



# Iowa Dietetics in Health Care Communities

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VOLUME 8, NUMBER 2



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## **From the Chair...**

By Andrea Maher, RD, LD

[maher@huxcomm.net](mailto:maher@huxcomm.net)

I am proud to be the Chair for IDHCC as we get ready to start another great year. Serving in leadership roles for IDHCC has been a rewarding experience for me as I have had the opportunity to meet many of you personally and professionally. What a great group of dietetic professionals! I attended the Iowa Academy Board & Council Meeting in November and represented our group as IDHCC Chair. The IDHCC Board & Council also met at Monterrey's Mexican Restaurant in West Des Moines. We discussed how we can increase awareness of our interest group. Our registration is now done through Eventbrite, thanks to Char Kooima- Meeting Planner. If you know someone who would benefit from our networking opportunities, newsletter and Annual Spring meeting, please share our online registration with them. You do need to be a member of the Iowa Academy to be an IDHCC member. As you may know, IDHCC decided last year to maintain External status with the Iowa Academy. We are waiting for the IRS to finish reviewing our request for non-exempt 501(c)6 status. If you would like more information regarding this, feel free to contact me.

We have a great IDHCC Board and Council and it has made volunteering fun. Please consider saying "yes" to an elected position as Nominations will be looking for willing volunteers to keep IDHCC moving forward next year. We will need a Secretary, Nominations Jr and Chair-Elect. It is a great networking opportunity!

Another opportunity to consider is being on the Iowa Academy Publications Committee. They desire two IDHCC members on the committee. If you are interested in learning more about IDDSI and the Simplified Diet Manual or discussing educational materials for Food Prep/Food Service Management, we would love you to represent us! I look forward to seeing you April 19 in West Des Moines for our Annual Spring Meeting. Happy New Year!

—Andrea Maher RD, LD  
[maher@huxcomm.net](mailto:maher@huxcomm.net)  
 563/529-6148



## Simplified Diet Manual

By Paula Watkins, RD, LD, CDE  
[paulawatkins2015@outlook.com](mailto:paulawatkins2015@outlook.com)

### **Simplified Diet Manual:**

Different Methods of  
Purchase

I have been getting a lot of questions regarding diet manual options especially given the moment to transition to the new IDDSI consistency guidelines. So I'm sending this for FYI only - Feel free to respond with additional suggestions

Simplified Diet Manual, 12th edition, published by the Iowa Academy of Nutrition and Dietetics, 2016.

<https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eatrightiowa.org%2Fstore&data=02%7C01%7C%7C6b99f75e7ae143dbcd0008d64dab30b6%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636781794977909093&sdta=a=uH%2Bf7phQCyKrb2D9i6s1T%2FJNxc8Lp5StnxEKp4OetbA%3D&reserved=0>

\$64.99 spiral bound; 54.99 ebook pdf. IDDSI Patient (Staff) Education Materials have been added to the online supplementary materials.

DIET MANUAL OPTIONS for EXTENDED CARE:

Academy of Nutrition and Dietetics: Nutrition Care Manual Online resource only

<https://nam02.safelinks.protection.outlook.com/?url=www.nutritioncaremanual.org&data=02%7C01%7C%7C6b99f75e7ae143dbcd0008d64dab30b6%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636781794977909093&sdta=718KF%2BV7oAXxiYh%2F4yu3ju9kVNyFsITIWTQGhEAMF5c%3D&reserved=0>

Pricing dependent on how many subscriptions ordered and member status: ranging from \$158 to \$315 per year. See website for all pricing. IDDSI guidelines available Diet & Dining Manual For Extended Care in a Culture Change Environment, By Dietitians of New England, 2019, 3rd Edition Written Manual is now ready for order \$109 + \$10 S&H ea.

