4/3/19</td>
<td>IDDSI Awareness Poster (revised poster linked 7/2019)</td>
<td>4/19-5/19</td>
<td>Awareness campaign- poster and introduction at all staff meeting. Click here for more information.</td>
<td>DFN, All employees and contractors</td>
<td>IDDSI Champions</td>
</tr>
<tr>
<td>4</td>
<td>4/20/19</td>
<td>Develop an IDDSI Team and Champion</td>
<td>5/31/19</td>
<td>Each location is to have a multidisciplinary IDDSI team in place by 5/31/19. Identify IDDSI champions from food and nutrition, nursing, staff development and an SLP- other champions as deemed necessary.</td>
<td>DFN, RDN &amp;/or SLP</td>
<td>IDDSI Champions</td>
</tr>
<tr>
<td>5</td>
<td>5/14/19</td>
<td>IDDSI Champions preliminary training</td>
<td>6/15/19</td>
<td>Assign preliminary training to all IDDSI Champions. <a href="#">FN Leaders/IDDSI Champions Education Plan</a></td>
<td>DFN</td>
<td>IDDSI Champions</td>
</tr>
<tr>
<td>6</td>
<td>6/13/19</td>
<td>IDDSI Champion Training- General Knowledge and Drink Textures</td>
<td>6/20/19</td>
<td>Complete training posted for IDDSI Champions and FN Leaders. <a href="#">FN Leaders/IDDSI Champions Education Plan</a></td>
<td>IDDSI Champions</td>
<td>IDDSI Champions</td>
</tr>
<tr>
<td>7</td>
<td>6/13/19</td>
<td>Review Education/Training Plans for staff</td>
<td>6/30/19</td>
<td>IDDSI Champions to meet as a group to review plans.</td>
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<td></td>
<td>• Print Education/Training Plans to copy and distribute to employees/contractors.</td>
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<td></td>
<td>• Therapy Prof-IDDSI KNOWLEDGE AND DRINKS</td>
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<td>• Nurses-IDDSI KNOWLEDGE AND DRINKS</td>
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<td>• HIM-Non-direct care-IDDSI KNOWLEDGE AND DRINKS</td>
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<td></td>
<td>• Food and Nutrition Assistant-IDDSI KNOWLEDGE AND DRINKS</td>
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<td></td>
<td>• Cooks &amp; Chefs-IDDSI KNOWLEDGE AND DRINKS</td>
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<td></td>
<td>• CNAs-univ worker-IDDSI KNOWLEDGE AND DRINKS</td>
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<td></td>
<td>• Activity &amp; SW Professionals-IDDSI KNOWLEDGE AND DRINKS</td>
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<td>• Make copies of the introductory quiz- used for all staff</td>
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<td></td>
<td></td>
<td>• 4-IDDSI Introduction Quiz.docx</td>
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<td></td>
<td></td>
<td></td>
<td>• 4-IDDSI Introduction Quiz- Answer key.docx</td>
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<td>• Schedule group training sessions for General Knowledge training- all staff.</td>
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<td>• Determine/Plan cluster trainings for IDDSI Drink textures.</td>
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<td></td>
<td></td>
<td>• Staff who will mix thickened liquids and need to learn tests</td>
<td></td>
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<tr>
<td></td>
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<td></td>
<td>• Staff who will not mix thickened liquids.</td>
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<td></td>
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<td></td>
<td>• Order syringes. Information posted on Update to Society Resources</td>
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<td></td>
<td>• Ensure adequate thickening agent is available for training. Order as necessary.</td>
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</tr>
</tbody>
</table>

