


CHAPTER: 4	SECTION: 35	SUBJECT: INDIVIDUAL CARE TO CONSUMERS
TITLE: DIETARY SERVICES		
EFFECTIVE DATE: 03/01/02	REVISED/REVIEWED DATE: 05/03/05, 2/4/08, 1/27/12, 2/6/13, 3/17/14, 3/17/15, 4/21/16, 4/30/17, 7/27/18, 8/13/19; 09/17/2020; 10/08/202, 10/31/2022, 11/14/2023	
ISSUED AND APPROVED BY:  EXECUTIVE DIRECTOR		

I. PURPOSE:

To assure dietary services are available to consumers of the Agency by credentialed dietitians as medically necessary and/or as mandated by policy/ procedures and to assure that staff have adequate food safety practices afforded to them.

II. APPLICATION:

To all CMHOC operated programs and contracted programs as specified by contract.

III. DEFINITIONS:

Dietary Services: Services provided by dietitians or nutritionists to meet the nutritional needs of individuals, including consultation with other professional personnel.

Food Safety: Refers to the selection, storage, preparation, and serving of food (or other nutrition) so as to offer nutrition while minimizing the risk of food borne illness(es).

Registered Dietitian (R.D.) is an individual who has completed the minimum of a baccalaureate degree by a United States regionally accredited college or university; met current academic requirements (Didactic Program in Dietetics) as approved by the American Dietetic Association; completed pre-professional experience accredited or approved by the American Dietetic Association; successfully completed the Registration Examination for Dietitians; and accrued 75 hours of approved continuing education every five years.

Nutrition refers to the sum of the processes by which one takes in and uses nutrients.

Nutrition Assessment refers to a comprehensive approach in defining nutrition status that uses medical, nutrition, and medication intake histories; physical examinations; anthropometric measurement; and laboratory data.

Nutrition Screening is the process of identifying characteristics known to be associated with nutrition problems. Its purpose is to pinpoint individuals who are at high risk for malnourishment or are malnourished for appropriate intervention.

IV. POLICY:

It is the policy of CMHOC that dietary services are available to consumers as medically necessary, and that both staff and consumers have adequate food safety practices in place at all CMHOC service locations.

V. PROCEDURE:

- A. When prescribed medications, consumers will be given a patient information leaflet informing them of potential food-drug interaction.
- B. CMHOC's contract home settings will assure adequate nutrition is provided to all residents and that any specialized nutritional needs are met. Direct access to dietary services will be provided by a registered dietician. These services may include but are not limited to the following:
 - 1. nutritional assessment and education for diabetes or other medical needs (e.g., kidney problems, tube feedings, malnutrition, obesity, physician ordered diet restrictions, etc.),
 - 2. eating disorders,
 - 3. menu analysis of calories,
 - 4. staff education regarding food preparation of a specific diet order for an individual consumer, etc.
- C. Consumers in all other settings will be referred to competent providers outside of the agency.

VI. ATTACHMENT:

None

VII. REFERENCE:

Not Applicable