

What is Changing?

- Diet orders in EHR will be aligned to CSH standard diet order list
- New recipes and food item compliance in alignment with IDDSI
- Alignment with CSH FNS Patient Service standards and guidelines

Who is impacted?

- Patients
- Food Service Staff
- Clinicians (RD's, RN's, SLP's, MD's)

Where in **TN/GA** will it be implemented?

- Memorial Hospital Chattanooga
- Memorial Hospital Hixson
- Memorial Hospital Georgia



IDDSI Framework



IDDSI Crosswalk

NDD FOODS	IDDSI FOODS	Abbreviation
Blended	IDDSI Level 3, Liquidised	LQ3
NDD 1, Pureed	IDDSI Level 4, Pureed	PU4
NDD 2, Mechanically Altered/Ground	IDDSI Level 5, Minced & Moist	MM5
NDD 3, Dysphagia Advanced/Chopped	IDDSI Level 6, Soft & Bite-Sized	SB6

NDD LIQUIDS	IDDSI LIQUIDS	Abbreviation
Thin	IDDSI Level 0, Thin	TN0
	IDDSI Level 1, Slightly Thick (primarily for pediatric population)	ST1
Nectar Thick	IDDSI Level 2, Mildly Thick	MT2
Honey Thick	IDDSI Level 3, Moderately Thick	MO3
pudding Thick	IDDSI Level 4, Extremely Thick	EX4

Memorial Hospital Chattanooga, Memorial Hospital Hixson, Memorial Hospital Georgia		
<i>EHR Diet Order</i>	<i>MealiQ Diet Order</i>	<i>Notes</i>
1 g sodium	2gm Low Sodium	Clinician: add diet order comment if further restriction required Diet office: manage manually
1000mL Fluid Restriction	1000mL Fluid Restriction	
1200 calorie carbohydrate controlled	Consistent Carbohydrate	Clinician: choose carbohydrate level that is suitable for the patient. The Consistent Carbohydrate diet has 4 CHO/60 grams of carbohydrate at each meal. There are also two modifiers available (3 CHO, 45 grams or 5 CHO, 75 grams).
1200mL Fluid Restriction	1200mL Fluid Restriction	
1500 calorie carbohydrate controlled	Consistent Carbohydrate	Clinician: choose carbohydrate level that is suitable for the patient. The Consistent Carbohydrate diet has 4 CHO/60 grams of carbohydrate at each meal. There are also two modifiers available (3 CHO, 45 grams or 5 CHO, 75 grams).
1500mL Fluid Restriction	1500mL Fluid Restriction	

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<i>EHR Diet Order</i>	<i>MealiQ Diet Order</i>	<i>Notes</i>
1800 calorie carbohydrate controlled	Consistent Carbohydrate	Clinician: choose carbohydrate level that is suitable for the patient. The Consistent Carbohydrate diet has 4 CHO/60 grams of carbohydrate at each meal. There are also two modifiers available (3 CHO, 45 grams or 5 CHO, 75 grams).
1800mL Fluid Restriction	1800mL Fluid Restriction	
2 g sodium	2gm Low Sodium	
2 g sodium, low potassium, low phosphorus	2gm Low Sodium diet, Low Potassium modifier, Low Phosphorus modifier	
2 gm sodium	2gm Low Sodium	
2000 calorie carbohydrate controlled	Consistent Carbohydrate	Clinician: choose carbohydrate level that is suitable for the patient. The Consistent Carbohydrate diet has 4 CHO/60 grams of carbohydrate at each meal. There are also two modifiers available (3 CHO, 45 grams or 5 CHO, 75 grams).

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<i>EHR Diet Order</i>	<i>MealiQ Diet Order</i>	<i>Notes</i>
2400 calorie carbohydrate controlled	Consistent Carbohydrate	Clinician: choose carbohydrate level that is suitable for the patient. The Consistent Carbohydrate diet has 4 CHO/60 grams of carbohydrate at each meal. There are also two modifiers available (3 CHO, 45 grams or 5 CHO, 75 grams).
40 g protein restriction	Low Protein (60g/day)	Clinician: add diet order comment if 40gm restriction required Diet Office: manage manually
500mL Fluid Restriction	1000mL Fluid Restriction	Diet Office: adjust manually
6 small meals	6 small meals	
60 g protein restriction	Low Protein (60g/day)	
80 g protein restriction		Clinician: add diet order comment if 80gm restriction required (Regular diet has an avg of 94g protein/day)
800mL Fluid Restriction	1000mL Fluid Restriction	Diet Office: adjust manually

Memorial Hospital Chattanooga, Memorial Hospital Hixson, Memorial Hospital Georgia		
<i>EHR Diet Order</i>	<i>MealiQ Diet Order</i>	<i>Notes</i>
Bariatric	Bariatric Stage 1 Clear Liquid Bariatric Stage 2 Full Liquid Bariatric Stage 3 Soft Bariatric Stage 4 Regular	Clinician: choose appropriate Bariatric Stage
Bland (no gastric irritants)	Fiber Restricted	
BRAT diet	Fiber Restricted	
Clear Liquids	Clear Liquids	
Controlled Vitamin K Diet		Diet Office: Add 'High Vitamin K' as a dislike group
Disposable Tray		Diet Office: Include 'Disposable Tray' as a patient note
Full Liquids	Full Liquids	
Gestational diabetic 1800	Gestational Diabetic	
Gestational diabetic 2000	Gestational Diabetic	
Gestational diabetic 2200	Gestational Diabetic	
Gestational diabetic 2400	Gestational Diabetic	
GI soft	Fiber Restricted	

