

Promotional: Diets in Long-Term Care All Staff

****You MUST print this for Continuing Education purposes and keep with your certificate of completion.**

Requirements:

For successful completion of this educational activity and receipt of 0.5 contact hour(s), the learner must:

1. Participate in 30 minutes of continuous learning.
2. Complete a quiz with a minimum score of 85%.
3. Complete an evaluation form.

Educational activity description:

There are many reasons that an individual living in a long-term care facility will need a special diet (called a Therapeutic Diet or Modified Diet). This educational activity provides an overview of specialty diets found in this setting.

Target audience:

The target audience for this educational activity is all staff in a long-term care setting who are involved with preparing or serving food and beverages to residents. This is an intermediate level educational activity. Information is geared to practitioners with a general working knowledge of current practice trends and literature related to the subject matter. The focus is on increasing understanding and competent application of the subject matter.

Readability/Reading Level:

The readability/reading level of this course is 9th-10th grade.

Learning outcome:

At the completion of this educational activity, the learner will be able to demonstrate knowledge of therapeutic diets in the long-term care setting by passing a quiz with 85% or greater accuracy.

Learning objectives:

At the completion of this educational activity, the learner will be able to:

1. Identify three (3) reasons for initiating a therapeutic diet in the long-term care setting.
2. Apply two (2) diet modifications to a scenario.
3. Choose four (4) types of texture modified diets

Author:

Lois Platt, RN, MS

Ms. Platt has recently retired from a Staff Development Coordinator position in a Long-Term Care facility in Arizona. She worked as a Term Assistant Professor of Nursing for the University of Alaska Anchorage AAS Nursing Program for many years as well as coordinating and teaching the Certified Nursing Assistant Program in Valdez, Alaska. Prior to entering nursing education, Ms. Platt worked in both staff nurse and Clinical Resource Manager positions in a small Critical Access Hospital in rural Alaska. She also worked many years in both staff and charge nurse positions in an Intensive Care Unit in Connecticut. Ms. Platt obtained a diploma in nursing for Joseph Lawrence School of Nursing in New London, Connecticut; a Bachelor of Science in Nursing from St. Joseph College in West Hartford, Connecticut; and a Master of Science in Nursing Education from the University of Alaska, Anchorage, Alaska.

Reviewer:

Kendall Kennedy, MS, RDN

Kendall Kennedy's experience includes working as a clinical dietitian in a long-term care facility in Jacksonville, Florida and in an acute-care hospital in St. Thomas, VI. In addition to clinical work, Kendall provides nutrition counseling via telehealth for outpatients. While working in LTC, she helped create a 3-week cycle menu following kosher guidelines, while ensuring residents received high-quality, tasteful, and nutritious meals and snacks. She conducted monthly kitchen audits to identify any areas of concern regarding food storage, preparation, distribution, and service. Also, she tested trays weekly for temperature, taste, texture, and overall appearance. In addition to her work in the food service department, Kendall also provided timely and appropriate nutrition assessments and interventions, updating the resident's care plan as needed.

Planning committee:

Judy Hoff, RN, BSN, MA, PhD

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