NEVADA MENTAL HEALTH INSTITUTE

POLICY AND PROCEDURE DIRECTIVE

SUBJECT: NUTRITION SERVICES

NUMBER: NN-PC-NS-05

ORIGINAL DATE: 03/27/95

REVIEW/REVISE DATE: 11/12/98, 11/15/98, 11/15/01, 10/07/04, 09/06/07, 8/19/10

APPROVAL: ____________Rosalyne Reynolds {s}, Agency Director

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I. PURPOSE

The purpose of this policy is to describe the nutrition services available at Northern Nevada Adult Mental Health Services (NNAMHS) and to provide appropriate nutritional care to the consumers. This care shall include the provision of food and nutrition therapy in a timely and effective manner, and the use of appropriate resources to provide this care efficiently in accordance with standards of practice for nutrition and disease conditions.

II. POLICY

It is the policy of the NNAMHS to employ a qualified Registered Dietitian to review RN electronic nutrition screening reports, to complete nutrition assessments, to provide nutrition consultations to consumers, and to oversee the food and nutrition services offered to the consumers. In the absence of a permanent employee,
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contracted services will be obtained to complete assessments as needed.

III. PROCEDURE

1. A qualified Registered Dietitian is available to review nutrition screenings, to and complete consumer nutrition assessments, and tocounsel consumers.
2. Consumers on therapeutic diets shall be counseled by a Registered Dietitian. The counseling shall be completed within 24-48 hours after the therapeutic diet is ordered by the physician, dietitian recommendation or consumer request through nursing services.

   A. The request for inpatient counseling is written by the physician or recommended by the dietitian. It is then transferred by nursing service to a written or electronically generated Diet Order Form and sent to the Food Service Director or food service staff during meal service.

   B. The request for outpatient counseling is written by the physician or nursing service on a Consultation Request Form and placed in the dietitian’s mailbox. The social worker and/or service coordinator may contact the dietitian by telephone to schedule a consumer consultation.
3. Consumers on regular diets requiring nutrition intervention may be counseled regarding food preferences, meal patterns, appetite changes, food substitutions, altered food or fluid intake, food allergies and intolerances, weight gain or loss, per nursing services, consumer request or dietitian's recommendation.
4. The dietitian may counsel consumers in one of the counseling rooms, consumer lounge, and conference areas on the units. The dietitian shall

ensure that privacy is maintained during counseling sessions with consumers.

5. When a nutrition assessment is written or requested [by the dietitian, physician, nursing staff or consumer], the dietitian may consult other healthcare professionals to assess the nutritional status and medical condition of the consumer. The following procedures shall occur:

   A. The nutritional screening form is located in the electronic medical record. Nursing services complete it in order to identify consumer needs and to identify those consumers at nutritional risk, requiring a therapeutic diet or nutrition therapy.

   B. The dietitian reviews the results of the nutrition screening forms electronically, making comments in the nutrition section and noting consumer follow- up with diet and nutrition therapy.

   C. Assess nutritional status of a consumer by observation and documentation of the following: Food practices, history of nutrient intake, age, gender, diagnosis, weight history, past medical or surgical history, special dietary requirements, current use of specialized nutrition support, drug nutrient interactions, food allergies, intolerances and preferences, and other factors that interfere with food, fluid, nutrient intake and dietary requirements of the consumer.

   D. Consumers classified as nutritionally-at-risk shall receive a nutrition assessment, consultation session, modified or therapeutic diet plan and treatment of care by the dietitian.

   E. A prescribed therapeutic diet and nutrition plan shall be implemented and nutrition therapy initiated by the dietitian as necessary for the consumer.

   F. The nutrition care plan shall address the specific consumer needs as

identified by the dietitian and incorporated into the medical record.

G. Individual diet, nutrition consultation, educational material and literature shall be provided to the consumer during the nutrition assessment process. The completed Nutrition Assessment Form is placed in the consumers' medical record.

H. The consumer is re-assessed based on the nutritional or medical evidence or diagnosis as it pertains to the disease, medical and nutritional condition of the consumer. Reassessment of the consumer shall be documented on the Nutrition Assessment Form in the consumer's medial record.

I. Review, evaluate, and document information on the nutrition education needs and care of all consumers in the medical record.

6. The Food Service staff shall be alerted to the therapeutic diets and menu adjustments by receiving a copy of the diet order through nursing. Meal pattern or dietary instructions shall be developed by the Registered Dietitian and provided to kitchen staff. The Food Service staff shall be responsible for the preparation of therapeutic diets, as prescribed by the dietitian. Iin accordance with consumers' nutritional and medical diagnosis, disease conditions and requirements, food preferences and substitutions, food allergies and intolerances, ethnic and cultural practices and other nutritional needs..

7. Consumers receiving prescribed therapeutic diets shall be identified to the food service staff by the nursing staff or before meal service in the dining room.

8. The dietitian shall confer with the nursing staff and physicians to discuss the consumer's nutrition and health problems related to food, medical and nutritional treatment, therapy and care.

9. The dietitian shall be responsible for the Food Service Department's compliance with policies and procedures. Ensure diet and nutrition education of the food service staff. Review food, menu and recipe adherence for quality and quantity control. Ensure therapeutic diet compliance and accuracy of nutritional analysis of therapeutic diets. Oversee operational aspects of nutritional support and scope of practices and performance improvement indicators of consumer care; diet therapy and nutritional treatment to the consumer.