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ARCHIVES:

<https://nam02.safelinks.protection.outlook.com/?url=http%3A%2F%2Farchive.mail-list.com%2Fdhcc&data=02%7C01%7C%7C6b99f75e7ae143dbcd0008d64dab30b6%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636781794977909093&sdta=Jh2DDqAT8FaHBTZ3ZMH%2F22gbilPDdrdI%2FBfRDqrx1c%3D&reserved=0>

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## **DMACC Dietary Manager Certificate Opens Career Pathways**

By Sandy Verhasselt  
[skverhasselt@dmacc.edu](mailto:skverhasselt@dmacc.edu)

Des Moines Area Community College (DMACC) offers a Dietary Manager Certificate program that opens career opportunities in managing foodservice operations. This is especially valuable for those interested in working in health care as many organizations, including long-term care facilities, now require Certified Dietary Managers (CDM) on staff to oversee their foodservice operations.

DMACC's program:

- Requires only 15 credits earned in just 2 semesters for Association of Nutrition & Foodservice Professionals (ANFP) exam eligibility pathway I
- Meets 90 hour food service course with 2 year work experience for ANFP exam eligibility pathway III
- Combines classroom and on-line instruction
- Connects students with expert instructors and others in the field and includes field experience in multiple areas of food service
- Equips dietary managers to:
  - Maintain food quality, nutrition, and safety standards
  - Hire and manage staff
  - Maintain reports on income and expenditures, food supplies, inventory, and equipment

DMACC's program is approved by the Association of Nutrition & Foodservice Professionals (ANFP) and uses the ANFP curriculum to prepare students to pass the CDM national certification exam. DMACC continually sees high pass rates.

To get started, individuals simply:

1. Complete an application for admission as part-time student in Dietary Manager Program. No assessment is required.
2. Attend an orientation with the program coordinator on site, by phone, or through blackboard collaborate.

For more information, contact Sandy Verhasselt, DMACC Dietary Manager Specialist Certificate Instructor, 515-964-6576, [skverhasselt@dmacc.edu](mailto:skverhasselt@dmacc.edu)



### **DMACC Dietary Manager Certificate Opens Career Pathways**

Different Pathways for CDM



11085.Dietary Management Broch

Resident Assessment  
Instrument  
MDS 3.0

**MDS Updates:**

Latest Changes in MDS

## MDS Updates

By Patrice Fagen, RN, BSN  
[Patrice.fagen@dia.iowa.gov](mailto:Patrice.fagen@dia.iowa.gov)

**Question:**

I understand there are some changes to MDS 3.0 effective October 1st which include state optional items in section K. Where do I learn if Iowa requires completion of these items or if a dash should be used (as of October 1st)?

**Answer:**

There are four items in Section K that CMS no longer requires. Two of them are not state case mix items and there is no need for Iowa to require them.

**Those are:**

Column 1 K0510C: Mechanically altered diet while not a resident.

Column 1 K0510D: Therapeutic diet, while not a resident.

K0710A (Proportion of total Calories) and K0710B (Average fluid intake) are no longer required by CMS; however, they may be used for Iowa State Case Mix. I suggest you contact Telligen at [MDSCoordinatorIA@Telligen.com](mailto:MDSCoordinatorIA@Telligen.com) for case mix questions.

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**ID-HCC Spring  
Conference:**

19 April 2019

Hilton Garden Inn

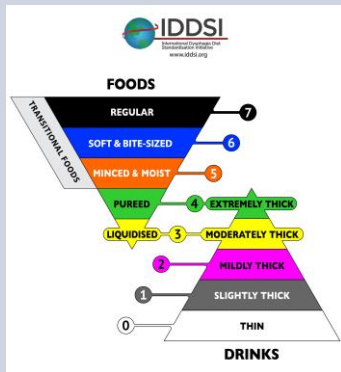
## Save the Date

- *Chef Reynold Landry*—Shreveport, Louisiana. Chef Landry has over 30 years of experience and formal training from Culinary Institute of New York. He will present Food Safety & Food Borne Illness in the kitchen and Leadership Strategies in today's world.
- *Liz Friedrich, MPH, RD, CSG, LDN, FAND*—Salisbury, North Carolina. Liz is a Board Certified as a Specialist in Gerontological Nutrition. She will present on Sarcopenia in the elderly.
- *Elaine Farley-Zoucha, RD, LMNT*—Columbus, Nebraska. Elaine will present a Malnutrition Part 2: Putting plans into action.
- State survey updates and more!



