



DATE: May 14, 2019

TO: WRHA Program Directors and Medical Directors
 Site Chief Nursing Officers
 Site Chief Medical Officers

FROM: Julie Gislason RD, Regional Manager Clinical Systems, WRHA Nutrition and Food Services

Cc: Kathleen Richardson, Chief Nutrition and Food Services Officer
 Donald Duerksen, Medical Director, Nutrition and Food Services
 Clinical Dietitians Leadership Group, WRHA
 Speech Language Pathologist Leadership Group, WRHA
 Nutrition Advisory Subcommittee, Pharmacy and Therapeutics Committee
 Krista Williams, Chief Health Operations Officer
 Gina Trinidad, Chief Operating Officer
 Nutrition and Food Services Management, WRHA

RE: Revision to the 2008 Nutrition and Food Services Adult Diet Compendium – Phase 2 – Part 1 – May 23, 2019

Expert Review Groups of the Winnipeg Regional Health Authority are revising the 2008 Regional Diet Compendium that is utilized for reference for all diet orders available for use for standard and therapeutic diets. The review process considers Eating Well with Canada’s Food Guide, best practice evidence and consideration that malnutrition is common in hospitalized patients and long term care residents.

The WRHA Feeding and Swallowing Expert Review Group, consisting of Registered Dietitians and Speech Language Pathologists have reviewed the literature and recommends implementation of pertinent diets within the International Dysphagia Diet Standardization Initiative (IDDSI).

Effective May 23, 2019 the following changes will occur to Viscosity Modifications

REVISED DIET TERMINOLOGY	PREVIOUS DIET TERMINOLOGY
Mildly (Level 2)/ Nectar Thick	Thick Fluid – Nectar
Moderately (Level 3)/ Honey Thick	Thick Fluid - Honey

Effective May 23, 2019, EPR Order Sets will be revised to reflect this change

Please forward this information to all staff affected by these changes, including: Physicians with admitting privileges, Cardiologists, Medical Residents, Nurse Managers, Nurses, Unit Clerks, and Health Care Aides.

Registered Dietitians/ Speech Language Pathologist at each site will be available for consultation and to modify individual nutrition care plans if necessary.

For more information, please contact Julie Gislason, RD, Regional Manager Clinical Systems, WRHA Nutrition & Food Services at 654-5141 or jgislason@wrha.mb.ca.

You may also visit <http://www.wrha.mb.ca/extranet/nutrition/manuals.php> to view Executive Summaries and diet criteria. (Information will be available by May 23, 2019)