

MEAL SERVICE

PURPOSE:

1. To serve well-balanced, attractive meals to all residents.
2. To provide adequate nutrition for the well-being of all residents.
3. To assure that each residents receives the correct diet ordered by the physician.
4. To assure that each resident receives the amount of assistance necessary.
5. To assure appropriate adaptive equipment is provided.
6. To record percentage of food/fluid resident consumed.

POLICY

- Nursing Services should communicate to the Dietary Department the area where the resident will be eating.
- Nursing Services will distribute meals to residents on the units, dining rooms and ancillary rooms in a timely manner.
- Food must remain covered while being distributed through the hallways and tray tickets should remain with trays throughout meal service. Nursing Services will assist in preparing food after the meal has been delivered to the resident if necessary. This includes, where necessary, unwrapping food, cutting meat, buttering bread, opening condiment packages, seasoning food when desired by resident, preparing beverages and explaining location of food items.
- Nursing Services will offer substitutes of similar nutritive value for refused food per policy.
- Residents will be allowed to finish their meals before their dishes/utensils are removed.
- Nursing Services will be responsible for picking up dishes/utensils and returning them to the food carts. Soiled trays cannot be placed in food carts with undelivered trays. Dietary or nursing will return carts to dietary.
- A tray sequence will be used in dining rooms so all residents at a table are served at the same time.
- Meals are not delivered to the table before the resident arrives.

EQUIPMENT:

1. Tray and dishes/utensil containing the diet/meal ordered.
2. Adaptive equipment as needed.
3. Point of care access via electronic equipment to record percentage of meals/fluids consumed by residents.
4. Napkin and/or clothing protector offered.

PROCEDURE:

1. Assist resident to a comfortable position.
(NOTE: To encourage social interaction and mobility, all residents should be encouraged to eat meals in the dining room, or dining lounges on unit.)
2. Assure accuracy of diet served to each resident.
3. Serve meal to resident with food covered; remove cover(s) from food. Remove plate/cups, glasses/utensils, napkin and meal ticket from tray and place on table. (Remove plate from hot plate when serving meals on unit, return hot plate/lid to service cart area).

4. Place all utensils and food containers within easy reach of resident; assist as necessary. (NOTE: Assist resident as necessary. Teach and encourage use of adaptive equipment as necessary.)
5. Cover or assist resident to cover clothing with napkin or clothing protector if needed.
6. Allow resident to enjoy his/her meal after you are sure you have provided adequate assistance.
7. Return periodically to determine if resident requires further assistance.
8. Remove dishes/utensils to appropriate area when resident has finished eating; do not rush resident.
9. Take note of the percentage of food/fluids consumed, record in POC module of EHR.
10. Position resident comfortably. Remove all food particles from resident's clothing.
11. Assist resident with washing/wiping of hands and face and oral hygiene as necessary.

(NOTE: If the resident requires additional time at meals (extended period of time) or requires specific interventions to address preference or nutritional needs. These needs will be discussed/reviewed by the IDT and the residents care plan developed and/or revised to address the needs/preferences of the resident and the intervention.)