19-13-D8t. Chronic and convalescent nursing homes and rest homes with nursing supervision

(q) Dietary services.

1. Each facility shall meet the daily nutritional needs of the patients by providing dietary services directly or through contract.

2. The facility shall:

A. Provide a diet for each patient, as ordered by the patient’s personal physician, based upon current recommended dietary allowances of the Food and Nutrition Board of the National Academy of Sciences, National Research Council, adjusted for age, sex, weight, physical activity, and therapeutic needs of the patients;

B. Adopt a diet manual, as recommended by the facility dietitian or dietary consultant and approved by the facility’s medical staff. Such manual shall be used to plan, order, and prepare regular and therapeutic diets;

C. Employ a dietetic service supervisor, who shall supervise the overall operation of the dietary service. If such supervisor is not a dietitian, the facility shall contract for regular consultation of a dietitian;

D. Employ sufficient personnel to carry out the functions of the dietary service and to provide continuous service over a period of 12 hours, which period shall include all mealtimes.

3. The facility shall ensure that the dietary service:

A. Considers the patients’ cultural backgrounds, food habits, and personal food preferences in the selection of menus and preparation of foods and beverages pursuant to subdivisions (2)(A) and (2) (B) of this subsection;

B. Has written and dated menus, approved by a dietitian, planned at least seven days in advance;

C. Posts current menus and any changes thereto with the minimum portion sizes in a conspicuous place in both food preparation and patient areas;

D. Serves at least three meals, or their equivalent, daily at regular hours, with not more than a 14 hour span between evening meal and breakfast;

E. Provides appropriate food substitutes of similar nutritional value to patients who refuse the food served;
F. Provides bedtime nourishments for each patient, unless medically contraindicated and documented in the patient's care plan;

G. Provides special equipment, implements or utensils to assist patients while eating, when necessary;

H. Maintains at least three day supply of staple foods at all times.

4. All patients shall be encouraged to eat in the dining room unless medically contraindicated.

5. Records of menus served and food purchased shall be maintained for at least 30 days.