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§483.60 Food & Nutrition Services Top 10 Cheat Sheet by [deleted] via cheatography.com/2754/cs/18856/

Introduction

Here is a Top Ten list to help you and your team understand the new CMS LTC Regulations, specifically Section §483.60 Food and Nutrition Services:

https://www.cbdmonline.org/docs/default-source/Top-10/Top10_-CMSregs.pdf

Nutriition Table 1 & 2

Table 1: Regulatory Language of F-325

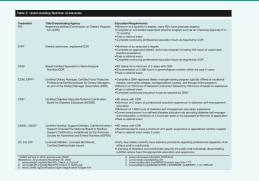
- Based on a resident's comprehensive assessment, the facility must ensure that a resident:
- 483.25(i)(1) Maintains acceptable parameters of nutritional status, such as body weight and protein levels, unless the resident's clinical condition demonstrates this is not possible
- 483.25(i)(2) Receives a therapeutic diet when there is a nutritional problem

Source: http://www.cms.hhs.gov/SurveyCertificationGen-Info/downloads/SCLetter08-28.pdf. Accessed November 29, 2008.

Table 2. Multidisciplinary Information Needed for a Complete Nutrition Assessment

- General appearance
- Height
 Weight and weight history
- Food and fluid intake
- Altered nutrient intake, absorption and/or utilization
- Chewing abnormalities
 Swallowing abnormalities
- Functional ability
- Medications
- Goals and prognosis
- ·Laboratory/diagnostic evaluation

Nutrition Table 3



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1. "Dietary Services" are redesignated as "Food and Nutrition Services", revising language to include consideration of resident preferences (Ref #483.60).

2. Facilities are required to employ sufficient staff with appropriate competencies and skill sets to carry out functions of the food and nutrition service, including resident assessments and care planning (Ref #483.60(a)).

3. Facilities shall employ a dietitian on a full-time, part-time, or consultant basis that is registered by the Commission on Dietetic Registration or licensed or certified by the state as a dietitian or clinically qualified nutrition professional (Ref #483.60(a)(1)).

4. If a dietitian is not employed full-time, the Director of Food and Nutrition Services must meet one of the following requirements and meet applicable state requirements: (Ref #483.60(a)(2))

 Certified Dietary Manager, Certified Food Protection Professional (CDM, CFPP)

· Certified Foodservice Manager

 Associates or higher degree in Hospitality or Foodservice Management with training in foodservice management and food safety

5. A member of Food and Nutrition Service must participate in the care planning process (Ref #483.60(b)).

6. Menus must reflect religious, cultural, and ethnic needs of residents and are both safe and appetizing with allergies, intole-rances, and preferences being considered (Ref# 483.60(d).

7. The 14-hour rule remains in effect with meals served at times in accordance with resident needs, preferences, requests, and plan of care (Ref #483.60(f)).

8. Provisions for adaptive equipment continue to be provided in accordance with the plan of care (Ref #483.60(g)).

9. Facilities may procure food directly from facility gardens, local producers, farmers or growers in accordance with state and local laws (Ref #483.60(i)(1)(i) and 483.60(i)(1)9ii)).

10. Facilities are required to store, prepare, distribute, and serve food in accordance with professional standards for food safety to include having a policy in place regarding use and storage of foods brought to residents by visitors to ensure safe and sanitary handling (Ref #483.70(b)).

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