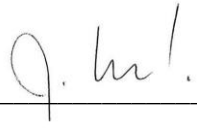


Leamington Mennonite Home

POLICY AND PROCEDURE

CATEGORY: Dietary	SUBJECT: Nutrition	SECTION: N POLICY: 1
DATE: September 2004	Administrator: _____ 	
REVISION DATES: June 2010	Dietary Director: _____	

NUTRITION

POLICY:

Every resident will be provided proper nutrition responsive to each individual's needs and health status. Resident specific labels on the feeding record will indicate the level of feeding care for each resident as determined by the care plan process. The label will also include diet, consistency, serving size and liquid consistency. Residents are assessed and identified by their usual nutrition care level during meals. If, on occasion, there is a change in a resident's physical or cognitive abilities, an ongoing assessment determines the immediate care need of that resident.

OBJECTIVE:

To provide adequate nutrition and hydration to all residents.

PROCEDURE:

LMH shall provide nutrients, calories and fluids based on recommended dietary allowances that provide for daily amounts to meet current recommended nutrient intake as determined by Health Canada.

Adjustments should be made for age, sex, weight, physical activity and therapeutic needs as per the direction of the Dietitian and/or Home Doctor.

Each day each resident shall be provided with a variety of foods, including at least the following:

- Grain Products
 - five servings of whole grain or enriched bread and cereals
- Vegetable and Fruits
 - five 125 ml servings of vegetables, fruits and/or fruit juices
- Milk Products
 - adults – 50 ml
- Meat and Alternatives
 - two servings weighing 50 to 100 grams cooked weight of meat containing 7 grams of protein for each 30-gram serving, or the equivalent grams of protein in alternatives.

The following are identified levels of feeding care:

1. Intermittent Supervision

- a. table set up with appropriate utensils
- b. resident's choice of beverages provided
- c. protective clothing covering applied as needed
- d. proper diet, consistency and serving size provided, resident preferences reviewed
- e. any packages opened and meat cut
- f. following meals, protective covering is removed and hands and face are washed
- g. resident requires only cursory supervision.

2. Intermittent Assistance

- a. table set up with appropriate utensils
- b. resident's choice of beverages provided
- c. protective clothing covering applied as needed
- d. proper diet, consistency and serving size provided, resident preferences reviewed
- e. any packages opened and meat cut
- f. following meals, protective covering is removed and hands and face are washed
- g. resident requires staff to return to encourage or assist with meal.

3. Constant Assistance

- a. table set up with appropriate utensils
- b. resident's choice of beverages provided
- c. protective clothing covering applied as needed
- d. proper diet, consistency and serving size provided, resident preferences reviewed
- e. any packages opened and meat cut
- f. following meals, protective covering is removed and hands and face are washed
- g. resident requires staff to stay at table to constantly encourage and assist with meal.

4. Completely Dependent

- a. table set up with appropriate utensils
- b. resident's choice of beverages provided
- c. protective clothing covering applied as needed
- d. proper diet, consistency and serving size provided, resident preferences reviewed
- e. any packages opened and meat cut
- f. following meals, protective covering is removed and hands and face are washed
- g. resident is fed completely by staff

5. Refuses to Eat

- a. staff has attempted to feed the resident 3 times

6. Other

Feeding Record Label:

Month:

Name:

Diet:

Feeding Level:

Serving Size:

Liquid Consistency: