



Nutrition and Dietary Overview in SNF's

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What to Expect

- ▶ What we are seeing in dietary and nutrition care and how providers can improve.
 - Frequently cited tag 812, and best practices
 - Federal regulation changes to Ftag 801, but state law is still more stringent
 - Review of F803 and F814
 - Ftag 692 (nutrition care/weight loss)– things we are seeing and some best practices

Tag ID	Total
801	2
802	2
803	10
804	1
805	3
806	2
807	0
808	0
809	0
810	0
811	0
812	22
813	0
814	7

**Dietary Tags cited
from February 1 2022
– February 16, 2023
in San Bernardino
County**

F-Tag 812– Food Safety



§483.60(i)(2) - Store, prepare, distribute and serve food in accordance with professional standards for food service safety.

2022 Food Code

U.S. Food and Drug Administration



U.S. Department of Health and Human Services
U.S. Food and Drug Administration
U.S. Public Health Service
College Park, MD 20740

Standards of Practice for Food Safety – FDA Food Code, 2022

<https://www.fda.gov/food/retail-food-protection/fda-food-code>



F812 – Inspect your kitchen

- ▶ Are SYSTEMS in place to ensure Kitchen Orderliness, Cleanliness/ Sanitation
- ▶ Kitchen equipment is in good repair
- ▶ Staff training and competence in their kitchen work tasks
- ▶ Personal Hygiene/ Hair nets
- ▶ Dish Room processes
- ▶ Wash, rinse, sanitize, AIR DRY
- ▶ Cross Contamination
- ▶ Hand washing/ glove use
- ▶ Thawing
- ▶ Thermometer calibration
- ▶ Cooling Logs/Temp Control for Safety (TCS) Foods
- ▶ Food storage
- ▶ Washing produce

Examples:



Unsanitary Ice Machines:

We do a clean white paper towel swipe of the interior of the ice machine, especially the food contact surfaces



Examples



Best Practices for Maintaining a Clean Ice Machine

- Who will be responsible for maintaining the ice machine?
- Cleaning Schedules, cleaning frequency; how often the water filter is changed
- Procedure used for cleaning and sanitizing.

Best Practices

- ▶ Cleaning logs / Preventative maintenance
- ▶ Following Manufacturer's guidelines for cleaning and sanitizing
- ▶ Reviewing product labels used for cleaning
- ▶ Including the ice machine on EOC rounds / audit tools

What the regulation says about ice machines:

SOM Appendix PP, Ftag 812

- ▶ **Ice** – Use appropriate ice and water handling practices to prevent contamination and the potential for waterborne illness.

Title 22: 72345 Dietetic Sanitation

(d) Ice which is used in connection with food or drink shall be from a sanitary source and shall be handled and dispensed in a sanitary manner

Federal FDA Food Code 2022

3-304.12 In-Use Utensils, Between-Use Storage.

- ▶ Ice scoop needs to be stored in a clean, protected area

4-602.11 Equipment Food-Contact Surfaces and Utensils.

- ▶ Ice bins and components of ice makers need to be cleaned:
 - (a) At a frequency specified by the manufacturer, or
 - (b) Absent manufacturer specifications, at a *frequency necessary to preclude accumulation of soil or mold*

4-602.11 Annex

- ▶ Ice makers and ice bins must be cleaned on a routine basis to prevent the development of slime, mold, or soil residues that may contribute to an accumulation of microorganisms.

F-Tag 801 – Food and Nutrition Staff



§483.60(a)(2) If a qualified dietitian or other clinically qualified nutrition professional is not employed full-time, the facility must designate a person to serve as the director of food and nutrition services.

F-Tag 801 –

- ▶ (i) The director of food and nutrition services must at a minimum meet one of the following qualifications—
 - (A) A certified dietary manager; or
 - (B) A certified food service manager; or
 - (C) Has similar national certification for food service management and safety from a national certifying body; or
 - (D) Has an associate's or higher degree in food service management or in hospitality, if the course study includes food service or restaurant management, from an accredited institution of higher learning; or
 - (E) Has 2 or more years of experience in the position of director of food and nutrition services in a nursing facility setting and has completed a course of study in food safety and management, by no later than October 1, 2023, that includes topics integral to managing dietary operations including, but not limited to, foodborne illness, sanitation procedures, and food purchasing/receiving; and
- ▶ (ii) In States that have established standards for food service managers or dietary managers, meets State requirements for food service managers or dietary managers, and
- ▶ (iii) Receives frequently scheduled consultations from a qualified dietitian or other clinically qualified nutrition professional.