April 19, 2019 Hilton Garden Inn -W. Des Moines

Info: [idhcc.eventcoordinator@gmail.com](mailto:idhcc.eventcoordinator@gmail.com)



## IDDSI: On the Move in Iowa

By Paula Watkins, RD, LD, CDE  
[paulawatkins2015@outlook.com](mailto:paulawatkins2015@outlook.com)

The International Dysphagia Diet Standardisation Initiative (IDDSI) is coming to Iowa soon. Have you started preparing for the transition? First, let's review the answers Iowa dietitians gave last summer when they answered a survey about IDDSI in the Iowa Academy of Nutrition and Dietetics newsletter.

### **IDDSI: On the Move in Iowa:**

Answers to the questions from the survey in the IAND newsletter.

Launch Date 1 May 2019

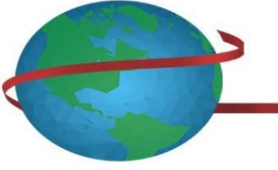
New Handouts on IDDSI Website

1. Are you familiar with IDDSI? YES – **83%**
2. Have you started preparing for the transition to IDDSI? YES – **41%**
3. If yes, what have you started?
  - a. Attended education session or webinar on IDDSI. **89%**
  - b. Working on adapting recipes and menus to IDDSI. **0%**
  - c. Education of SLP, foodservice, and nursing staff on implementing IDDSI. **0%**
  - d. Meetings with SLP. **11%**
4. What challenges have you encountered so far during implementation? Four main responses were:
  - a. **Nobody is familiar with it**
  - b. **Menu and recipe changes**
  - c. **Staff training**
5. Have you set a 'Go Live' date to implement IDDSI?
  - a. University of Iowa Hospitals and Clinics – **January 2019**
  - b. UnityPoint Health Senior Affiliates – **Late 2019 or early 2020**
6. Are you interested in working with other members of IAND on a task-force assisting with implementing IDDSI in Iowa? **We had acute care, skilled nursing, critical access hospital and long-term care RD's join the task force.**

What has happened since the survey was completed?

- Peter Lam, international co-chair of IDDSI spoke at the Iowa Academy of Nutrition and Dietetics annual meeting in November. SLP were allowed to register for this session.
- New education handouts for the current IDDSI diets (soft & bite-sized, minced & moist, pureed, and liquidized) added to the Simplified Diet Manual online supplementary materials which can be utilized for staff training. These handouts were developed by the Iowa IDDSI Task Force with consultation from their SLP's.
- New resources have been added to the IDDSI website:
  - o <https://iddsi.org/resources/>
  - o These include audit sheets for determining if your recipe meets the IDDSI guidelines, webinars, and videos.

# IDDSI



- Implementation Guides:  
[https://ftp.iddsi.org/Documents/Food%20Service%20and%20Catering\\_IDDSI%20Implementation%20Guide\\_Final\\_3April2018.pdf](https://ftp.iddsi.org/Documents/Food%20Service%20and%20Catering_IDDSI%20Implementation%20Guide_Final_3April2018.pdf)
- Flow test cards  
[https://ftp.iddsi.org/Documents/IDDSI\\_Flow\\_Test\\_Cards\\_USA\\_vers\\_89x51mm\\_FINAL\\_with\\_bleed.pdf](https://ftp.iddsi.org/Documents/IDDSI_Flow_Test_Cards_USA_vers_89x51mm_FINAL_with_bleed.pdf)
- Food test cards  
[https://ftp.iddsi.org/Documents/IDDSI\\_Food\\_Test\\_Cards\\_USA\\_vers\\_89x51mm\\_FINAL\\_with\\_bleed.pdf](https://ftp.iddsi.org/Documents/IDDSI_Food_Test_Cards_USA_vers_89x51mm_FINAL_with_bleed.pdf)

Conversion charts: IDDSI has 3 ways of identifying levels including label, number and color to enhance communication. It is recommended that you use at least 2 of these methods to identify IDDSI levels. The food mapping crosswalk is confusing as the diets are not equal.

