



Iowa Dietetics in Health Care Communities

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From the Chair...

By Jocelyn Evans, RD, LD
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Hello fellow ID-HCC Members! I hope everyone has had a great summer. I can't believe we are already into September!

I am excited to serve as your Chair. This professional group has been a great resource for me as I have begun my consulting work in the past four years. IDHCC Board and Council met on June 1st at the Iowa Veteran's Home in Marshalltown. During this transition meeting, the board and council focused on strategic planning for IDHCC for 2019-2021. You can find the updated strategic plan online at www.eatrightiowa.org/idhcc under meeting minutes. During this, we updated our vision and mission as well to ensure we, as leadership, are working for you, as members. We are very pleased with the strategic plan that was decided upon. Our main goals are to increase member involvement/communication, promote our profession, and also to continue to provide cutting edge knowledge to you, as members. It's difficult at times to stay up to date working as a consultant and we want to strive to be your main resource to new information. Because of this, we have increased the newsletters to a quarterly basis (instead of 3x/year).

During this meeting, we also discussed some other ways to increase membership involvement such as utilizing Facebook more, offering different types of scholarships, and a marketing project to send out postcards via mail to all of the nursing facilities in Iowa to connect with more RD's in our state. These ideas have been added to our strategic plan and will continue to be addressed by the Board and Council.

We just want to thank all of you for the hard work you do and for giving our profession a great name. Our group would not exist without all of you! Hope everyone has a great fall!

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In This Issue:

From the Chair	1
Meeting the Safety and Training Needs	2
IAND 2019 Annual Meeting: Your Seat at The Table . .	3
IDHCC/Iowa ARNP Spring Conference	3
IDDSI: What RDNs Need to Know	5



Meeting the Safety and Sanitation Training Needs:

Offer of ServSafe Training

Cost of ServSafe Training

Meeting the Safety and Sanitation Training Needs

By Barb Fuller, MA, RD, LD

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After review of the old training manuals and IDA publications, there seems to be a need for sanitation (food safety) training materials for health care facilities. ISU Extension and Outreach may be able to help!

Iowa has 99 counties and 100 county Extension offices. Each one has access to a Nutrition and Wellness Specialist. We cover several counties, but each county knows how to contact their assigned specialist. The website find a specialist is <https://www.extension.iastate.edu/humansciences/staff-nutrition-wellness>. There currently is a vacancy.

We offer ServSafe® training 10 to 15 times a month.

<https://register.extension.iastate.edu/servsafe> is the registration page to find a class. Classes are listed several months, all classes listed have open registration. This meets the requirement of Certified Food Protection Manager per location. Iowa is using the 2013 FDA Food Code, so only one person with managerial responsibilities is required to become a CFPM. The 2017 will require one person on site during hours of operation, Iowa is not moving to the 2017 Food Code yet.

Not all staff need to have ServSafe® but all need food safety education and training. At www.servsafe.com, you can find the ServSafe® Food Handlers books. (You don't have to be a ServSafe® Instructor to order the books). They are \$4.50 each and have all the basics. Health and Hygiene, Cross Contamination, Time and Temperature, Cleaning and Sanitizing. Each book has a 40-question quiz that can be used at the completion and even a certificate in each book. This can be used over the course of several sessions or even as a self-study manual.

All the nutrition and wellness program specialists can come to your site and teach ServSafe® Food Handlers. The cost is usually \$35 per participant and is a 2-3-hour class, which does include the book and other learning activities. There may be a minimum number of participants required.

www.extension.iastate.edu/foodsafety has great information that can be used for food safety training. The videos were updated, if you did not get a DVD just go to the website and find the videos in both English and Spanish. There are a lot of other resources available for training staff. Under the foodservice tab, SOPs are downloadable for many foodservice operations. There are posters and training guides for food allergies, handwashing, glove use and more.

Feel free to contact me at bfuller@iastate.edu or 712 789 2449 if there are more questions.

