

HEALTH SERVICES POLICY & PROCEDURE MANUAL

North Carolina Department Of Correction
Division Of Prisons

SECTION: Care and Treatment of Patient –
Activities of Daily Living

POLICY # TX VI-2

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SUBJECT: Therapeutic Diets & Supplemental Nourishment

EFFECTIVE DATE: August 2009
SUPERCEDES DATE: January 2005

References

Related ACA Standards

**4th Edition Standards for Adult Correctional
Institutions 4-4317,4-4318, 4-34319**

PURPOSE

To provide guidelines on the ordering and management of therapeutic diets.

POLICY

The management of food and nutrition will be coordinated through registered dietitians and food service personnel. The Division of Prisons uses the current edition of the North Carolina Dietetic Associations Diet Manual as a reference. These efforts will ensure the nutritional welfare for both general population inmates and those needing medically ordered therapeutic diets.

Definition

Therapeutic diets are modifications of the normal adequate diet pattern based on the Dietary Reference Intakes as suggested by the Food and Nutrition Board of the National Research Council, with amounts of nutrients adjusted to cover the additional requirements created by disease or injury.

PROCEDURE

I. THERAPEUTIC DIET ORDERS

A. Authorization

Therapeutic medical and dental diets will be served to an inmate only upon the written order of a treating provider (physician, dentist, or physician extender).

B. Diet Order Form

1. The written diet order will be recorded in the medical record and transcribed on the Therapeutic Diet Order Form DC-482 which includes the type of diet, justification, the duration for which it is provided, special instructions, and proven food allergies. The DC-482 shall NOT include diagnosis or medication information.
2. Diets not listed on the DC-482 form must receive approval from Utilization Review (UR). Food Management is authorized to refuse to accept physician orders for non-standard diets that have not been pre-authorized by Utilization Review. All nutritional supplements, additional snacks, menu modifications and soy milk, require approval through Utilization Review. All allergies must be verified by a positive RAST test and approved through Utilization Review.
3. The DC-482 should be filed in the patient health record under Section II.
4. All inmates placed on a therapeutic diet must have a nutritional assessment, DC-483, completed by a Registered Dietitian. Clinical dietitians employed by a facility will be responsible for completing the nutritional assessment. Medical staff in all other facilities will be responsible for completing the Subjective and Objective sections of the DC-483 and forwarding the form to the assigned dietitian. The dietitian will complete the Assessment and Plan sections of the assessment and return the form to the facility. Assessment recommendations should be reviewed by the treating provider. The completed nutritional assessment, DC-483, must be filed in section II of the medical record. Nutritional assessments should be completed in response to the following:

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- Initial Diet Order
 - Annual Review
 - Change in medical status
 - Change in diet order
5. Notification of a therapeutic diet termination should be forwarded to the Food Management Department by generating a new DC-482 with “discontinue” indicated in the comments section or by forwarding the completed DC-484 (Orientation to Therapeutic Diet) or the DC-442 (Refusal of Treatment).
- C. Transfers
1. Diet Orders for inmates who are being transferred from facility to facility shall be continued as previously prescribed. Such orders will be followed until the physician, physician extender, or dentist at the receiving facility reviews the need for the diet at his/her next visit.
 2. Newly transferred inmates who state they are on a therapeutic diet shall be placed on the stated diet until the order is verified by medical staff. When possible, food management staff should verify the diet order before the next meal. Verification must occur within 72 hours.
 3. Therapeutic diet orders should be found in Section II of the inmate outpatient health record.
- D. New Admissions
1. Inmates newly admitted to the Division of Prisons who state they are on a therapeutic diet shall be placed on one of the available standard diets for duration of thirty (30) days. A nutritional assessment, DC-483, should be generated once the 30-day order is approaching expiration.
 2. If none of the standard diets offered by the Division of Prisons meet the needs of the inmate the provider should contact the facility or region dietitian.

II. DIET ADMINISTRATION RECORD

The Food Service Manager will be responsible for the generation, maintenance and accuracy of the Diet Administration Record, DC-486. This form:

1. Must be completed by a staff member.
2. Will have an entry at each meal to indicate acceptance or refusal of meals by inmates with current therapeutic diet orders.
3. Will become part of the therapeutic diet file. This file will be maintained by the facility Nurse or Clinical Dietitian.

