

NOURISHMENT

PURPOSE:

1. To provide between-meal and bedtime nourishment for residents as needed, prescribed, and desired.
2. To provide nutritional interventions to residents as indicated.

PROCEDURE:

1. At the scheduled times, be familiar with scheduling of nourishments and time delivered to the nursing station. Physician ordered supplements may be provided between meals and in the evening after dinner. An evening snack is offered to residents after evening meal and will usually consist of the following: cookies, crackers, pudding, jello, ½ sandwich, juice, milk – per resident choice. Snacks are available throughout the day at resident's request.
2. The charge nurse is responsible to monitor that supplemental nourishments are served to residents.
3. Each nursing assistant is responsible for obtaining and serving nourishment(s) to the residents on his/her assignment.
4. Residents on therapeutic diets or mechanically altered diets will be offered supplements/snacks that are allowed on prescribed diet.
5. Supplemental nourishments ordered by a resident's attending physician must be offered. If the resident is not in his/her room, the nursing assistant should find the resident and serve the nourishment.

NOTE: The facility honors resident choice. If a resident requests a snack that is not part of the prescribed diet, the STNA will inform the nurse who will educate the resident on the reason for dietary restriction.