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<i>EHR Diet Order</i>	<i>MealiQ Diet Order</i>	<i>Notes</i>
High Fiber	High Fiber	
High/Protein/calorie	High Protein / High Calorie	
Honey Thick Liquids	Level 3 Moderately Thick	
Hyperemesis		Diet Office: Work with the RD to choose an appropriate diet: 6 small meals may assist in taking in small frequent meals, Heart Healthy may help if a lower-fat intake helps relieve symptoms
Kosher		Clinician: add as diet order comment Diet office: work with pt to determine food preferences
Low cholesterol	Heart Healthy	"A heart-healthy diet is recommended to reduce your unhealthy blood cholesterol levels to lower your risk for heart disease." ~ AND NCM
Low fat	Heart Healthy	
Low fiber	Fiber Restricted	

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<i>EHR Diet Order</i>	<i>MealiQ Diet Order</i>	<i>Notes</i>
Low iodine		Diet Office: Work with RD to choose low iodine foods
Low Lactose (no milk or milk products)	Lactose Restricted	Clinician: this is also available as an allergy Diet Office: can also be managed via dislike groups/items
low phosphorus	Low Phosphorus	
low potassium	Low Potassium	
Low purine		
Low tyramine		Diet Office: Work with RD to choose low-tyramine foods; add soy sauce as a 'dislike'
May have ice chips		
May have sips of clear liquids	Clear Liquid	Clinician: include diet order comment alerting kitchen that pt is not to receive tray, nursing will provide clear liquids
May have sips with meds	Clear Liquid	Clinician: include diet order comment alerting kitchen that pt is not to receive tray, nursing will provide clear liquids
Mechanical Soft		
Metabolic		

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<i>EHR Diet Order</i>	<i>MealiQ Diet Order</i>	<i>Notes</i>
NDD1-pureed	Level 4 Pureed	
NDD2-ground	Level 5 Minced & Moist	
NDD3-chopped	Level 6 Soft & Bite Sized	
Nectar Thick Liquids	Level 2 Mildly Thick	
Neutropenic		Obsolete "A neutropenic diet is not necessary, but safe food counseling is recommended as a prudent precaution. Research has not demonstrated the effectiveness of low-microbial diets." ~ AND NCM
No added salt (3-4g sodium)	No added salt	
No beef		Clinician: choose 'beef' allergy; enter as diet order comment if preference and not allergy. Diet Office: choose 'No Beef' as dislike group, if preference and not allergy.
No caffeine	No Caffeine	
No Carbonation		Diet Office: Enter as personal preference

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<i>EHR Diet Order</i>	<i>MealiQ Diet Order</i>	<i>Notes</i>
No chicken		Clinician: choose 'chicken' allergy; enter as diet order comment if preference and not allergy. Diet Office: choose 'No Chicken' as dislike group, if preference and not allergy.
No chocolate		Clinician: choose 'chocolate' allergy; enter as diet order comment if preference and not allergy. Diet Office: choose 'No Chocolate' as dislike group, if preference and not allergy.
No Citrus		Clinician: choose 'Citrus' allergy; enter as diet order comment if preference and not allergy. Diet Office: choose 'No Citrus' as dislike group, if preference and not allergy.
No concentrated sweets	Consistent Carbohydrate	
No eggs in any foods		Clinician: choose 'Eggs' allergy

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<i>EHR Diet Order</i>	<i>MealiQ Diet Order</i>	<i>Notes</i>
No fish		Clinician: choose 'Fish' allergy; enter as diet order comment if preference and not allergy. Diet Office: choose 'No Fish' as dislike group, if preference and not allergy
No Fluids	Dry Tray	
No gluten	Gluten Restricted	
No lactose	Lactose Restricted	Clinician: this is also available as an allergy Diet Office: can also be managed via dislike groups/items
No liquids	Dry Tray	
No mushroom		Clinician: choose 'mushroom' allergy
No nuts		Clinician: choose 'nuts' allergy

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<i>EHR Diet Order</i>	<i>MealiQ Diet Order</i>	<i>Notes</i>
No pork		Clinician: choose 'pork' allergy; enter as diet order comment if preference and not allergy. Diet Office: choose 'No Pork' as dislike group, if preference and not allergy.
No poultry		Clinician: choose 'poultry' allergy; enter as diet order comment if preference and not allergy. Diet Office: choose 'No Poultry' as dislike group, if preference and not allergy.
No red dye		Clinician: choose 'red food dye' allergy
No seeds		Clinician: choose 'seeds' allergy
No shellfish		Clinician: choose 'shellfish' allergy
No strawberries		Clinician: choose 'strawberry' allergy
No tomatoes		Clinician: choose 'tomato' allergy

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<i>EHR Diet Order</i>	<i>MealiQ Diet Order</i>	<i>Notes</i>
No yellow dye		Clinician: choose 'yellow food dye' allergy
NPO	NPO	
Other comments for nursing		Clinician: enter as diet order comment
Pediatric	Pediatric 6-8 mo Pediatric 9-12 mo Pediatric 1-3 y Pediatric 4-8 y Pediatric 9-13 y Pediatric 14-18 y	Clinician: choose correct pediatric age range
Post gastrectomy	Bariatric Stage 1 Clear Liquid Bariatric Stage 2 Full Liquid Bariatric Stage 3 Soft Bariatric Stage 4 Regular	Clinician: choose appropriate Bariatric Stage
Regular-NO Restrictions	Regular	
Vegan	Vegan	
Vegetarian (includes eggs and dairy)	Vegetarian (eggs and dairy ok)	