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Human Sciences Specialist, Nutrition and Wellness
Iowa State University Extension and Outreach

IAND 2019 Annual Meeting: Your Seat at the Table

IAND Annual Meeting is 12-13 November 2019. Early registration ends on 1 November 2019. This year it is located at West Des Moines Marriott, 1250 Jordon Creek Parkway, West Des Moines, IA 50266. To register on-line at www.eatrightiowa.org

Topics Include:

Sitting at the table

Future Education Model and Competency Based Education

Bump to Babe: Updates on Prenatal Nutrition and Baby-Led Weaning

So you are a dietitian, what is your policy?

Making a Greater Impact Using Non-Diet Weight Neutral Approaches to Well-Being

More Than a Lunch Tray – Dietitian Roles in Schools

Developing Recipes for a Blog, Media, Demos, and More

Conflict or Consensus: Balancing Consumers' Demands with Professional Ethics

Dinner at Home

Strength Through All Life Stages

Your Seat On The Big Screen

Iowa Food and Family Project



IAND 2019 – Annual Meeting:

12-13 November 2019

Early Registration Ends:
1 November 2019

West Des Moines Marriott
in West Des Moines, IA

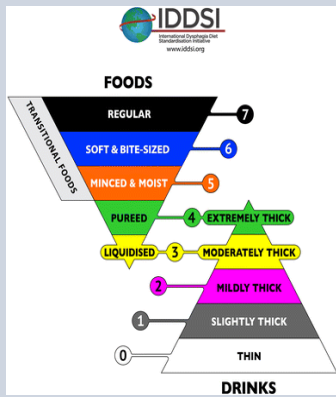


ID-HCC/IOWA ANFP Spring Conference:

Conference Date:
23-24 April 2019

SAVE THE DATE
FIRST COMBINED MEETING
ID-HCC/IOWA ANFP Spring Conference on
23-24th April 2019

VISION 20/20



IDDSI: What RDN's Need to Know:

How to access IDDSI on IAND?

Implementing IDDSI in our Facility:

Who is involve implementing IDDSI

Menu development

Different test methods for implementing IDDSI

IDDSI: What RDNs Need to Know
By The Iowa Academy Publications Committee

The Iowa Academy has some IDDSI tools you will want to check out for in-service ideas and educational handouts. More being developed currently so keep checking back!

How to access:

eatrightiowa.org

Under Publications, then click on the "Simplified Diet Manual 12th Edition Supplementary Materials" icon to access handouts.

For questions/suggestions, contact andreamaherrd@gmail.com (IAND Publications Committee member)

Implementing IDDSI in our Facility

By Abigail Carper RD,LD
Inpatient Dietitian Regional Medical Center, Manchester IA

The first step in our IDDSI implementation was creating a group of professionals that would meet regularly and lead the facility into this new standardization. Ours was a small group that included Dietitian, Speech Therapist and Kitchen Manager. To begin, we made a tentative timeline and task list to help keep us organized with our implementation. This included various hospital meetings to attend, educational sessions for the appropriate departments, policy development, working with IT, menu development, food and fluid trials, etc. Change can be hard for some of the staff, so we have tried to reinforce the benefits of a standardized system along with keeping an upbeat attitude.

The IDDSI website has been a great resource. They have videos that show the testing methods for food and fluid levels along with great handouts with helpful information on what is included or not included in each level. I have also used some of their already prepared PowerPoint slides in our educational sessions to nursing, dietary, and providers. Another resource we have been utilizing is a Facebook group. Within the group, other individuals across the United States have posted their ideas, obstacles, support, and insights into their own implementation of IDDSI.

We found it helpful to do the new testing methods ourselves on different supplements or fortified foods and record our results. It not only gave us confidence in performing the testing ourselves for the levels but it has also been beneficial to create a paper reference for staff. I have only recently begun making a consistent visit to the kitchen during meals and preparing a trial tray for level 5 and 6. This is becoming particularly important in helping me develop the standardized and select menus for inpatients but also has been beneficial with showing the dietary staff the proper consistency of food.



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