

## **SECTION .2700 - DIETARY SERVICES**

### **10A NCAC 13D .2701 PROVISION OF NUTRITION AND DIETETIC SERVICES**

(a) The facility shall ensure that each patient is provided with a palatable diet that meets his or her daily nutritional and specialized nutritional needs.

(b) The facility shall designate a person to be known as the director of food service who shall be responsible for the facility's dietetic service and for supervision of dietetic service personnel. If this person is not a dietitian, he or she shall meet the criteria for membership in the Dietary Managers Association which is hereby incorporated by reference including subsequent amendments and editions. Copies of criteria may be obtained from the Dietary Managers Association, 406 Surry Woods Drive, St. Charles , IL 60174 at no cost. If the course has not been completed, this person shall be enrolled in a course and making satisfactory progress for completion within the time limit specified by course requirements.

(c) If the food service supervisor is not a dietitian, the facility shall employ a dietitian on at least a consultant basis. The consultant shall submit written reports to the administrator and food service supervisor.

(d) The dietitian shall spend sufficient time in the facility to assure the following parameters of nutrition have been addressed and that recommended successful interventions have been met:

- (1) An analysis of weight loss or gain;
- (2) Laboratory values;
- (3) Clinical indicators of malnutrition;
- (4) Drug therapy that may contribute to nutritional deficiencies;
- (5) The amount of meal and supplement consumed to meet nutritional needs;
- (6) Increased nutritional needs related to disease state or deterioration in physical or mental status, i.e., decubitus, low protein status, inadequate intake, or nutrition provided via enteral or parenteral route.

(e) There shall be sufficient dietetic personnel employed competent to meet the nutritional needs of all patients in the areas of therapeutic diets, food preparation and service, principles of sanitation, and resident's rights as related to food services.

(f) The facility shall ensure that menus are followed which meet the nutritional needs of patients in accordance with the recommended dietary allowances of the Food and Nutrition Board of the National Research Council, National Academy of Sciences which are incorporated by reference, including subsequent amendments. Copies of this publication can be obtained by contacting The National Academy Press, 2101 Constitution Avenue N.W., Lockbox 285, Washington, D.C., 20055. Cost of this publication is eighteen dollars and ninety five cents (\$18.95) and includes shipping and handling. Menus shall:

- (1) be planned at least 14 days in advance,
- (2) provide for substitutes of similar nutritive value for patients who refuse food that is served, and
- (3) be provided to patients orally or written through such methods as posting, daily announcements, periodic newsletters, etc.

(g) Food must be prepared to conserve its nutritive value and appearance.

(h) Food shall be served at the preferred temperature as discerned by the resident and customary practice, in a form to meet the patient's individual needs and with assistive devices as dictated by the patient's needs. Hot foods shall leave the kitchen (or steam table) above 140 degrees F; and cold foods below 41 degrees F; and freezer temperatures at 0 degrees F or below.

(i) If patients require assistance in eating, food shall be maintained at the appropriate temperature until assistance is provided.

(j) All diets, including enteral and parenteral nutrition therapy, shall be ordered by the physician or other legally authorized person, and served as ordered.

(k) At least three meals shall be served daily to all patients in accordance with medical orders.

(l) No more than 14 hours shall elapse between an evening meal containing a protein food and a morning meal containing a protein food.

(m) Hour-of-sleep (hs) nourishment shall be available to patients upon request or in accordance with nutritional plans.

(n) Between meal fluids for hydration shall be available and offered to all patients in accordance with medical orders.

(o) The facility shall have a current nutrition care manual or handbook approved by the dietitian, medical staff and the Administrator which shall be used in the planning of the regular and therapeutic diets and be accessible to all staff.

(p) Food services shall comply with Rules Governing the Sanitation of Restaurants and Other Food Handling Establishments as promulgated by the Commission for Public Health which is incorporated by reference, including subsequent amendments, assuring storage, preparation, and serving of food under sanitary conditions. Copies of these Rules can be obtained, at no charge, by contacting the N.C. Department of Environment and Natural Resources, Division of Environmental Health Services, 1630 Mail Service Center, Raleigh, NC 27699-1630.

*History Note:* Authority G.S. 131E-104;  
RRC objection due to lack of statutory authority Eff. July 13, 1995;  
Eff. January 1, 1996.