

# HEALTHWEST

## Procedure

No. 06-003

Prepared by:

Effective: February 26, 1997

Revised: April 6, 2018

Cyndi Blair, RNBC  
Chief Clinical Officer

Approved by:

Subject: Dietary Referral and Assessment

---

Julia Rupp, Executive Director

### I. PURPOSE

HealthWest shall provide dietetic services to meet the needs of individuals receiving services. When an individual requires dietetic services that the agency is unable to provide, a referral will be made to a registered dietitian or their primary care physician.

### II. APPLICATION

These procedures apply to all HealthWest service programs.

### III. DEFINITIONS

Nutritional Assessment: A comprehensive approach to defining nutritional status, which uses medical, nutrition, and medication intake histories; physical examination information; body size, weight and proportion comparisons; and laboratory data.

Modified Diet: Modified diets shall include, but are not limited to; calorie restricted, low sodium, diabetic, altered consistency.

Diet Manual: A reference book which contains modified diets approved by an authorized food and nutrition agency.

### IV. PROCEDURE

A. During the Initial/Annual Psychosocial Assessment/Health Screen process and on an ongoing basis, the primary worker will evaluate the individual's dietary status and needs.

1. When a person appears to be at high risk for nutritional problems during the initial/annual assessment process, a Registered Nurse will be contacted for consultation.
2. If an individual is determined by the Registered Nurse to need a Dietary Assessment, referral will be made to the individual's primary care physician. When

not referred back to the primary care physician, the nurse shall obtain a licensed physician's orders, and refer the individual to a registered dietitian for assessment and recommendations. The dietitian shall be contacted by the nurse or the primary worker to make arrangements for the assessment.

3. Conditions which warrant referral may include but are not limited to:
  - a. Excessive weight fluctuation +/- 10 lbs. for adults and 5 lbs. for children in one month.
  - b. Medical diagnosis which may require special diets, e.g., Diabetes, high cholesterol, hypertension.
  - c. Poor nutritional habits.
  - d. Chemical dependency.
  - e. Eating disorders, obvious obesity or underweight.
- B. The dietitian shall complete an assessment within 30 days of referral.
  1. The individual's record should include the dietitian's comprehensive assessment.
  2. In cases requiring ongoing dietitian involvement, the updated assessment will include: the individual's responses to the diet, recommended changes to the diet, and rationale for these changes.
  3. Dietary information shall be included in all transfers or discharges to another facility.
- C. A Primary Health Care Physician shall order all diets, changes in diets, or discontinuation of diets in consultation with the dietitian.
  1. The nurse or primary worker will assure that orders are documented, signed, dated, and placed in the individual's record.
  2. The nurse shall provide the dietitian with the lab reports for the individual receiving dietary services.
  3. The dietitian shall reassess the individual's response to the diet and refer through the nurse/primary worker any recommended changes to a licensed physician.
  4. In cases where the dietitian was not involved in consultation with the primary care physician, primary worker or nurse will notify the dietitian of these orders.
- D. HealthWest will follow the dietitian's recommendations.