8 6/13/19 Complete training of all current staff 7/1/19 through 7/31/19 Complete training and competency testing | IDDSI Champions | All employees/contractors |
<table>
<thead>
<tr>
<th>Task #</th>
<th>Task Posted</th>
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<th>TASK Deadline</th>
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<th>Task Leader</th>
<th>Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.</td>
<td>6/14/19</td>
<td>Resident and Family and Volunteers</td>
<td>7/31/19</td>
<td>Provide education materials to residents with modified drink textures, their families. Provide education materials to volunteers for awareness.</td>
<td>Residents, Families and Volunteers</td>
<td>IDDSI Champions</td>
</tr>
<tr>
<td>10.</td>
<td>6/14/19</td>
<td>Notify Physicians and physician extenders</td>
<td>on or before 7/15/19</td>
<td>Notify medical director, physicians and physician extenders that drink textures will be changing August 13, 2019. Information is forthcoming from Dr. Victoria Walker in the physician newsletter To the Point. Provide copy of IDDSI Awareness Poster</td>
<td>IDDSI Champions</td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td>6/13/19</td>
<td>Review current orders for thickened liquids and request appropriate change to IDDSI diet terminology.</td>
<td>8/10/19 Effective date of orders: 8/13/19.</td>
<td>Place diet orders in PCC for IDDSI drink texture with effective date of 8/13/19. • IDDSI Drink textures were available in PCC as of 6/12/19.</td>
<td>IDDSI Champions/PCC</td>
<td>PCC</td>
</tr>
<tr>
<td>12.</td>
<td>6/18/19</td>
<td>Review and plan for use of IDDSI audit forms</td>
<td>on or before 7/20/19</td>
<td>NOTE: IDDSI Audit tools for drinks applies to drinks thickened in-house. IDDSI Champions should review use and test competency for each other. Train other staff who will be thickening liquids on appropriate use of the tools. Develop guideline on when and how often to audit textures to ensure compliance. Discuss with QAPI team to determine location process. This may be more frequent initially and when there are new employees/contractors. National Campus has not set a requirement at this time but may later. Audit tools are posted to the IDDSI Resources and Tools page.</td>
<td>IDDSI Champions/ QAPI team.</td>
<td>Employees and contractors who thicken drinks at the location.</td>
</tr>
<tr>
<td>13.</td>
<td>6/26/19</td>
<td>Review the thickened liquids in stock. Check melted ice cream and sherbet.</td>
<td>on or before July 31, 2019</td>
<td>As part of the training of staff, check stock of commercial thickened and house-prepared drinks/liquids. Determine the thickness of these items using IDDSI audit tools. Document on Form-Guide to IDDSI Thickness Tests and post in kitchen for staff reference. May consider posting in other areas where food is served at location. NOTE: second page will be used when IDDSI foods are rolled out in 2020. This form should be reviewed/revised periodically and when new thickener/products are introduced.</td>
<td>IDDSI Champions</td>
<td>Residents who have orders for thickened liquids.</td>
</tr>
<tr>
<td>14.</td>
<td>7/9/19</td>
<td>NEW Society Resource</td>
<td>July 15, 2019</td>
<td>Review new JOB AID: Navigating to the IDDSI Toolbox and Education Plans. Posted on Update to Society Resources and listed in bulletins for 7/9/19.</td>
<td>IDDSI Champions</td>
<td>All employees and contractors</td>
</tr>
<tr>
<td>15.</td>
<td>7/19/19</td>
<td>Conserving on Syringe Use</td>
<td>July 31, 2019</td>
<td>SUGGESTION from Region 60 (southwest) meeting: Syringes can be cleaned, sanitized and recycled for training and testing. This will be added to P&amp;P in the near future. In the meantime use this guidance: • Clean and sanitize as you would other utensils. • Make sure the recycled syringe is clean and clear of any material that would alter the test. • Any product tested in a syringe (new or recycled) must be discarded. Never serve the liquid that has been tested in a syringe to any residents. • Recycled syringes are discarded when worn or tip is compromised in any way.</td>
<td>IDDSI Champions</td>
<td>FN employees and IDDSI Champions.</td>
</tr>
<tr>
<td>16.</td>
<td>7/26/19</td>
<td>Article review- It is Time to Revamp Approaches to</td>
<td>August 31, 2019</td>
<td>Review the article co-authored by Victoria Walker MD, VP Medical Services for the Society. It is posted under Updates to Society Resources.</td>
<td>IDDSI Champions</td>
<td>Residents and employees.</td>
</tr>
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</tr>
<tr>
<td>17.</td>
<td>8/1/19</td>
<td>August 10, 2019</td>
<td>The IDDSI Champions should read and discuss this article. As we move closer to rolling out IDDSI diets in 2020 this article presents a strong case for a shift in how we think about management of dysphagia at locations. As the rollout of IDDSI diets approaches you will be challenged by Dr. Walker and NC Operations to reduce the number of dysphagia diets at your location and to set into place a review process so that residents placed on texture-modified diets are not left on for the remainder of their stay without review. Look for more on this early 2020.</td>
<td>IDDSI Champions</td>
<td>Residents and employees</td>
<td></td>
</tr>
<tr>
<td>18.</td>
<td>8/13/19</td>
<td>August 13, 2019</td>
<td>Review the new IDDSI FAQ document on mixed consistencies. Click here. DON'T FORGET! Thickened liquids includes food items with liquid or that are liquid at room temperature (i.e., soups, gelatin, ice cream, sherbet). Train staff accordingly. This is not new information-the same information applies to NDD diets. If you are using frozen cups such as Magic Cup - check the manufacturers website to determine if the item is liquid at room temperature.</td>
<td>IDDSI Champions</td>
<td>Residents and employees</td>
<td></td>
</tr>
</tbody>
</table>

