

# LONG ISLAND STATE VETERANS HOME

## POLICY AND PROCEDURE MANUAL

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<b>Department:</b>	ADHC/Nutritional Services	<b>Effective Date:</b> 1/95
<b>Subject:</b>	Food and Nutrition	
<b>Document Code:</b>	DT0001	<b>Review Date:</b> 12/98, 12/00, 3/03, 8/14 12/21

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### Policy:

ADHC provides food and nutritional services to meet the nutritional needs of registrants during program hours while accommodating their individual preferences. The dietitian shall provide or arrange for services to meet, in part, the nutritional needs of the registrant during program hours and for some registrants during non-program hours.

### Procedure:

1. Food and Nutrition Services for the Adult Day Health Care Program are under the direction of a registered dietitian.
2. The nutritional component of the ADHC program shall provide therapeutic diets where medically prescribed to program registrants. Breakfast (continental style) and lunch therapeutic if ordered, will be served in the ADHC Program Room at the ADHC scheduled mealtime or at a time of the registrant's preference. Snacks are also available to registrants upon request at any time throughout the program day. The program nursing staff will serve the meal to the registrants and help those registrants who require assistance as per their care plan. Registrants may also request to eat in another location, or privately. The program quiet room may be utilized for private dining.
3. Nourishments shall be served throughout the day accommodating registrant needs and requests.
4. The registered dietitian will provide nutritional counseling to registrants and their caregivers as needed.
5. Therapeutic alternatives will be offered and provided. Registrants will have a choice of hot and cold meal options. Every effort will be made to accommodate the registrant's preferences.
6. The registered dietitian will maintain and improve the nutritional status of the Registrants by evaluating foods consumed, and adapting therapeutic regimens, and providing nutritional counseling for registrants and/or their caregiver.
7. The dietitian will complete a nutrition assessment and develop an individualized nutrition care plan for each registrant within five visits, not to exceed 30 days. Assessments will be completed at least quarterly thereafter or as required by a significant change.
8. The dietitian will plan and implement in-service education for staff as appropriate related to

individual registrant dietary needs as needed.

9. Clinical documentation of clinical nutritional services will be documented in the registrants' medical record.
10. Registrants will be evaluated at the time of admission, and as needed thereafter, for the take home supper program. This program is for registrants who require a dinner meal sent home due to limited resources.

REGISTRANT ASSESSMENT AND INSTRUCTION:

1. Registrant Assessment:

Registrants are visited within three (3) visits of admission by the dietitian for obtaining a brief diet history and food preferences. A detailed nutritional assessment will be completed within five (5) attended program days of admission, not to exceed thirty days from admission. Reassessments will be completed on a quarterly basis or as needed upon a significant change.

2. Monitoring and Supervision of Nutritional Needs:

Registrants will be observed periodically by the dietitian during meal periods to evaluate their needs. If a registrant requests an alternative meal, the dietitian/designee shall accommodate the registrant's food preferences.

If a registrant is unable to communicate food preferences or other necessary information, his/her caregiver shall be contacted.

3. Registrant Diet Instructions:

Therapeutic diet instructions are discussed with the registrant within five (5) program days of attendance.

\*Diets offered at the Veterans Home/ADHC:

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| <input type="checkbox"/> Regular (whole)          | <input type="checkbox"/> N.S.O.T. (No Salt on Tray)      |
| <input type="checkbox"/> Mechanical Soft (ground) | <input type="checkbox"/> N.C.S. (No Concentrated Sweets) |
| <input type="checkbox"/> Puree                    | <input type="checkbox"/> Individualized Renal            |
| <input type="checkbox"/> Puree with Soft Breads   |  |

Individualized:

- Calorie controlled
- Fat restriction
- Lactose restriction
- Protein Restricted
- Special Needs
  - High Fiber
  - Bland
  - Tube feedings