

**Department of Inspections and Appeals Regulations and Survey Update**

**March 29, 2018**

**IANFP Spring Conference  
Sandra Frahm RD, LD  
Health Facilities Surveyor  
sandra.frahm@dia.iowa.gov**

---

---

---

---

---

---

---

---

**Objectives**

Participants will learn about:

- Updates on regulatory changes
- Common deficient practices in the food service environment
- Key areas for serving safe food

---

---

---

---

---

---

---

---

**Federal Regulations**

- Nursing facilities – F tags (Appendix PP)

**Iowa Administrative Code**

- Chapter 58 – Nursing Facilities

---

---

---

---

---

---

---

---

### Survey and Certification Letters

- Guidance, clarifications and instructions to State Survey Agencies and CMS Regional Offices
- May simply provide clarification of an existing federal tag
- May accompany a new or revised tag with an explanation and instructions

---

---

---

---

---

---

---

---

### S & C : 17-36-NH

- Released June 30, 2017
- Revised interpretive guidance
- Revised F tags
- Training resources

---

---

---

---

---

---

---

---

- 692 Nutrition/Hydration Status Maintenance
- 693 Tube Feeding, Management/Restore Eating Skills
- 694 Parenteral/IV Fluids

---

---

---

---

---

---

---

---

## Regulatory Changes

### F800

§483.60 Food and nutrition services.

- The facility must provide each resident with a nourishing, palatable, well-balanced diet that meets his or her daily nutritional and special dietary needs, taking into consideration the preferences of each resident.

---

---

---

---

---

---

---

---

### F801

§483.60(a) Staffing

- The facility must employ sufficient staff with the appropriate competencies and skills sets to carry out the functions of the food and nutrition service, taking into consideration resident assessments, individual plans of care and the number, acuity and diagnoses of the facility's resident population in accordance with the facility assessment . . .

This includes:

- §483.60(a)(1) A qualified dietitian or other clinically qualified nutrition professional either full-time, part-time, or on a consultant basis.

---

---

---

---

---

---

---

---

- §483.60(a)(2) If a qualified dietitian or other clinically qualified nutrition professional is not employed full-time, the facility must designate a person to serve as the director of food and nutrition services

---

---

---

---

---

---

---

---

**F802**

§483.60(a) Staffing

- The facility must employ sufficient staff with the appropriate competencies and skills sets to carry out the functions of the food and nutrition service...

§483.60(a)(3) Support staff.

- The facility must provide sufficient support personnel to safely and effectively carry out the functions of the food and nutrition service.

- §483.60(b) A member of the Food and Nutrition Services staff must participate on the interdisciplinary team as required in §483.21(b)(2)(ii).

---

---

---

---

---

---

---

---

**F803**

§483.60(c) Menus and nutritional adequacy.

- Menus must-
- §483.60(c)(1) Meet the nutritional needs of residents in accordance with established national guidelines;
- §483.60(c)(2) Be prepared in advance;
- §483.60(c)(3) Be followed;

---

---

---

---

---

---

---

---

- §483.60(c)(4) Reflect, based on a facility's reasonable efforts, the religious, cultural and ethnic needs of the resident population, as well as input received from residents and resident groups;

- §483.60(c)(5) Be updated periodically;

- §483.60(c)(6) Be reviewed by the facility's dietitian . . .

- §483.60(c)(7) Nothing in this paragraph should be construed to limit the resident's right to make personal dietary choices.

---

---

---

---

---

---

---

---

**F804**

§483.60(d) Food and drink

- Each resident receives and the facility provides—
- §483.60(d)(1) Food prepared by methods that conserve nutritive value, flavor, and appearance;
- §483.60(d)(2) Food and drink that is palatable, attractive, and at a safe and appetizing temperature.

---

---

---

---

---

---

---

---

**F805**

§483.60(d) Food and drink

- Each resident receives and the facility provides—
- §483.60(d)(3) Food prepared in a form designed to meet individual needs.

---

---

---

---

---

---

---

---

**F806**

- §483.60(d) Food and drink
- Each resident receives and the facility provides—
- §483.60(d)(4) Food that accommodates resident allergies, intolerances, and preferences;
- §483.60(d)(5) Appealing options of similar nutritive value to residents who choose not to eat food that is initially served or who request a different meal choice;

---

---

---

---

---

---

---

---

**F807**

§483.60(d) Food and drink

- Each resident receives and the facility provides—
- §483.60(d)(6) Drinks, including water and other liquids consistent with resident needs and preferences and sufficient to maintain resident hydration.

---

---

---

---

---

---

---

---

**F808**

§483.60(e) Therapeutic Diets

- §483.60(e)(1) Therapeutic diets must be prescribed by the attending physician.
- §483.60(e)(2) The attending physician may delegate to a registered or licensed dietitian the task of prescribing a resident's diet, including a therapeutic diet, to the extent allowed by State law.

