

PROCEDURE NO. 5-2-7

ISSUED: 08-25-95

REVISED: 12-30-24

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SUBJECT: Dietary Practices

PURPOSE: To establish a system to assure individuals supported receive sound dietary guidance and to carry out the mandate of the Rights, Safety & Health Policy No. 5.

Woodhaven strives to provide each individual supported good nutrition and opportunities to explore new foods. In each home, the emphasis is on helping individuals supported learn to plan menus, to select nutritious snacks, and to do their own grocery shopping based on their own individual needs and preferences.

Physician-ordered diets are discouraged whenever possible so that individuals can make their own food choices. Preferred diets can often be goals rather than orders so that it is more of a learning process. These issues are routinely discussed at the ISP team meeting and added as goals when appropriate.

If it is necessary for an individual to be on a strict diet for medical reasons, a doctor’s order is obtained and this information is entered into the medication administration record. If an employee accompanies an individual supported to a medical appointment and obtains any kind of order, including diet restrictions, that information is uploaded into Therap within 24 hours of the appointment. A Scomm is sent to the Community RN, the Home Coordinator and the Program Manager notifying them of the new order.

The Community RN provides specialized training (see Procedure 5-10-10) to all staff working with the individual supported. Any new staff coming into the home are trained on any specialized diets by the Home Coordinator prior to working alone with the individuals supported. The Home Coordinator and the Program Manager communicate with the Support Coordinator (SC) who will amend the ISP to include the specific dietary order. They will also document in the plan any dietary restrictions associated with medication usage.

Eating out occasionally is a part of Woodhaven life, and staff in the homes help the individuals supported make plans for these outings, including how to make good choices in restaurants based on the individual’s needs and dietary limitations.

Whenever there are dietary concerns, advice and counseling is available from outside nutritionists; the Community RNs can assist with making referrals as needed. Resource material, including sample menus, are readily available.

The Community RNs monitor the weights of each individual supported on a monthly basis, when completing nursing assessments.

Dietary concerns are part of everyone’s daily life and are a continuous learning process that is addressed with patience and understanding.

Approved by: _____

Date: _____

Director, Health Services and Quality Assurance