**Diet and Food Textures**

**Competency**

Suggested Implementation Checklist

**Suggested Implementation Checklist: Diet and Food Textures**

| **Regulation** | **Recommended Actions** |
| --- | --- |
| **F800: Provided Diet Meets Needs 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)  | * Review, revise and institute policy and procedures that promote compliance with F800
* Include resident preference and choice
* Provide education to dietary, nursing and activities on facility policy and procedure
* Ensure facility staff support the nutritional well-being of the resident
 |
| **F805: Food and Drink:**Each resident receives and the facility provides “Food prepared in a form designed to meet individual needs”[[2]](#footnote-2) | * Policies and Procedures with education on:
* Preparation according to care plan and orders to include therapeutic diet, texture and fluid consistency
* Observations of resident for chewing or swallowing difficulties
* Ordered diet is provided to resident
* \*\*Work with Dietician on preparing policies and procedures based on best practice approach to diet textures: International Dysphagia Diet Standardisation Initiative: <https://iddsi.org/>
 |
| **F 808: 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) | * Review and revise if necessary, facility policy and procedure on therapeutic diets
* Provide staff training
* Update training for orientation, annual, agency staff, as needed.
 |
| **F807:** Drinks Available to Meet Needs/Preferences/HydrationEach 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) | * Review and revise if necessary, facility policy and procedure on fluid and hydration program
* Provide staff training
* Update training for orientation, annual, agency staff, as needed.
 |
| **F811: Paid Feeding Assistants**§483.60(h)(1) State approved training course. “A facility may use a paid feeding assistant, as defined in § 488.301 of this chapter, if—1. The feeding assistant has successfully completed a State-approved training course that meets the requirements of §483.160 before feeding residents; and
2. (ii) The use of feeding assistants is consistent with State law.”[[5]](#footnote-5)
 | * Review records that feeding assistant has successfully completed a State-approved training course
* Check that training course meets requirements of §483.160
* Provide comprehensive training to Paid Feeding Assistants for facility policies and procedures
* Audit compliance with Paid Feeding Assistant Techniques and skills
 |
| **F801 Qualified Dietary Staff**“The facility must employ sufficient staff with the appropriate competencies and skills sets to carry out the functions of the food and nutrition service, taking into consideration resident assessments, individual plans of care and the number, acuity and diagnoses of the facility’s resident population in accordance with the facility assessment”[[6]](#footnote-6) | [ ]  Review, revise and institute policy and procedures regarding education and evidence of competency evaluations for food and nutrition service personnel |
| **F552 Right to be informed and make treatment decisions****“§**483.10(c) Planning and Implementing Care. The resident has the right to be informed of, and participate in, his or her treatment, including: §483.10(c)(1) The right to be fully informed in language that he or she can understand of his or her total health status, including but not limited to, his or her medical condition. §483.10(c)(4) The right to be informed, in advance, of the care to be furnished and the type of care giver or professional that will furnish care. §483.10(c)(5) The right to be informed in advance, by the physician or other practitioner or professional, of the risks and benefits of proposed care, of treatment and treatment alternatives or treatment options and to choose the alternative or option he or she prefers”[[7]](#footnote-7) | [ ]  Provide resident with information of diets and diet consistency[ ]  Include resident/resident representative in the care planning process to include choices and preferences for care plan implementation |
| **F692 Nutrition and Hydration**“Is offered a therapeutic diet when there is a nutritional problem and the health care provider orders a therapeutic diet.”[[8]](#footnote-8) | * Collaborate with IDT, resident and resident representative on diet and hydration needs, restrictions and orders
 |

**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>
* International Dysphagia Diet Standardisation Initiative: <https://iddsi.org/>
1. [↑](#footnote-ref-1)
2. 1,2 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-2)
3. 3,4,5 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-3)
4. [↑](#footnote-ref-4)
5. [↑](#footnote-ref-5)
6. [↑](#footnote-ref-6)
7. 6,7,8 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-7)
8. [↑](#footnote-ref-8)