1 Comment

Paula Bohlen
You are welcome to post comments and questions here. An email will be generated and sent to the food and nutrition consultant at the Society's National Campus. You will get a response as soon as it is possible. If you need immediate assistance contact CFS@good-sam.com.
Updates to Society Resources

Navigation Job Aid
This JOB AID can be printed and provided to employees or printed and posted at a computer used for learning purpose.

Click to open then click download to save copy to Desktop:

JOB AID- Navigating to the IDDSI Toolbox and Education Plans

IDDSI General Knowledge Quiz
Click to open then click download to save copy to Desktop:

IDDSI General Knowledge Quiz
IDDSI General Knowledge Quiz- Answer Key

JAMDA Editorial on managing dysphagia-
Co-authored by Victoria Walker, MD, Chief Medical Officer
Good Samaritan Society

IDDSI Approved 10 ml Syringes available on DSSI.

SYR ONLY 10CC LL ST 200/BOX 2BX/CS (Becton Dickinson #302995) - less expensive as of 6/4/19

Good Samaritan Item #: 8517320
McKesson Item #: 44112800

SYRNGE 10ML LURE SLIP TIP 200/BX 2 BX/CS (BECTON DICKINSON: #303134)

Good Samaritan Item#: 8517319
McKesson Item#: 34462800

NOTE: The 10 ml syringe used for testing liquids must be a precise barrel length and width. Purchasing has added 2 approved syringes to the McKesson order guide. DO NOT use any other syringes for testing thickened beverages.
Policy and Procedure - Work completed 6/12/19

Policy and procedure updates will be posted here when completed.

PLAN OF WORK

All applicable P&P will be updated prior to August 2019. Watch Newsfeed for announcement.

Policies and Procedures being updated:

- Acceptance of Therapeutic Diet
- Choking Prevention
- Cooling and Reheating
- Diet Manual
- Diet Orders
- Dysphagia
- Food Temperature Monitoring
- Food Thermometers
- Food Transport
- Interventions for Nutritional Risk of Residents
- Menu and Diet Orders for Holidays and Special Occasions
- Nutrition and Hydration
- Nutrition Documentation
- Planning for Emergencies
- Service of Food and Drinks
- Standardized Recipes
- Texture Altered Diets
- Thickened Liquids

Point Click Care - Effective 6/12/19

PCC updates will be posted here when complete

PLAN OF WORK

Orders:

- IDDSI diet terminology will be added to the drop-lists prior to August 2019.
  - NOTE: IDDSI terminology will not be used until implementation and training is complete at the location.
- NDD terminology will not be removed until 2020.

Fluid Texture List - as of 6/12/19

<table>
<thead>
<tr>
<th>Fluid Texture List - as of 6/12/19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular fluid</td>
</tr>
<tr>
<td>Nextar</td>
</tr>
<tr>
<td>Honey</td>
</tr>
<tr>
<td>Spoon (pdg)</td>
</tr>
<tr>
<td>4 Extremely Thick</td>
</tr>
<tr>
<td>3 Moderately Thick</td>
</tr>
<tr>
<td>2 Mildly Thick</td>
</tr>
<tr>
<td>0 Thin</td>
</tr>
</tbody>
</table>
Society Forms - Work completed 6/12/19

Form updates have been posted to the Society Forms button and Resident Services System of Forms Manual.