III. SERVING OF THERAPEUTIC DIETS

- A. Inmates receiving a therapeutic diet should receive their meal before or after the general population.
- B. All therapeutic diets should be served in a manner that provides for diet compliance and documentation.

IV. REFUSAL OF THERAPEUTIC DIETS

A. RIGHT TO REFUSE

A therapeutic diet constitutes a prescribed medical treatment and the inmate has the right of refusal, except under life threatening circumstances. (See Section AD IV-5).

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B. RECORDING OF MEAL REFUSALS

1. Dining Hall - Inmates served in the dining hall who refuse a therapeutic diet meal will not be offered food from the regular menu. A staff member will record those inmates who are refusing meals on the DC-486 and forward such to the facility nurse once a week.
2. Work Release/Lock Up - Inmates who refuse a therapeutic diet packout or a therapeutic diet tray will not be offered a regular packout or a regular meal tray. The Correctional Officer will indicate the meal refused and request the inmate to sign the Refusal of Individual Meal Form, DC-488, acknowledging meal refusal at that time. If the inmate declines to sign, the officer will sign instead verifying the inmates meal refusal.

C. PROCEDURES FOR TERMINATION OF THERAPEUTIC DIET

1. A refusal of one (1) meal is not a refusal of the therapeutic diet order. Inmates, who fail to meet facility compliance standards will be referred to the nurse or facility clinical dietitian for dietary compliance counseling. After two (2) additional dietary counseling sessions, the diet order can be terminated by the provider.
2. Noncompliance and counseling will be documented in the health record.
3. The facility nurse or Registered Dietitian will assure that the inmate has received the opportunity for informed consent regarding the termination of the diet.
4. When the medical goal of the diet is met, the ordering provider shall so indicate in the inmate's medical record and discontinue the diet order. The facility nurse will notify the Food Service Manager in writing whenever a therapeutic diet is changed or discontinued.

D. REORDER OF DIET

Therapeutic diets may be reordered by a physician, physician extender, or dentist after the inmate has agreed to compliance.

V. DIETS REQUIRING CLOSE MEDICAL & NURSING OBSERVATION/ INTERVENTION

- A. Inmates with conditions that require close medical intervention or nursing observation such as tube feeding, post oral surgery with jaw wired closed, gastrostomy cases, severe brittle diabetes, end-stage renal disease, or malnutrition secondary to chronic disease will be evaluated by the responsible physician or dentist who will determine the necessary treatment and level of care to be ordered.
- B. Inmates with conditions noted above should be housed at a facility employing a Registered Dietitian when possible.

VI. NOURISHMENTS

Non-hospice inmates housed in the hospitals and/or infirmaries shall receive supplemental nourishment at the discretion of the Clinical Dietitian housed at that facility and/or the Regional Dietitian.

VII. FOOD PROVIDED WITH MEDICATION

1. Med Snacks

- a) A med snack providing over 500 calories is available for inmates receiving one of the following medications.
- b) Inmates receiving one of the approved medications must be evaluated by medical staff to determine the need for a med snack. The evaluator should consider timing of medication and the timing of meals. If the medication is scheduled within an hour of a meal no med snack should be ordered for that dose. If the medication is

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scheduled more than an hour after a meal a med snack should be ordered for that dose. Each dose should be evaluated independently. Med snacks should not be ordered arbitrarily for all doses.

- b) Medical staff must order med snacks by completing the Therapeutic Diet Order Form, DC482. The completed DC 482 must be forwarded to the facility Food Management Department. In the comment section of the DC 482 the words “med snack” must be written as well as the time the med snack is to be given, 10, 2 or HS.

2. Other

- a) Up to eight saltine crackers may be dispensed with medications not listed in this policy that pharmacy indicates “should be given with food”. Medical staff may request a supply of saltine crackers by contacting their facility Food Manager.

Paula Y. Smith, M.D.

8/13/09

Paula Y. Smith, MD, Director of Health Services

Date

SOR: Director of Food Service