HSC 1265.4

Seven Pathways to be a Dietetic Service Supervisor (DSS)

1. Bachelor's Degree

- US University Major Studies in
 - Food & Nutrition
 - Dietetics
 - Food Management
- AND 1 year experience in Dietetic Services at Healthcare institution

HSC 1265.4 – Cont

2. Graduate of dietetic technician training program approved by Academy of Nutrition & Dietetics (AND)
3. Dietetic Assistant awarded by AND between 1963–1984

HSC 1265.4 – Cont

4. Certified Dietary Manager (CDM)

- A graduate of an approved training program
- Successfully passed a national exam
- maintains this certification...
- ...and has at least six hours of State specific in-service training

HSC 1265.4 – Cont

5. A graduate of a college degree program with major studies in food/nutrition, dietetics, food management, culinary arts, or hotel and restaurant services *and*

- is a certified dietary manager (CDM)...
- *and* has 6 hours of T22 training

HSC 1265.4 – Cont

6. State Approved Program

- A graduate of a state approved program that provides 90 or more hours of classroom instruction in dietetic service supervision.

7. Military Service Equivalent

- Received training experience in food service supervision and management in a military service equivalent.

F-Tag 803– Menus and Nutritional adequacy

F803– Menus and Nutritional Adequacy

- ▶ Menus must–
 - (1) Meet the nutritional needs of residents in accordance with established national guidelines;
 - (2) Be prepared in advance;
 - (3) Be followed;
 - (4) Reflect, the religious, cultural and ethnic needs of the residents;
- ▶ (5) Be updated periodically;
- ▶ (6) Be reviewed by the facility's dietitian or other clinically qualified nutrition professional for nutritional adequacy; and
- ▶ (7) Should not limit the resident's right to make personal dietary choices.

Spring Cycle Menus

Production	Temp	Regular and Low Salt* (2.4-4.5 Gm Na)	Small	Regular	Large	Ground or Mech Soft	Pureed	Dysphagia Mechanical	2 Gm Na	Diab/ADA Reduction	1200	1500	1800	Finger Foods Regular
		Blended Juice	4oz	4oz	4oz						4oz	4oz	4oz	
		Malt O Meal Cereal	1/2c	3/4c	1c				SF		1/2c	1/2c	1/2c	In a cup
		Poached Egg or Fried Egg	1	1	2		P-Scr or steamed	Scrambled Egg	SF	FF	1	1	2	Sliced Hard Cooked Egg
		Toast or Raisin Toast Margarine	1 sl 1tsp	1 sl 1tsp	2 sl 2tsp		Plain tst/marg soak in milk slury	Drained Milk tst Wheat tst only	SF		1 sl 1tsp	1 sl 1tsp	1 sl 1tsp	
		Parsley Sprig	Yes	Yes	Yes	No	No	No			Yes	Yes	Yes	
		Milk	8oz	8oz	8oz						4oz SK	4oz	4oz	
		Savory Baked Fish	2 oz meat	3 oz meat	3oz meat	Soft Flaked w/sauce	P #8 (Sm=#12)	Grd #10 w/sauce (Sm=#16)			2 oz meat	3oz meat	3oz meat	Bite size fish
		Delmonico Potatoes	1/4c	1/2c	3/4c	soft	P	P			1/2c	1/2c	1/2c	Sl Potatoes 1/2c
		Seasoned Spinach OR Spinach Square 2 ½ X 3	1/2c 1	1/2c 1	1/2c 1		P#12 P#12	Seas.spinach chop/mash for both	Seas pinach NAS 1/2cw/marg for both		1/2c 1	1/2c 1	1/2c 1	Sl Ck Carrots or Spinach Sq.
		Lemon Garnish	Yes	Yes	Yes	Lemon 1c	Lemon 1c	Lemon 1c			Yes	Yes	Yes	
		Wheat Bread	1/2sl	1/2sl	1sl		Soak in milk slurry				0	0	1sl	
		Margarine	1/2tsp	1/2tsp	1tsp				SF		0	0	1 tsp	
		Whipped Cherry Gelatin	#12	#12	#12			Thick lq #12		Diet fruit gelatin	1/2c	1/2c	1/2c	Diced Fruit 1/2c
		Milk	4oz	4oz	8oz						4oz SK	4oz	4oz	
		Shell Macaroni And Cheese	3/4 c	3/4 c	1 c		P-3/4c Lg=1 cup		Beef Casserole		3/4 c	3/4 c	3/4 c	Grilled Cheese Sand-2oz cheese
		Baked Tomato Or Fresh Zucchini & Onions	1/2Lg 1/2c	1/2Lg 1/2c	1/2Lg 1/2c	Broth-soft/Mashable	Broth- tomato Soup 8 oz	Broth- tomato Soup 8 oz			1/2Lg 1/2c	1/2Lg 1/2c	1/2Lg 1/2c	
		Parsley Garnish	Yes	Yes	Yes	Flakes	Flakes	Flakes			Yes	Yes	Yes	
		Soft Herbed Bread Stick(1oz)	1/2	1/2	1		Soak in milk/slurry	Plain/soft w/marg	SF Marg		0	1/2	1/2	
		Chilled Springtime Pears (recipe under dessert)	1/2c	1/2c	1/2c	½" diced No skin	P#12	½" diced No skin		Diet	1/2c	1/2c	1/2c	Drain
		Milk	4oz	4oz	8oz						4ozSk	4oz	4oz	