PLAN OF WORK

- **Diet Order Notification** (GSS #297) form will be updated to include both NDD and IDDSI terminology. Changes have been submitted to:
  - Add the IDDSI drink levels to **Diet Order Notification** (GSS # 297). This form will be in-activated when conversion is IDDSI is complete.
    - Available from Society Print Shop.
  - Create a new **Diet Order Notification- IDDSI Version** (GSS# 297A). Locations will move to the new form when IDDSI food textures rollout in 2020.
    - Not available from Society Print Shop at this time.

- **Food Temperature Record** (GSS #457) form is being replaced but will be used until the location changes to IDDSI diets. May be available from Society Print Shop as supply lasts. If you need additional copies prior to IDDSI rollout: GSS0457_FoodTemperatureRecord 9-17 version.pdf.

Changes:

- Add IDDSI terminology to GSS #457. It is renamed **Weekly Food Temperature Record** (GSS # 297). This version is formatted for Breakfast, Noon or Evening meals and provides more available lines for documenting multiple items in each food category. This form is geared towards larger locations and those with more resident choice items.
  - Not available from Society Print Shop at this time.

- Create a new **Monthly Food Temperature Record** (GSS #497) formatted for Breakfast, Noon or Evening meals. This version has fewer available lines and is geared toward smaller locations and those with fewer optional items.
  - Not available from Society Print Shop at this time.

- Location will determine which temperature record they will use.
Society Menu Program/SNO Software

Society Menu Program updates will be posted here when available.

PLAN OF WORK

SNO software:

IDDSI diet and texture terminology will be incorporated into both SNO Menu Publisher and SNO Resident Management

**SNO PRO locations:** Bridging NDD to IDDSI drink textures in Resident Management. *(posted 7/19/19)*

SNO has completed work to automate the change-over from NDD to IDDSI by checking a box in your database (this means that when you decide you are ready, you check the box and all diets convert to IDDSI terms). However, because we are rolling drinks out first, there is an interim step you need to complete. Please follow this carefully so that when you rollout the IDDSI diets it will be seamless.

These are the steps:

- On the day you will be changing to IDDSI drink terms, log into your SNO database. Do not complete this ahead of time since this changes the terminology on the tray cards.

  - Click on **SETUP** in the green bar.
  
  - Locate the **TL Consistency** button.
  
  - Change the NDD terms to the IDDSI terms. To do this:
    
    - Click **Edit** to the left of Nectar. In the box to the right, type **2 Mildly Thick**. Click **Save**.
    
    - Click **Edit** to the left of Honey. In the box to the right, type **3 Moderately Thick**. Click **Save**.
    
    - Click **Edit** to the left of Honey. In the box to the right, type **4 Extremely Thick**. Click **Save**.
Menus:

- SNO Menu Publisher will be updated to include both NDD and IDDSI terminology.
- 19FW menus will include IDDSI terminology.

Recipes:

- Society Recipes will be adjusted for IDDSI diet and texture terminology. Society recipes have GSS in the name. Refer to A Guide to Menu Sets and Recipes for further information on recipe naming conventions.
- Locations using other recipes will be responsible for adjusting the textures manually.

Training and Resource Materials

All applicable resources pertaining to Society Menu Program will be updated prior to rollout in 2020.

https://confluence.corp.good-sam.com/display/FDNU/Updates+to+Society+Resources
EDUCATION/TRAINING PLAN

PRELIMINARY TRAINING

Review IDDSI Awareness Poster

IDDSI GENERAL KNOWLEDGE AND DRINK TEXTURES

NOTE: Education tasks for Food and Diet will be posted later in the year.

Step 1 - Print the training plan for your job role: IDDSI Knowledge and Drink Textures-Food and Nutrition Assistants

Step 2 - Complete Education Tasks

Complete education tasks listed below in A and B. When complete sign the first page of the training document and give to your supervisor.

Step 3 - Complete Competency Testing

Your supervisor will determine what competency testing is applicable to your job role and arrange for any further education and testing to be completed.

