**Food and Nutrition Cultural**

**Competency**

General Information

**Food and Nutrition Cultural Competency**

**General Information**

The CMS State Operations Manual, Appendix PP, identifies 15 federal tags associated with Food and Nutrition Services (F800 – F814). F800 is the broad-based requirement requiring the facility to meet each resident’s nutritional needs and preferences. F801 addresses the education and practice requirements of the registered dietitian and/or manager responsible for directing food and nutrition services. F803 states, “Menus must reflect, based on a facility’s reasonable efforts, the religious, cultural and ethnic needs of the resident population, as well as input received from residents and resident groups.”[[1]](#footnote-1) F806 states, “Each resident receives and the facility provides flood that accommodates resident allergies, intolerances, and preferences.”2 F807 states, “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.”3

**Description**

Food is an essential component of quality of life. Including residents in decisions about their food can improve their desire to eat and their overall health and well-being. Maximizing food intake can help prevent malnutrition and unintentional weight loss and associated complications.

The Academy of Nutrition and Dietetics position paper highlights the importance of individualized nutrition care provided by registered dietitian nutritionists:

“*It* is the position of the Academy of Nutrition and Dietetics that the quality of life and nutritional status of older adults in long-term care, post-acute care and other settings can be enhanced by individualized nutrition approaches. The Academy advocates that as part of the inter-professional team, registered dietitian nutritionists assess, evaluate and recommend appropriate nutrition interventions according to each individual’s medical condition, desires and rights to make health care choices. Nutrition and dietetics technicians assist registered dietitian nutritionists in the implementation of individualized nutrition care, including the use of least restrictive diets.”4

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

The CMS State Operations Manual, Appendix PP, identifies the following cultural resources for informational purposes only5:

* The National Center for Cultural Competency

<https://nccc.georgetown.edu/index.html>

* The National Standards for Culturally and Linguistically Appropriate Services in Health and Health Care (developed by the Office of Minority Health in HHS)

<https://www.thinkculturalhealth.hhs.gov/pdfs/EnhancedCLASStandardsBlueprint.pdf>

The Academy of Nutrition and Dietetics has developed standards of practice for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Post-Acute and Long-Term Care Nutrition. 6

**Suggested Competencies for Staff**

* Religious and cultural beliefs regarding dietary preferences and practices
* Food preparation specific to the above
* Dining

**F Tag References**

The primary F tags that could be cited during a survey that are related to Food and Nutrition Cultural Competency include:

* F726 Competent Nursing Staff
* F800 Food and Nutrition Services
* F801 Qualified Dietary Staff
* F802 Sufficient Dietary Support Personnel
* F803 Menus Meet Resident Needs/Prepared in Advance/Followed
* F806 Resident Allergies, Preferences, and Substitutes
* F807 Drinks Available to Meet Needs/Preferences/Hydration

There are a wide variety of F tags associated with Resident Assessments and Comprehensive Resident Centered Care Plans that could also be cited. Additionally, F838 Facility Assessment could be cited.

**Link to Critical Element Pathway(s)**

* <https://www.cms.gov/medicare/provider-enrollment-and-certification/guidanceforlawsandregulations/nursing-homes.html>

6Academy of Nutrition and Dietetics: Revised 2018 Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Post-Acute and Long-Term Care Nutrition Robinson, Gretchen E. et al. Journal of the Academy of Nutrition and Dietetics, Volume 118, Issue 9, 1747 - 1760.e53

**References and Resources**

* 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>
* Position of the Academy of Nutrition and Dietetics: Individualized Nutrition Approaches for Older Adults: Long-Term Care, Post-Acute Care, and Other Settings Dorner, Becky et al. Journal of the Academy of Nutrition and Dietetics, Volume 118, Issue 4, 724 - 735
* Academy of Nutrition and Dietetics: Revised 2018 Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Post-Acute and Long-Term Care Nutrition Robinson, Gretchen E. et al. Journal of the Academy of Nutrition and Dietetics, Volume 118, Issue 9, 1747 - 1760.e53
* LTC Survey Pathways (Download): <https://www.cms.gov/medicare/provider-enrollment-and-certification/guidanceforlawsandregulations/nursing-homes.html>
* CMS-20053 “Dining Observation”
* CMS-20055 “Kitchen/Food Service Observation”
* CMS-20062 “Sufficient and Competent Nurse Staffing Review”
1. 1,2,3,5 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>

4Position of the Academy of Nutrition and Dietetics: Individualized Nutrition Approaches for Older Adults: Long-Term Care, Post-Acute Care, and Other Settings Dorner, Becky et al. Journal of the Academy of Nutrition and Dietetics, Volume 118, Issue 4, 724 - 735 [↑](#footnote-ref-1)