**May 1, 2019** is the official “Launch Date” set by the Academy of Nutrition and Dietetics for IDDSI. This does **not** mean you must have fully implemented IDDSI by this date. As you can see from the implementation guides in the resources, it takes **at least 12** months to fully prepare to transition. **Some dietitians have decided to transition to the new fluid levels first as this will be an easier first step.** IDDSI will be in the next edition of the Simplified Diet Manual.

Remember, you do **not** need to use every level of IDDSI if it is not applicable to the population you serve. For example, the slightly thick liquid level is mainly used in pediatrics (anti-regurgitation formulas). If you do not need the liquidized diet in your setting, then you do not have to offer it. IDDSI challenges us to make a consistent product that is evidence-based and therefore safer.

What is coming next from IDDSI? **Level 7 Regular Easy to Chew:**

- It is not a “new level” in the IDDSI framework but is considered a subcategory of Level 7
- The reason it is a subcategory of Level 7 is that it is intended for individuals who **do not have swallowing difficulties (dysphagia) or and increased choking risk but may require softer foods for other reasons** (choice, recent illness, temporary mouth or jaw pain).
- This level is suitable for individuals who have the ability to regulate bite size and their pace of eating and do not exhibit mealtime behaviors that might increase their choking risk
- Foods should be soft and tender and can be cut or separated easily with the side of a fork or spoon.
- Foods do not need to be cut or presented in any specific particle size.

Please let me know if you have any questions for the Iowa IDDSI Task Force.  
Paula Watkins, RD, LD, CDE  
[paulawatkins2015@outlook.com](mailto:paulawatkins2015@outlook.com)



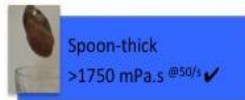
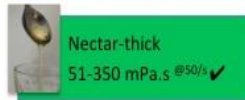
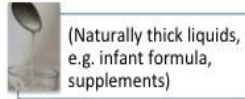
Would it not be nice if we



understood each other?

## Mapping to IDDSI - Drinks

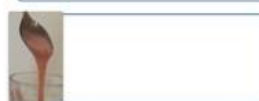
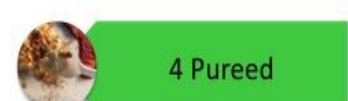
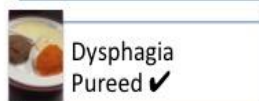
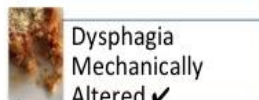
### Current NDD Liquids



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## Mapping to IDDSI - Foods

### Current NDD Food Textures



Transitional Foods

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The International Dysphagia Diet Standardisation Initiative 2016  
@<https://iddsi.org/framework/>.



**Be Part of the Team:**

Importance of nutrition in high school athletes

Connecting with students and staff

**Be Part of the Team**

By Theresa Eberhardt, RDN, LD

[bonnie@alpinecom.net](mailto:bonnie@alpinecom.net)

I had the opportunity this fall to perform skin fold tests with calipers on the Central Warrior High school wrestlers. As a dietitian, I am not fond of the weight loss or cutting weight that occurs in a high school wrestler. I do feel better if there is a nutrition professional involved and can give sound advice and guidance to all involved, even to be a sounding board for the athlete, parents and coaches.

Every high school wrestler in the state of Iowa needs to have a body composition assessment completed at the beginning of the wrestling season before they can compete. The intent of the assessment is to prevent drastic dieting and cutting weight. After the assessment is entered in the track wrestling site, it will tell the wrestler and coach the lowest weight that the wrestler can drop to and the amount of weight loss per week that can occur and if this is exceeded the wrestler is not able to compete. This assessment can be done by a few different methods as determined by IHSAA, but the assessor needs to be registered with the Iowa High School Athletic Association and obtain access to track-wrestling. The registration process usually happens in the summer. After receipt of the email from the Iowa High School Association, there is a short form to fill out by the assessor. Then information on completing the assessments and how to log into track-wrestling comes in the mail in the fall. The time commitment is dependent on the number of wrestlers in the program and the IHSAA allows a fee to be charged if the assessor desires and there is set amount that you can charge.

