

7.9.2.52 **DIETARY SERVICE:** The facility shall provide a dietary service or contract for a dietary service which meets the requirements of this section.

A. STAFF:

(1) Full or part-time supervisor: The dietary service shall be supervised by a full-time supervisor, except that an intermediate care facility with fewer than fifty (50) residents may employ a person to work as supervisor or part-time.

(2) Qualifications: The dietary service supervisor shall be either:

(a) A dietitian; or

(b) Shall receive necessary consultation from a dietitian and shall have completed a course of study of not less than ninety (90) hours credit in food service supervision at a vocational, technical, or adult education school or equivalent, or presently be enrolled in such a course of study; or hold an associate degree as a dietetic technician.

(3) Staff: There shall be dietary service personnel on duty at least twelve (12) hours daily who may include the supervisor.

B. HYGIENE OF STAFF: Dietary staff and other personnel who participate in dietary service shall be in good health and practice hygienic food handling techniques.

C. MENUS:

(1) Menus shall be planned and written at least two (2) weeks in advance of their use, and shall be adjusted for seasonal availability of foods.

(2) Menus shall be planned, to the extent medically possible, in accordance with the "Recommended Daily Dietary Allowances", of the Food and Nutrition Board of the National Research Council, National Academy of Sciences.

(3) Food sufficient to meet the needs of each resident shall be planned, prepared and served for each meal. When changes in the menu are necessary, substitutions shall provide equal nutritive value. Record of menus as served, including substitutions shall be retained for one (1) year.

(4) The facility shall make reasonable adjustments to accommodate each resident's preferences, habits, customs, appetite, and physical condition.

(5) A file of tested recipes shall be maintained.

(6) A variety of protein food, fruits, vegetables, dairy products, breads, and cereals shall be provided.

D. THERAPEUTIC DIETS:

(1) Therapeutic diets shall be served only on order of the physician, and shall be consistent with such orders.

(2) Therapeutic menus shall be planned with supervision and/or consultation from a qualified dietitian.

(3) Vitamin and mineral supplements shall be given only on order of the physician.

E. MEAL SERVICE: All diets shall be prescribed by the attending physician.

(1) Schedule: At least three (3) meals or their equivalent shall be offered to each resident daily, not more than six (6) hours apart, with not more than a fourteen (14) hour span between a substantial evening meal and the following breakfast.

(2) Identification to trays: Trays, if used, shall be identified with the resident's name and type diet.

(3) Table service: Table service shall be provided for all residents who can and want to eat at a table.

(4) Re-service: Food served to a resident in an unopened manufacturer's package may not be re-served unless the package remains unopened and maintained at the proper temperature.

(5) Temperature: Food shall be served and maintained at proper temperatures, according to standards established by Environmental Improvement Division.

(6) Snacks: If not prohibited by the resident's diet or condition, nourishments shall be offered routinely to all residents between the evening meal and bedtime.

(7) Drinking water: When a resident is confined to bed, a covered pitcher of drinking water and a glass shall be provided on a beside stand. The water shall be changed frequently during the day, and pitchers and glasses shall be sanitized daily. Single-service disposable pitchers and glasses may be used. Common drinking utensils shall

not be used.

(8) Food transportation: Food transported into public areas other than the dining room shall be protected from environmental contamination.

[7-1-60, 7-1-64, 5-2-89; 7.9.2.52 NMAC – Rn, 7 NMAC 9.2.52, 8-31-00]

7.9.2.53 FOOD SUPPLIES AND PREPARATION:

A. SUPPLIES: Food shall be purchased or procured from approved sources or sources meeting federal, state, and local standards or laws.

B. PREPARATION: Food shall be cleaned and prepared by methods that conserve nutritive value, flavor and appearance. Food shall be cut, chopped, or ground as needed for individual residents.

C. MILK: Only pasteurized fluid milk which is certified Grade A shall be used for beverages. Powdered milk may be used for cooking if it meets Grade A standards or is heated to a temperature of 165 degrees Fahrenheit during cooking

[7-1-60, 7-1-64, 5-2-89; 7.9.2.53 NMAC – Rn, 7 NMAC 9.2.53, 8-31-00]

7.9.2.54 SANITATION:

A. EQUIPMENT AND UTENSILS:

(1) All equipment, appliances and utensils used in preparation or serving of food shall be maintained in a functional, sanitary, and safe condition. Replacement equipment shall meet criteria established in "Listing of Food Service Equipment" by the national sanitation foundation.

(2) The floors, walls, and ceilings of all rooms in which food or drink is stored or prepared or In which utensils are washed shall be kept clean, smooth, and in good repair.

(3) All furnishings, table linens, drapes, and furniture shall be maintained in a clean and sanitary condition.

(4) Single-service, individually packaged, utensils shall be stored in the original, unopened wrapper until used, may not be made of toxic material and may not be re-used or re-distributed if the original wrapper has been opened.

B. STORAGE AND HANDLING OF FOOD:

(1) Food shall be stored, prepared, distributed, and served under sanitary conditions which prevent contamination.

(2) All readily perishable food and drink, except when being prepared or served, shall be kept in a refrigerator which shall have a temperature maintained at or below forty (40) degrees Fahrenheit.

C. ANIMALS: Animals shall not be allowed where food is prepared, served or stored, or where utensils are washed or stored except in eating areas when food is not being served.

D. DISHWASHING: Whether washed by hand or mechanical means, all dishes, plates, cups, glasses, pots, pans, and utensils shall be cleaned in accordance with accepted procedures which shall include separate steps for prewashing, washing, rinsing, and sanitizing by means of hot water or chemicals or a combination approved by the department.

[7-1-60, 7-1-64, 5-2-89; 7.9.2.54 NMAC – Rn, 7 NMAC 9.2.54, 8-31-00]

7.9.2.55 REHABILITATIVE SERVICES: Each facility shall either provide or arrange for, under written agreement, specialized rehabilitative services as needed by residents to improve and maintain functioning.

A. CONFORMITY WITH ORDERS AND PLAN: Rehabilitative services shall be administered under a written plan of care that is developed in consultation with the attending physician and the therapist(s). The plan of care will be based on physician orders and assessment by the therapist(s).

B. REPORT TO PHYSICIAN: Within two (2) weeks of the initiation of rehabilitative treatment, a report of the resident's progress shall be made to the physician.

C. REVIEW OF PLAN: Rehabilitative services shall be reevaluated at least quarterly by the physician and therapists, and the plan of care updated as necessary.

[5-2-89; 7.9.2.54 NMAC – Rn, 7 NMAC 9.2.55, 8-31-00]