**Diet – Food Textures**

**Competency**

General Information

**Diet - Food Textures**

**General Information**

In health care, the only constant is change. Staying on top of the most recent material is a never-ending job. Facilities will need to ensure that they have a robust food and nutrition program which includes safe and individualized diet textures in order to keep residents at their highest level of function. Incorporating diets and textures into the program will provide resident satisfaction, safe nutrition as well as meeting regulatory requirements.

The Requirements of Participation has outlined regulatory language related to diet textures

**F800:** Provided Diet Meets Needs of Each Resident

“Food and nutrition services. The facility must provide each resident with a nourishing, palatable, well-balanced diet that meets his or her daily nutritional and special dietary needs, taking into consideration the preferences of each resident.”

“The facility must provide each resident with a nourishing, palatable, well-balanced diet that meets his or her daily nutritional and special dietary needs, taking into consideration the preferences of each resident.”

INTENT §483.60 - To ensure that facility staff support the nutritional well-being of the residents while respecting an individual’s right to make choices about his or her diet.”[[1]](#footnote-1)

**F805: Food and Drink:**

Each resident receives and the facility provides “Food prepared in a form designed to meet individual needs”[[2]](#footnote-2)

**F808:** Therapeutic Diets

“Therapeutic Diets must be prescribed by the attending physician” and “The attending physician may delegate to a registered or licensed dietician the task of prescribing a resident’s diet, including a therapeutic diet, to the extent allowed by State law.”

The Intent is “to assure that residents receive and consume foods in the appropriate form and/or the appropriate nutritive content as prescribed by a physician, and/or assessed by the interdisciplinary team to support the resident’s treatment, plan of care, in accordance with his her goals and preferences”[[3]](#footnote-3)

**F807**: Drinks Available to Meet Needs/Preferences/Hydration

Each resident receives and the facility provides “Drinks, including water and other liquids consistent with resident needs and preferences and sufficient to maintain resident hydration.”[[4]](#footnote-4)

**Description**

Providing each resident with an individualized meal plan that includes a diet that meets the nutritional needs with the correct texture is essential for both resident safety and quality of care.

Staff education, training and implementation of a program to ensure the resident receives the appropriate diet and diet texture, based upon resident assessed needs as ordered by the practitioner and or delegated licensed dietician per State law for in quality and to keep the resident at their highest level of functioning.

**Overview**

As it is crucial to ensure a system that includes a therapeutic diet in which the individualized nutrition plan and texture if mechanically altered, is provided to the resident according to physician order as the facility is required to “assure that residents receive and consume foods in the appropriate form and/or appropriate nutritive content as prescribed”[[5]](#footnote-5).

**Suggestions for Resources/Data to Support the Competency**

Suggested competencies for staff will include:

* Licensed Nurse(s):
  + Assessment Process
  + Person-Centered Care Plan for appropriate diet and diet texture
  + Implementation
  + Demonstration/Evaluation
  + Documentation
* CNA’s:
  + Implementation of person-Centered care plan for interventions related to diet texture
  + Communication
  + Ensuring appropriate diet/liquid modifications/consistency
  + Observation and reporting of dining/feeding assistance
  + Identification and reporting of changes in resident
* Interdepartmental Employees
  + Those with resident contact
  + Based on facility policy and procedure

**F-Tag Reference General Information**

Other Tags, Care Areas (CA), and Tasks (Task) to Consider:

* F552: Planning and Implementing Care/Make Treatment Decisions
* F558: Accommodation of Needs
* F578: Right to Refuse/Advance Directives
* F580: Notification of Change
* F635: Admission Orders
* F658: Professional Standards
* F676: Activities of Daily Living/Maintain Abilities
* F677: ADL Care Provided for Dependent Residents
* F692: Assisted Nutrition and Hydration
* F710: Physician Services
* F715: Physician Delegation to a Dietitian
* F745: Social Services
* F800: Provides Diet to Meet Needs
* F801: Qualified Dietary Staff
* F805: Food in Form to Meet Needs
* F807: Food and Drink
* F808: Therapeutic Diet Ordered
* F810: Assistive Devices-Eating Equipment/Utensils
* F811: Feeding Asst-Training/Supervision/Resident
* F825: Provide/Obtain Specialized Rehab Services
* F838: Facility Assessment F838,
* F842: Resident Records
* F865: QAA/QAPI

**Link to Critical Element Pathway**

Use the Dining / Nutrition Critical Element (CE) Pathways, along with the above interpretive guidelines when determining if the facility meets professional standards of practice; and that is in accordance with the resident’s comprehensive care plan, goals for care and preferences.

**References**

* Centers for Medicare & Medicaid Services State Operations Manual, Appendix PP – Guidance to Surveyors for Long Term Care Facilities (Rev. 173, 11-22-17): <https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/som107ap_pp_guidelines_ltcf.pdf>

Centers for Medicare and Medicaid Services, Form CMS-20053 (1/2018) Dining Observation, CMS-20075 (5/2017) Nutrition Critical Element Pathway and CMS 20092 (5/2017) Hydration Critical Element pathway: <https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/GuidanceforLawsAndRegulations/Nursing-Homes.html>

1. [↑](#footnote-ref-1)
2. [↑](#footnote-ref-2)
3. 1,2,3 Centers for Medicare & Medicaid Services State Operations Manual, Appendix PP – Guidance to Surveyors for Long Term Care Facilities (Rev. 173, 11-22-17): <https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/som107ap_pp_guidelines_ltcf.pdf> [↑](#footnote-ref-3)
4. [↑](#footnote-ref-4)
5. 4,5 Centers for Medicare & Medicaid Services State Operations Manual, Appendix PP – Guidance to Surveyors for Long Term Care Facilities (Rev. 173, 11-22-17): <https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/som107ap_pp_guidelines_ltcf.pdf> [↑](#footnote-ref-5)