This is a great way for dietitians to connect with schools, especially the rural areas that don't have a dietitian on staff. You also connect with the coach and the teens you work with! I would encourage you to seek out a local coach or athletic director and see how they are completing the assessment, see what you can help with for education, assessment and follow up. The high school coach or athletic director gets names to the Iowa High School Athletic Association of the people doing the assessments and it is not a requirement to be an RDN. This is important for us as RDNs to reach out to your local school or the school in the community in which you work so they know there is an RDN that is accessible to them.

Theresa E. Eberhardt RDN/LD



November 7, 2018  
IAND Annual Conference  
West Des Moines, IA

Meeting called to order at 7:30 PM at Monterrey's Mexican Restaurant in West Des Moines

**Attendance: Andrea M, Jocelyn E, Anne S, Sandy G, Teresa E. Phone conference with Amy G**

Reviewed minutes from previous meeting

Treasurer Report: Sandy reports a check for \$1000 was given to IAND for Dr. Peter Lam- presenter at IAND Annual Conference, sponsored by IDHCC. Balance in Checking: \$14, 188.24, Savings: \$12,631.48.

Nominations: Teresa is taking thoughts/ideas for Nominations- we will need Secretary, Chair-Elect and Nominations Jr. She is attending President's Breakfast tomorrow at IAND.

Membership:

Eventbright Link: Sandy reports she does not have access and needs this to access current Membership list. Amy said she could help with this.

IAND Survey- survey has been sent out this Fall which included information about IDHCC membership.

Retirees- discussed possible membership rate for retirees

Discussion on how we could increase membership. Discussed looking into sending out postcards to all LTC facilities to reach consultant dietitians. Motion to send out postcards if it would cost \$200 or less. Motion passed. If the amount is over \$200, we will email the Board and Council for a vote.

Informed by Monica Lursen that there would be a \$1200 fee to IDHCC for being on the IAND website. This was not included in the External Agreement per Sandy G and Andrea M. Andrea plans to follow-up with Monica regarding this and possibly set up a Conference Call with Monica so this can be discussed with all interested IDHCC members.

Newsletter- We discussed moving back the date until December so we could include information from this meeting and IAND Conference. Discussed possible newsletter topics. Teresa reports she would like to include an article in the spring (March) newsletter on Home Health Care Services (what is available after LTC) including Elderly Waiver, Respite Care, Meal Programs, etc. Information on IDDSI. IAND Publications Committee.

Other Business:

External Agreement for IDHCC turned in to Monica this fall. Currently we do not have access on IAND website. Awaiting information on our IRS status.

IRS status- Char is still working with the IRS for our 503c status

IANFP Meeting in October- Amy reported she attended the IANFP meeting. Their Spring meeting will be March 28 & 29. Future plans for a joint IANFP and IDHCC meeting in 2019

IAND Spring Meeting- no report. Meeting will be April 19 in West Des Moines

Discussed having a Conference Call on January 3<sup>rd</sup> at 7:30. Topics to include IAND website/password protection for IDHCC, Treasurer Report/Budget, Board Member Benefits- attendance at FNCE  
Adjourned at 9:00 PM



Anne Sposato, MS, RD, LD, CCC  
940 Black Bear Bend  
North Liberty, IA 52317

## **Iowa Dietetics in Health Care Communities (ID-HCC) Executive Committee and Officers 2018-2019**

### Chair

Andrea Maher, RD, LD,  
[maher@huxcomm.net](mailto:maher@huxcomm.net)

### Chair-Elect

Jocelyn Evans, RD, LD  
[idhcc.chairelect@gmail.com](mailto:idhcc.chairelect@gmail.com)

### Past Chair

Char Kooima, RDN, LD, LN  
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### Secretary

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Treasurer

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### Nominations Chair

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### Nominating Chair-Elect

Stephanie Johnson, RDN, LD  
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### Past Nominating Chair

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### Legislative

Kathleen Niedert, PhD, RD, CSG, LD  
[kniedert@aol.com](mailto:kniedert@aol.com)