

# 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*

## The Role of the Food Services Manager and the Dietitian in Community Care Facilities (under 24 beds) Part 2

### 1. What does the Regulation say?

#### Nutrition Plan

- 83** (1) A licensee of a community care facility with 24 or fewer persons in care must
- (a) develop a nutrition plan for each person in care, and
  - (b) if a nutrition plan is developed without the assistance of a dietitian, ensure that reasonable steps are taken to assess the specific nutritional needs of the person in care who is the subject of the nutrition plan, including considering whether the person in care is at risk of being inadequately nourished because of
    - (i) a physical or mental condition,
    - (ii) a history of issues that affect eating by the person in care, or
    - (iii) any other relevant factor.
- (3) A licensee must review the nutrition plan of a person in care as follows:
- (a) in the case of a nutrition plan developed under subsection (1), on a regular basis,
  - (b) in the case of a nutrition plan developed under subsection (2), with a dietitian on a regular basis, and
  - (c) in the case, with a dietitian if requested or required by
    - (i) a health care provider who provides care to the person in care,
    - (ii) a medical health officer, or
    - (iii) a funding program.

### 2. Why do I need to know this?

You need to know WHEN the services of a dietitian would be required for a community care facility with 24 or fewer persons in care.

### 3. How do you know you are in compliance with this Regulation?

- There should be documentary evidence to support that the facility has a nutrition plan for each person in care; if developed without the involvement of a dietitian, there must be a system to ensure that reasonable steps are taken to assess, identify, and meet each person in care's nutritional needs.
- The Meals and More manual has sample nutrition assessment tools and a screening tool which can help a facility determine if their client may need a referral to a Dietitian.

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Nutrition plan documentation generally includes the following:

- diet type (regular, diabetic),
- diet texture (regular, minced or pureed),
- portion size (such as small, medium or large),
- special instructions such as food preferences/allergies/special supplements,
- the in between meal snack (if applicable),
- the use of a supplement (type, frequency, and amount).

### Review of a Nutrition Plan

- The nutrition plan must be documented, current and there must be evidence that it is being used.
- As per the Residential Care Regulation, Order in Council #039 dated January 15, 2010, there is a requirement that the nutrition plans are reviewed 'regularly'.
- Section 81 (4)(ii) of the Residential Care Regulation (RCR) provides the timeline for regular review as: **At least once each year** when there is no substantial change in the person in care.
- The review of the nutrition plan may occur without a dietitian as long as the nutritional needs of the persons in care are being met.
- Circumstances requiring dietitian involvement in nutrition planning occur when requested or required by:
  - a health care provider of the person in care,
  - a medical health officer, and/or
  - a funding program.

## 4. Example of a Licensee meeting the Regulation Requirements

Sunshine Hill Group Home is a 4 bed community living home. Each person in care (PIC) has their own nutrition plan developed by the staff and Manager on site.

Staff have noted that one of the PICs who is a diabetic and on a minced texture diet, has been more confused lately. As a result, he has not been eating well and this in turn has resulted in weight loss and poorly controlled blood glucose levels.

To help assess this person's nutrition needs, the staff used the **Meals and More** Food and Nutrition Information Form (p. 29) of the Screening Form - When to refer to a Dietitian (p. 30). After calculating the total score which was 30, the facility then contacted the community dietitian to assist with assessing these nutrition-related issues. The RD developed the nutrition plan which was successfully followed by staff. One year later, facility staff reviewed the nutrition plan and found that there were no changes necessary as the PIC had regained weight and blood glucose was normalized.

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