STEP 2:

A. IDDSI General Knowledge

1. Watch Video- Understanding Dysphagia (6.43 minutes)
   NOTE: IDDSI drink terms are not mentioned in the video. They are as follows:
   - NDD Nectar thick = IDDSI Mildly Thick
   - NDD Honey Thick = IDDSI Moderately Thick
   - NDD Pudding = IDDSI Extremely Thick

2. Review IDDSI Framework Poster

3. Take written Dysphagia General Knowledge Quiz and give to supervisor

B. IDDSI Drink Textures

REQUIRED TRAINING:

1. Review Mapping to IDDSI Drinks.
   
   Key Points
   a. This shows the transition from previous terminology to IDDSI
   b. Note that commercial thickeners and thickened drinks will carry both labels for a period time.
   c. Eventually the terms nectar, honey and pudding will be removed from labels.

2. Review Food and Drink Classification & Testing Poster

   Key Points
   a. This poster contains an overview of all IDDSI levels. This training will focus on drink levels 0-4.
   b. Ask questions of your supervisor before moving forward.

3. Review IDDSI Framework Testing Methods, pages 3-5 related to drinks

   Key Points
   a. This document contains information about the testing methods in IDDSI. Review only pages 3-5 at this time.
   b. All employees must be aware of the IDDSI tests even though not all employees will be responsible for performing these tests.

4. Meet with the director of food and nutrition to review the above tools.
   a. Discuss your role in thickening drinks.
      * I will not be thickening liquids as part of my job role.
      a. STOP & SIGN at bottom of education/training plan for your job role.
      b. Complete competency testing on IDDSI knowledge

   * I will be thickening liquids as part of my job role. Continue to CONDITIONAL TRAINING.

CONDITIONAL TRAINING

NOTE: Only complete if thickening and testing drinks is part of your job role. If you are not sure, ask your supervisor before proceeding.

2. Watch Video-IDDSI Flow Test Instructions (1 minute, 19 seconds)


5. Watch Video-IDDSI Flow Test Level 3 (37 seconds). No sound.


7. Practice using syringe and spoon tests on liquids at various levels. (Ask supervisor for assistance and supplies such as syringe and thickening product)

8. Sign and date the training plan for your job role and give to your supervisor.

STEP 3:

Complete competency testing with your supervisor. Repeat any items as necessary to demonstrate competency.

NOTE: If the CONDITIONAL TRAINING was not assigned to you, competency testing will include general IDDSI knowledge only.
IDDSI EDUCATION/TRAINING PLAN

FOOD AND NUTRITION ASSISTANT

IDDSI GENERAL ORIENTATION AND DRINK TEXTURES

Check each task as it is completed:

A. General Orientation to IDDSI

1. ___Watch Video: Understanding Dysphagia webinar.

   NOTE: IDDSI drink terms are not mentioned in the video. They are as follows:
   
   NDD Nectar thick= IDDSI Mildly Thick
   NDD Honey Thick= IDDSI Moderately Thick
   NDD Pudding= IDDSI Extremely Thick

2. ___Review IDDSI Framework Poster

3. ___Take written Dysphagia Introductory Quiz and give to supervisor

B. IDDSI Drinks Textures

REQUIRED TRAINING:

1. ___ Review Mapping to IDDSI Drinks
2. ___ Review Food and Drink Classification & Testing Poster
3. ___ Review IDDSI Framework Testing Methods, pages 3-5 related to drinks
4. ___Meet with the director of food and nutrition to review the above tools.

   a. Discuss your role in thickening drinks.
   
   b. Check the statement that applies to your job role:

      ___ I will not be thickening liquids as part of my job role. STOP & SIGN at bottom.

      ___ I will be thickening liquids as part of my job role. Continue to next section.

CONDITIONAL TRAINING

Only complete if thickening and testing drinks is part of your job role.

2. ___ Watch video: IDDSI Flow Test Instructions (1 minute, 19 seconds)
3. ___ Watch video: IDDSI Flow Test level 1 (36 seconds)
4. ___ Watch video: IDDSI Flow Test Level 2 (36 seconds)
5. ___ Watch video: IDDSI Flow Test Level 3 (37 seconds)
6. ___ Watch video: IDDSI Flow Test Comparison Levels 1-3 (44 seconds)

7. ___ Practice using syringe and spoon tests on liquids at various levels.
   (Ask supervisor for assistance and supplies such as syringe and thickening product)

8. ___ Sign and date IDDSI Competency/Training Plan and give to supervisor.

9. ___ Complete competency testing.

