



Iowa Dietetics in Health Care Communities

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From the Chair...

By Char Kooima, RDN, LD, LN
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Just Keep Movin’”

Hello Everyone! My name is Char Kooima, RDN, LD, LN and I am the chair of ID-HCC. It was so fun to see and catch up with many of you at the spring meeting. Some of you may recall, I served as event coordinator as well as Chair approximately 10 years ago already! It is funny how some things never change and other things have completely turned around. The common thread, however, is that our group continues to lead the way with many practices that are cutting edge in our profession. It is an exciting time for us with the release of the 12th edition of the Simplified Diet Manual. Once again, we are moving ahead of the curve with this edition.

Our board and council met in June for our transition meeting. Several issues were discussed as far as how we can promote our organization, increase membership, and provide our members with benefits that will increase profession. We are considering several options at this time including building a scholarship fund, providing members with tools, converting to more electronic modes of information/communication, and building a stronger relationship with IAND.

Over the year, the board and council have worked hard at contributing input to Chapter 58. The updates have caused a few wrinkles, however, using blast emails we have answered many questions and helped clarify a few of the regulations. It has been very rewarding to see DIA consider and adopt our recommendations.

Our Meeting Planner is hard at work as well with organizing the spring meeting for 2017. Look for more information to come as she continues to work on finalization of the meeting.

I hope you all enjoyed your summer! We will continue to keep moving ahead and pave the way for our profession.

Have a Nice Day,

Char Kooima, RDN, LD, LD



ID-HCC Spring Conference:

27 March 2017

Hilton Garden Inn



IAND Annual Meeting:

1-2 November 2016

Early Registration Ends on
10 October 2016

Gateway Hotel and
Conference Center

SAVE THE DATE

ID-HCC Spring Conference on 27th March 2017 – Don't Miss It!

At Hilton Garden Inn in West Des Moines.
Near Jordon Creek Mall

IAND Annual Meeting RERESH, RESTORE, RENEW

IAND Annual Meeting is 1-2 November 2016. Early registration ends on 10 October 2016. This year, it is in Ames, IA at the Gateway Hotel and Conference Center. Please call 1-800- FOR-AMES or to make your lodging reservations. To register on-line go www.eatrightiowa.org.

Topics Include:

- Marketing with Heart: Attracting Clients by Being Y-O-U*
- Food Safety Journey: The Mountain is High but the Path is Well-Trodden*
- Updates to the Nutrition Care Manual Dislipidemia Section*
- Accommodating the Ingredient Conscious Consumer*
- Iowa's Water Quality*
- The Food Fight and the Road to Recovery -Practical Weapons for the Disordered Eating*
- Food Donation and Recovery – Turning Waste into Worth Battle*
- Beyond Honey*
- The (Re) Purpose of Food: Reducing Food Waste at Home*
- Public Policy and Advocacy 101*
- The Blossom Project*
- Malnutrition Assessment: Nutrition-Focused Physical Examination*
- Diabetes Prevention Program & Fresh Conversations*
- Nuts and Bolts of becoming a Medicare provider*



International Dysphagia Diet Standardization Initiative Updates:

The upcoming changes in the 12th edition of the diet manual

Major revision on Consistency Altered Diet

New diet manual expected release day is in January 2017

International Dysphagia Diet Standardization Initiative (IDDSI)

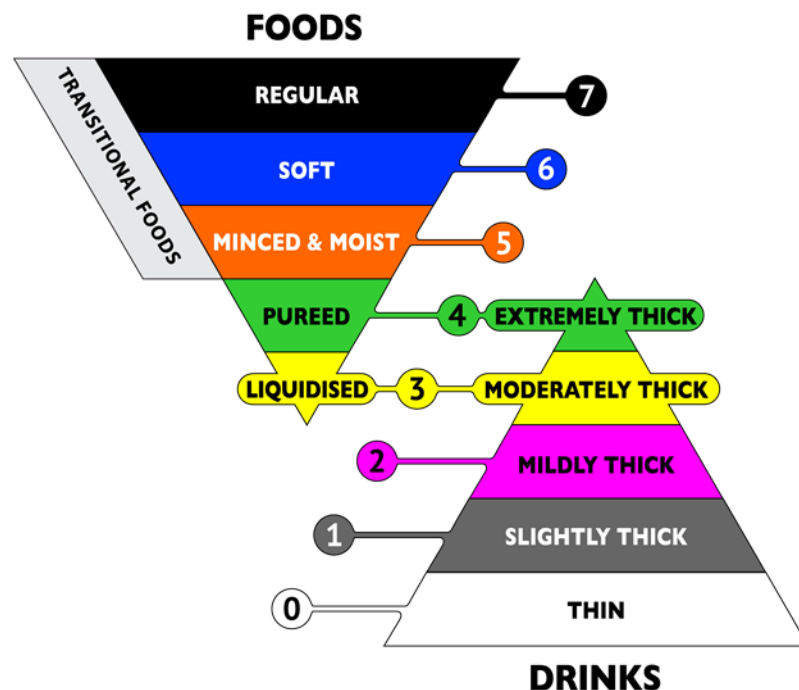
Paula Watkins, RD, LD, CDE

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The International Dysphagia Diet Standardization Initiative (IDDSI) was founded in 2013 with the goal of developing new global standardized terminology and definitions to describe texture modified foods and thickened liquids used for individuals with dysphagia of all ages, in all care settings, and all cultures. The new IDDSI terminological framework was launched in September, 2015. Full details of the framework can be accessed at www.iddsi.org. Implementation will occur over the next 2-3 years.

Key Elements of the IDDSI Framework include:

- The final international framework consists of 8 levels (0 to 7) and includes both foods and liquids on a single continuum.
 - Levels are identified by numbers, text labels, and color codes to facilitate uptake in a variety of settings. Detailed descriptors are provided.
 - The IDDSI Flow Test and Fork Test are practical, objective tests of consistency that can be used to distinguish between levels.
 - Level 3 includes moderately thick liquids and liquidized foods, which share similar flow characteristics.
 - Level 4 includes extremely-thick liquids and pureed foods, which share similar flow characteristics.
 - A category for transitional foods is provided.
- It is not expected that all levels will be offered in every setting. For example, level 1 (slightly thick liquids) will have particular utility in pediatric settings. Although this level may also prove suitable for other patient/client groups, it may not be offered in all healthcare facilities.





Simplified Diet Manual

Twelfth Edition

Order your copy online at
www.eatrightiowa.org/store

\$64.99

Early bird sign-up through
Dec. 1st, 2016, **\$5 off**

Simplified Diet Manual

Twelfth Edition

Paula Watkins, RD, LD, CDE, Editor



Hospitals, long-term care facilities and schools across the United States use the *Simplified Diet Manual* to assist them in planning nutritious, appealing, and cost-effective meals that are modified to meet the dietary requirements of individuals with special health needs.

Revisions and additions to the twelfth edition of the *Simplified Diet Manual* include:

- Update of the Guidelines for Diet Planning based on the 2015-2020 Dietary Guidelines for Americans
- Revision of the Consistency Altered Diets and addition of the Dysphagia Diet
- Revision of the Sodium Restricted Diets
- Revision of the Fat Modified Diets
- Expansion of Food Allergies and Intolerances
- Addition of the Low FODMAP Diet
- Addition of the Low Protein Modified Renal Diet
- Addition of Vitamin K and Prothrombin Time Guidelines
- Addition of the Halal Diet
- Addition of Nutrition Guidelines for Gout
- Access to Patient Handouts



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