

IDDSI IS BEST PRACTICE

The Academy of Nutrition & Dietetics (AND) Dietetic Practice Group, Dietetics in Healthcare Communities (DHCC) featured an article in their Spring 2025 newsletter entitled “The benefit of implementing IDDSI from an Administrator and RDN perspective” by Jennifer M. Wood, MS, RDN, LNHA, CSG and Jeanette Ely, RDN, LD.

This article shares:

- Many facilities have not changed to IDDSI recommendations.
- Administrators often state they won't change to IDDSI until the Centers for Medicare and Medicaid Services (CMS) make it mandatory.
- CMS references the State Operations Manual (Rev. 225; Issued: 08-08-24) §483.60 for current standards of practice. It states that menus must meet the nutritional needs of residents in accordance with established national guidelines. According to CMS, “Current standards of practice” refers to approaches to care, procedures, techniques, treatments, etc., that are based on research or expert consensus and that are contained in current manuals, textbooks, or publications, or that are accepted, adopted or promulgated by recognized professional organizations or national accrediting bodies.
- The AND is the recognized professional organization for trusted nutrition information.
- The AND website states: It is imperative that all healthcare providers globally implement IDDSI, both to ensure patient safety and to maintain current standards of practice. AND is pleased to announce beginning October 2021, IDDSI will be the only texture-modified diet recognized by the Nutrition Care Manual (NCM®). The NDD and associated resources will no longer be included in the NCM® past October 2021.

Additionally the following professional organizations involved in the care of individuals with dysphagia also support IDDSI as best practice:

- American Speech-Language-Hearing Association (ASHA)
- Association of Nutrition & Foodservice Professionals (ANFP)

Translation: Although CMS does not directly state IDDSI is mandatory, it refers to Current Standards of Practice and AND, ASHA and ANFP all maintain that IDDSI is that current standard.

Choosing to follow IDDSI is the best and current standard of practice and is the best decision you can make on behalf of the population you serve to ensure their safety. Choose best practice and start taking steps towards IDDSI implementation.