

IC9: 0700 Nutrition Services

1.0 STANDARD

All staff shall prepare, store and deliver food in a manner that ensures safety and prevents potential for food-acquired illnesses.

2.0 PROCEDURE

Staff in the Nutrition/Food Services area shall comply with all relevant legislation, regulations, by-laws and staff education requirements established by the Public Health Act as represented by the Environmental Health Division of the local health unit, for example:

- Storing, handling, preparation and serving of food and beverages
- Cleaning, sanitization and maintenance of food service surfaces and storage areas
- Maintaining potable (drinkable) water
- Cleaning, sanitization and maintenance of dishes, utensils and equipment
- Sanitation parameters during warewashing (i.e., water temperature and chemical concentrations) should meet the requirements set by the BC food safety regulations.
- Quality control strategies outlined in Food Safety Plan

Consult Health and Safety regarding exclusions of food handlers with (potentially) infectious health conditions, for example:

- skin - boils, abscesses, cuts, open sores
- respiratory - coughing, sneezing, runny nose
- gastrointestinal - diarrhea, vomiting, Hepatitis A

Hand Hygiene: All individuals (staff, volunteers, residents) who handle food shall perform hand hygiene:

before:

- starting work each day
- handling any food, clean dishes, utensils etc.,
- Eating
- Donning gloves

after:

- Eating or drinking
 - Cleaning and handling chemicals
 - Handling used dishes and utensils
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- Handling garbage or contaminated food
- Returning from break
- using the toilet
- touching the mouth, nose, ears, eyes, hair
- handling raw food
- contact with unclean equipment and work surfaces, soiled clothing, washing rags

Meal Trays:

Disposable dishes are not necessary for residents with any type of communicable disease or any residents on additional precautions.

Trays from residents on additional precautions do not need to be segregated or treated differently than any other tray.

Unit staff will remove any visible blood, body fluids and sharps from food trays before the trays are returned to the Food Services Department.

In the Food Services area, staff dismantling soiled trays shall wear personal protective equipment.

Meal Tray delivery and Collection Guidance

<p>Hand Hygiene</p>	<p>Always perform hand hygiene upon arrival to unit and perform hand hygiene when leaving the unit.</p> <ul style="list-style-type: none"> • Routine consecutive <u>delivery</u> of meal trays does not require hand hygiene unless there has been hand contact with surfaces in a resident’s room • Routine consecutive <u>collection</u> of meal trays does not require hand hygiene unless there is hand contact with surfaces in a resident’s room • Always perform hand hygiene before and after gloves are used
<p>Meal Tray Cart</p>	<ul style="list-style-type: none"> • The meal tray cart handles should be wiped down with hospital grade disinfectant routinely when the meal cart is entering, leaving the unit or if there is concern of contamination • Gloves should not be worn for handling or pushing the meal tray cart through neighborhoods, hallways and in elevators
<p>Routine Practices</p>	<ul style="list-style-type: none"> • Gloves are not to be worn for delivery of meal trays or meal dishes for residents on routine practices • Room service: Assess the bedside to identify if there is sufficient horizontal space to safely deliver the meal tray. If unable to deliver meal tray, place in designated location and notify neighborhood staff <ul style="list-style-type: none"> ○ Perform a risk assessment to identify if meal tray can be safely collected (i.e., presence of bodily fluids, blood, vomit) ○ Gloves are not required for collection of meal tray ○ For a visually contaminated tray, gloves may be worn for collection. Remove gloves immediately once single tray has been collected • Dining Room: Assess the table to identify if there is sufficient horizontal space to safely deliver the meal. <ul style="list-style-type: none"> ○ Perform a risk assessment to identify if dishes and utensils can be safely collected (i.e., presence of bodily fluids, blood, vomit) ○ Gloves are not required for collection of dishes and utensils ○ For visually contaminated dishes/utensils, gloves may be worn for collection. Remove gloves immediately once the

	<p>dishes/utensils for the residents have been collected</p> <ul style="list-style-type: none"> ○ Always perform hand hygiene before and after gloves are used
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Additional Precautions: Delivery and Collection	Instructions for All Staff Members	
Contact Precautions	<p>Delivery</p> <ul style="list-style-type: none"> • Any staff member delivering a meal tray to resident environment on contact precautions does not need to wear personal protective equipment (PPE) 	<p>Collection</p> <ul style="list-style-type: none"> • Any staff member collecting a meal tray from resident environment on contact precautions <u>must</u> wear gloves • After collection of a meal tray, remove gloves and perform hand hygiene
Airborne Precautions Contact Precautions Plus Droplet Precautions	<p>Delivery</p> <ul style="list-style-type: none"> • Any staff member delivering a meal tray to resident environment on additional precautions, must wear appropriate PPE as per isolation sign • After delivery of meal tray, remove PPE and perform hand hygiene 	<p>Collection</p> <ul style="list-style-type: none"> • Any staff member collecting a meal tray from resident environment on additional precautions, must wear appropriate PPE as per isolation sign • After collection of meal tray, remove PPE and perform hand hygiene
Enhanced Barrier Precautions	<p>Delivery</p> <ul style="list-style-type: none"> • Any staff member delivering a meal tray to resident environment on enhanced barrier precautions does not need to wear personal protective equipment (PPE) 	<p>Collection</p> <ul style="list-style-type: none"> • Any staff member collecting a meal tray from resident environment on enhanced barrier precautions <u>must</u> wear gloves • After collection of a meal tray, remove gloves and perform hand hygiene
<p>The use of PPE is required for any staff member entering a resident environment on additional precautions (except Contact and Enhanced Barrier precautions).</p> <p>As donning and doffing takes time, this may preclude Food Services staff from delivering trays.</p>		

It is the role of Food Services to determine service levels and to determine if tray delivery is achievable or whether unit clinical staff will be responsible for patients on additional precautions (except contact and Enhanced Barrier precautions).

3.0 REFERENCES

Health Canada Infection Control Guidelines; Ministry of Health Food
Safe Level 1 and 2; Communicable Disease Regulations

[Health Canada: Infection Control Guidelines, Routine Practices and
Additional Precautions for Preventing the Transmission of Infection in Health
Care. 2013](#)