

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

Nutrition 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/SurveyCertificationGenInfo/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

Table 3: Understanding Nutrition Credentials

Credential ID#	Title/Certifying Agency	Education/Requirements
RD	Registered Dietitian/Commission on Dietetic Registration (CDR)	• Minimum of a bachelor's degree; many RDs have graduate degrees • Complete an accredited supervised practice program such as an internship (typically 6 to 12 months) • Pass a national exam • Complete continuing professional education hours as required by CDR
DTN	Dietetic technician, registered/CDR	• Minimum of an associate's degree • Complete an approved dietetic technician program including 450 hours of supervised practice experience • Pass a national exam • Complete continuing professional education hours as required by CDR
CSFP	Board Certified Specialist in Gerontological Nutrition/CDR	• RD status for a minimum of 2 years with CDR • Documentation of 2,000 hours in gerontological nutrition within the past 5 years • Pass a national exam
CDM, CFPP	Certified Dietary Manager, Certified Food Protection Professional/Certified Board for Dietary Managers (an arm of the Dietary Manager Association (DMA))	• Complete a DMA-approved dietary manager training program typically offered at educational centers, community colleges, correspondence courses, and through online programs • Minimum of 100 hours of classroom instruction followed by 100 hours of hands-on experience • Pass a national exam • Complete continuing education hours as required by DMA
CDP	Certified Diabetes Educator/National Certification Board for Diabetes Educators (NCDE)	• RD status with CDR • Minimum of 2 years of professional practice experience in diabetes self-management education • Minimum of 1,000 hours of diabetes self-management education experience • Current employment in a defined diabetes educator role providing diabetes self-management education a minimum of 4 hours per week or its equivalent at the time of application • Pass a national exam
ONS®, CNSG	Certified Nutrition Support Dietitian, Certified Nutrition Support Counselor/The National Society of Nutrition Support Dietitians, established by the National Society for Parenteral and Enteral Nutrition (ASPEN)	• RD status with CDR • Recommended to have a minimum of 2 years' experience in specialized nutrition support (SNS) and/or related field • Pass a national exam every 5 years
LD, LN, CO	Licensed Dietitian, Licensed Nutritionist, Certified Dietetic Associate	• Only four states currently have statutory provisions regarding professional regulation of dietitians and/or nutritionists • Licensing of dietitians and/or nutritionists across the public that individuals, demonstrating sufficient practice have the appropriate education, and experience

¹ RDSD and other 2015 and previous CDRS
² RDSD and other 2015 and previous CDRS
³ RDSD and other 2015 and previous CDRS
⁴ RDSD and other 2015 and previous CDRS
⁵ RDSD and other 2015 and previous CDRS
⁶ RDSD and other 2015 and previous CDRS
⁷ RDSD and other 2015 and previous CDRS

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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, intolerances, 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)(19ii)).
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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Published 20th February, 2019.
 Last updated 20th February, 2019.
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