Employee signature verifying completion _________________________ Date: ____________

Completion of all related training verified by: _______________________ Date: ____________
Competency Verification

This skill checklist may be used as part of the location’s competency skills check for all or select employees.

**Rating Code:** 4 = skilled and able to work independently; 3 = moderately skilled – needs limited supervision; 2 = limited skill – requires close supervision; 1 = no skill or knowledge

Must receive a score of four for each procedure step to prove competency.

<table>
<thead>
<tr>
<th>ELEMENT</th>
<th>Associated Competency Skill</th>
<th>Applicable to Job Duty (Circle Yes or No)</th>
<th>Method (Check all that apply)</th>
<th>Rating</th>
<th>Re-Rate</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>IDDSI Framework</td>
<td>Knowledge Base</td>
<td>Required</td>
<td></td>
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</tr>
<tr>
<td>Drink Testing</td>
<td></td>
<td>Yes No</td>
<td>Written Test, Oral Test</td>
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</tr>
<tr>
<td>Drink Testing – 4 Extremely Thick</td>
<td>Flow test with 10 ml syringe</td>
<td>Yes No</td>
<td>Return Demo</td>
<td></td>
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<tr>
<td>Drink Testing – 4 Extremely Thick</td>
<td>Tilt test with spoon</td>
<td>Yes No</td>
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Comments:

Competency Verified by: ____________________ Date: ____________________

IDDSI Competency/Training entered into Learning Center by:

_________________________________________ Date: ____________________
Dysphagia General Knowledge/Drink Quiz

When completed, give the quiz to your direct supervisor. Discuss any questions you missed. Consider watching the video again if you had difficulty with quiz questions.

1. What is Dysphagia (Dys + phagia)?
   a. ___Difficulty getting food from the plate to the mouth
   b. ___Difficulty eating
   c. ___Difficulty cutting food into bite sized pieces
   d. ___Difficulty with tongue control

2. True or false- Aspiration means that food, liquid or saliva has entered the lungs.

3. Which of the following are signs & symptoms of dysphagia? Check all that apply.
   a. ___Coughing or clearing of throat
   b. ___Food residue in mouth after swallowing
   c. ___Loss of liquids out of the mouth
   d. ___Dislikes for certain foods
   e. ___Difficulty chewing or moving food around mouth
   f. ___Difficulty holding food in mouth and initiating a swallow
   g. ___Complaints of being tired
   h. ___Wet or gurgly voice after swallow

4. True or False-All residents with dysphagia/swallowing difficulty will benefit from thickened liquids.

5. Draw a line to connect the thickness names with the corresponding numbers. Refer to the IDDSI framework poster as needed.

Moderately thick 1
Slightly thick 2
Mildly thick 3
Extremely thick 4
5. Look at the following pictures of pre-thickened water. Which would you choose if you are looking for a mildly thick/nectar thick liquid? **Circle the container you would choose.**

Refer to the IDDSI framework poster and IDDSI drink mapping as needed.

Completed by: ___________________________________________ Date: ___________

Job Title/Role: ___________________________________________
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1. **What is Dysphagia (Dys + phagia)?**
   a. ____Difficulty getting food from the plate to the mouth
   b. __X_ Difficulty eating
   c. ____Difficulty cutting food into bite sized pieces
   d. ____Difficulty with tongue control

2. **True or false- Aspiration means that food, liquid or saliva has entered the lungs.**

3. **Which of the following are signs & symptoms of dysphagia? Check all that apply.**
   a. __Coughing or clearing of throat
   b. x___Food residue in mouth after swallowing
   c. __Loss of liquids out of the mouth
   d. ____Dislikes for certain foods
   e. __Difficulty chewing or moving food around mouth
   f. __Difficulty holding food in mouth and initiating a swallow
   g. ____Complaints of being tired
   h. x___Wet or gurgly voice after swallow

4. **True or False- All residents with dysphagia/swallowing difficulty will benefit from thickened liquids.**

5. **Draw a line to connect the thickness names with the corresponding numbers. Refer to the framework poster as needed.**

   ![Diagram](image_url)

   - Moderately thick → 1
   - Slightly thick → 2
   - Mildly thick → 3
   - Extremely thick → 4
6. Look at the following pictures of pre-thickened water. Which would you choose if you are looking for a mildly thick/nectar thick liquid? **Circle the container you would choose.**

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