---

---

---

---

---

---

---

---

**F809**

§483.60(f) Frequency of Meals

- §483.60(f)(1) Each resident must receive and the facility must provide at least three meals daily, at regular times comparable to normal mealtimes in the community or in accordance with resident needs, preferences, requests, and plan of care.
- §483.60(f)(2) There must be no more than 14 hours between a substantial evening meal and breakfast the following day, except when a nourishing snack is served at bedtime, up to 16 hours may elapse between a substantial evening meal and breakfast the following day if a resident group agrees to this meal span.

---

---

---

---

---

---

---

---

- §483.60(f)(3) Suitable, nourishing alternative meals and snacks must be provided to residents who want to eat at non-traditional times or outside of scheduled meal service times, consistent with the resident plan of care.

---

---

---

---

---

---

---

---

**F810**

§483.60(g) Assistive devices

- The facility must provide special eating equipment and utensils for residents who need them and appropriate assistance to ensure that the resident can use the assistive devices when consuming meals and snacks.

---

---

---

---

---

---

---

---

**F811**

§483.60(h) Paid feeding assistants-

- §483.60(h)(1) State approved training course. A facility may use a paid feeding assistant, as defined in § 488.301 of this chapter, if—
- (i) The feeding assistant has successfully completed a State-approved training course that meets the requirements of §483.160 before feeding residents; and
- (ii) The use of feeding assistants is consistent with State law.
- §483.60(h)(2) Supervision.
- §483.60(h)(3) Resident selection criteria.

---

---

---

---

---

---

---

---

**F812**

483.60(i) Food safety requirements.

- The facility must –
- § 483.60(i)(1) - Procure food from sources approved or considered satisfactory by federal, state or local authorities.
- (i) This may include food items obtained directly from local producers, subject to applicable State and local laws or regulations.

---

---

---

---

---

---

---

---

- (ii) This provision does not prohibit or prevent facilities from using produce grown in facility gardens, subject to compliance with applicable safe growing and food-handling practices.
- (iii) This provision does not preclude residents from consuming foods not procured by the facility.
- § 483.60(i)(2) - Store, prepare, distribute and serve food in accordance with professional standards for food service safety.

---

---

---

---

---

---

---

---

**F813**

483.60(i) Food Safety Requirements

- The facility must –
- § 483.60(i)(3) Have a policy regarding use and storage of foods brought to residents by family and other visitors to ensure safe and sanitary storage, handling, and consumption.

---

---

---

---

---

---

---

---



**F814**

§483.60(i) Food Safety Requirements

- The facility must –
- §483.60(i)(4)- Dispose of garbage and refuse properly.

---

---

---

---

---

---

---

---

**Systems to Consider**

- Foodservice
- Nutritional Care
- Physical Environment
- Staffing
- Management

---

---

---

---

---

---

---

---

**Common Deficient Practices**

- Food handling/sanitation concerns
- Not following the planned menu
- Adequate routine cleaning

---

---

---

---

---

---

---

---

## Key Areas to Serving Safe Food

- Education and Training
- Personal hygiene and exclusion of ill employees
- Meeting food temperatures requirements for cooking, holding, cooling and storing food.
- Monitoring of expected practices

---

---

---

---

---

---

---

## Quality Assurance

- Routine actions to assure certain standard continually achieved

## Performance Improvement

- Relevant to patient(s)/resident(s)
- Identification of system breakdown
- Identification of problem (can be a single incident/issue)

---

---

---

---

---

---

---

## Performance Improvement

- Steps include:
  - Identification of problem
  - Gathering data
  - Considering options to correct problem
  - Implementing solution(s)
  - Gathering data after implementation
  - Evaluating (current and, then, long-term correction)

---

---

---

---

---

---

---

### Resources

- State Operations Manual
  - Appendix P and PP – Long term care

Website:

<https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/Internet-Only-Manuals-IOMs-Items/CMS1201984.html>

---

---

---

---

---

---

---

---

### Resources

- Survey and Certification Letters web site:

<http://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/SurveyCertificationGenInfo/Policy-and-Memos-to-States-and-Regions.html>

---

---

---

---

---

---

---

---

### Iowa Administrative Code

- <https://www.legis.iowa.gov/law/administrativeRules/chapters?agency=481&pubDate=09-30-2015>
- Chapter 51 – Hospitals
- Chapter 57 – Residential Care Facilities
- Chapter 58 – Nursing Facilities
- Department of Inspections and Appeals
- [https://dia-hfd.iowa.gov/DIA\\_HFD/Home.do](https://dia-hfd.iowa.gov/DIA_HFD/Home.do)

---

---

---

---

---

---

---

---

## US Food and Drug Administration Food Code

- <http://www.fda.gov/food/guidanceregulation/retailfoodprotection/foodcode/default.htm>

---

---

---

---

---

---

---

## Questions??

---

---

---

---

---

---

---