388-97-1100 Dietary services.

The nursing home must:

...4) Retain dated menus, dated records of foods received, a record of the number of meals served, and standardized recipes for at least three months for department review as necessary.

388-97-1120 Meal provision. The nursing home must:

...2) Make fresh fruits and vegetables, in season, available to residents on a daily basis;

3) Make reasonable efforts to:

...c) Provide food consistent with the cultural and religious needs of the residents.

4) Use input from residents and the resident council, if the nursing home has one, in meal planning, scheduling and the meal selection process.

388-97-1140 Individual dietary needs. The nursing home must:

...(6) Offer a substitute of similar nutritive value when a resident refuses food served.

388-97-1160 Dietary personnel.

The nursing home must have sufficient support personnel capable of carrying out the functions of dietary services and must:

(1) Employ a qualified dietitian either full-time, part-time or on a consultant basis who must:

...(b) Prepare dated menus for general and modified diets at least three weeks in advance.

388-97-1200 Diet orders. The nursing home must:

(1) Ensure that residents’ diets are provided as prescribed by the physician. Diet modifications, for texture only, may be used as an interim measure when ordered by a registered nurse; and

(2) Provide supplementary fluid and nourishment in accordance with each resident’s needs as determined by the assessment process.

[Statutory Authority: Chapters 18.51 and 74.42 RCW and 42 C.F.R. 489.52. 08-20-062, § 388-97-1200, filed 9/24/08, effective 11/1/08.]

388-97-1240 Tube feedings.

If the nursing home prepares tube feeding formula, or mixes additives to the prepared formula it must ensure that:
(1) Each resident’s tube feedings are of uniform consistency and quality; and

(2) Tube feeding formulas are prepared, stored, distributed, and served in such a manner so as to maintain uniformity and to prevent contamination. [Statutory Authority: Chapters 18.51 and 74.42 RCW and 42 C.F.R. 489.52. 08-20-062, § 388-971240, filed 9/24/08, effective 11/1/08.]

388-97-1220 Modified diets.

The nursing home must review a resident’s modified diet to ensure that the food form and texture are consistent with the resident’s current needs and functional level:

(1) At the request of the resident.

(2) When the resident’s condition warrants.

(3) At the time of the plan of care review. [Statutory Authority: Chapters 18.51 and 74.42 RCW and 42 C.F.R. 489.52. 08-20-062, § 388-971220, filed 9/24/08, effective 11/1/08.]

74.42.300 Nutritionist — Menus, special diets.

(1) The facility shall have a staff member trained or experienced in food management and nutrition responsible for planning menus that meet the requirements of subsection (2) of this section and supervising meal preparation and service to insure that the menu plan is followed.

(2) The menu plans shall follow the orders of the resident’s physician.

(3) The facility shall:

(a) Meet the nutritional needs of each resident;

(b) Have menus written in advance;

(c) Provide a variety of foods at each meal;

(d) Provide daily and weekly variations in the menus; and

(e) Adjust the menus for seasonal changes.

(4) If the facility has residents who require medically prescribed special diets, the menus for those residents shall be planned by a professionally qualified dietitian or reviewed and approved by the attending physician. The preparation and serving of meals shall be supervised to insure that the resident accepts the special diet.

388-97-1180 Dietary menus. The nursing home must:

1) Ensure that menus are followed;

2) Post the current dated general menu, including substitutes, in the food service area and in a place accessible and conspicuous to residents and visitors, in print the residents can read; and

3) Note any changes to the regular menu on the posted menu.