Small Portions – 1600 – 1700 calories

Regular Portions – 2100 calories

Large Portions – 2600 – 2700 calories

Liberal Blands: No caffeine, chili, cocoa, black pepper

No added Salt (NAS); Regular diet with o salt package

Salt substitute with Drs. Order only.

H.S. Snack			
Milk	4oz SK	4oz SK	4oz
Bread	0	0	1

#8=1/2c #12=1/3c #16=1/4c Diet=No sugar Sk=Skim(non-fat) SF=Salt Free P=Pureed Grd=Ground FF=Fat Free Seas=seasoned

No Concentrated Sweet (NCS); Regular diet w/ Diet Desserts, Diet sugar, jelly, syrup. Fresh Fruit or fruit in juice

2000 Calorie Diet-follow 1800 calorie plus give 2 toast(muffin, pancake, french tst, etc)for breakfast and 1 oz extra meat at noon meal



Plant-Based Meals

Health and Safety Code 1265.10

Plant-Based Meals

1265.10 Plant-based meals

[https://codes.findlaw.com/ca/health-and-safety-code/hsc-sect-1265-10/#:~:text=\(a\)%20A%20licensed%20health%20facility,accordance%20with%20their%20physicians'%20orders](https://codes.findlaw.com/ca/health-and-safety-code/hsc-sect-1265-10/#:~:text=(a)%20A%20licensed%20health%20facility,accordance%20with%20their%20physicians'%20orders)

AFL 18-53:

<https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-18-53.aspx>

F-Tag 814– Dispose of garbage and refuse properly

Examples



F-Tag 692– Assisted Nutrition and Hydration



483.25(g)(1) Maintains acceptable parameters of nutritional status, such as usual body weight or desirable body weight range and electrolyte balance, unless the resident's clinical condition demonstrates that this is not possible or resident preferences indicate otherwise

F692 Assisted Nutrition and Hydration

- ▶ **INTENT §483.25(g)**
- ▶ The intent of this requirement is that the resident maintains, to the extent possible, acceptable parameters of nutritional *and hydration* status and that the facility:
 - ▶ Provides nutritional *and hydration* care and services to each resident, consistent with the resident's comprehensive assessment;
 - ▶ Recognizes, evaluates, and addresses the needs of every resident, including but not limited to, the resident at risk or already experiencing impaired nutrition *and hydration*; and
 - ▶ Provides a therapeutic diet that takes into account the resident's clinical condition, and preferences, when there is a nutritional indication.

Keys to Avoiding a Deficiency at F692

- ▶ Accurately and consistently assess a resident's nutritional status on admission and as appropriate;
- ▶ Identify a resident at nutritional risk and address risk factors for impaired nutritional status;
- ▶ Identify, implement, monitor, and modify interventions, consistent with the resident's:
 - assessed needs;
 - choices, preferences, goals;
 - current professional standards of practice;
- ▶ Notify the physician, as appropriate, in evaluating and managing causes of the resident's nutritional risks and impaired nutritional status;
- ▶ Identify and apply relevant approaches to maintain acceptable parameters of residents' nutritional status, including fluids;
- ▶ Provide a therapeutic diet when ordered;
- ▶ Offer sufficient fluid intake to maintain proper hydration and health.

Questions?

- ▶ If you have more questions that aren't answered, please email the Nutrition Consultant Unit to NCU@cdph.ca.gov