

# Nutrition Bytes

*A bulletin to assist those in the residential care field to meet regulation requirements as it pertains to food and nutrition services.*

*This bulletin only suggests some ways to meet Regulation and is not all inclusive*

## Residential Care Regulation

### Policies and Procedures

**"Section 85(2)** - ... a licensee must have written policies and procedures in respect to all of the following:

- b) the orientation of new managers and employees, including the orientation respecting the policies and procedures of the community care facility
- c) the continuing education of managers and employees
- g) monitoring of the nutrition of a person in care"

### Intent

To promote the delivery of consistent and standardized care by communicating expectations and providing direction regarding the delivery of care to persons in care (PIC).

### Explanation and Examples

The objective of consistency in practices is that it is one method to ensure health and safety of person in care. Policies are now required to orient new employees, to ensure employees receive continuing education and to ensure that the person in care's nutrition is being monitored.

Examples of policies which could indicate that a facility meets the intent of this portion of the legislation include:

***Please note: - the following is not meant to be prescriptive nor is it exhaustive.***

#### 1. Criteria for Referral to Dietitian

- When is a referral to the Dietitian warranted? (e.g. when a person in care's condition changes due to such things as difficulty chewing or swallowing, significant weight loss, sudden illness such as onset of a stroke, presence of a wound).

or

#### Nutrition Risk Screening

- In facilities under 24 beds, it could include use of the "Dietitian Screening Form" from the *Meals and More* manual.

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## 2. Weight Monitoring

- What is the reporting procedure for significant weight changes?
- What is the weight measurement process? Things to consider are:
  - Frequency, time/date a person in care's weight is measured? (e.g. monthly on the first bath day)
  - How is weight measured? (e.g. clothes on or off, before breakfast, etc.)
  - Where this information is documented? (hard copy, graph or electronically)
  - Who is responsible to document weights on a person in care's record?

## 3. Nutrition Assessment

- What are the procedures and timelines for:
  - Assessment and communication of the person in care's nutrition status?
  - Documenting the nutrition care plan (e.g. Dietitian's or multi disciplinary notes, kardex)?
  - Frequency of follow-up assessments based on the assessed nutrition risk?

## 4. Adjustment of a Diet

- Who is authorized to upgrade/downgrade a person in care's diet texture/fluid consistency?
- When is approval required by a dietitian or medical/nurse practitioner for a diet texture/fluid consistency change?

## 5. Staff Education

- Are there policies which outline the system and approach to ongoing staff education and professional development relevant to nutrition and food service as per section 44(1)(b)?

The following are suggestions for education to meet best practice standards with the exception of the first one (assisted eating techniques which is specified in the Regs – section 44(1) (b))

- Assisted eating techniques (are staff who assist residents receiving in-service regarding proper feeding techniques, use of eating aides and positioning? (this would cover dysphagia as well)
- Nutrition (relevant to person in care needs e.g. bowel care, weight management)
- Diet standards – example - Serving sizes
- Sanitation
- Emergency preparedness

## 6. Other Policies - which may have a nutritional component or assessment such as:

- Wound care, hydration, use of supplements
- Audits to be done by staff/management and frequency of audits

## 7. Case conference reviews (for facilities with 25 beds and more):

- How are they documented? (Details of the review such as: who attends them, how often are they held, what information is reviewed, and are families invited.)
- Does the Dietitian attend these and/or is there an expectation to provide a written report concerning the person in care? (This could be part of the facility's policies regarding monitoring of nutrition (sections 66 and 89(2)(c) of the Residential Care Regulation).

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