

TOP 10

Facts CDMs Need to Know About the New CMS LTC Regulations

ON SEPTEMBER 28, the Centers for Medicare & Medicaid Services (CMS) issued its final regulations for long-term care facilities. The CDM, CFPP is listed first amongst qualifications for the newly designated Director of Food and Nutrition Services. Read below to learn what else CDMs need to know about the new regulations.

Here is a Top 10 list to help you and your team understand the new CMS LTC Regulations, specifically Section §483.60 Food and Nutrition Services:

1 “Dietary Services” are redesignated as “Food and Nutrition Services,” revising language to include consideration of resident preferences (Ref #483.60).

Facilities are required to employ sufficient staff with appropriate competencies and skill sets to carry out functions of the food and nutrition service, including resident assessments and care planning (Ref #483.60(a)).

3 Facilities shall employ a dietitian on a full-time, part-time, or consultant basis that is registered by the Commission on Dietetic Registration or licensed or certified by the state as a dietitian or clinically qualified nutrition professional (Ref #483.60(a)(1)).

If a dietitian is not employed full-time, the Director of Food and Nutrition Services must meet one of the following requirements and meet applicable state requirements (Ref #483.60(a)(2)).

5 A member of Food and Nutrition Services must participate in the care planning process (Ref #483.60(b)).

- Certified Dietary Manager, Certified Food Protection Professional (CDM, CFPP)
- Certified Foodservice Manager

6 Menus must reflect religious, cultural, and ethnic needs of residents and are both safe and appetizing with allergies, intolerances, and preferences being considered (Ref#483.60(d)).

- Associates or higher degree in Hospitality or Foodservice Management with training in foodservice management and food safety

7 The 14-hour rule remains in effect with meals served at times in accordance with resident needs, preferences, requests, and plan of care (Ref #483.60(f)).

Provisions for adaptive equipment continue to be provided in accordance with the plan of care (Ref #483.60(g)).

9 Facilities may procure food directly from facility gardens, local producers, farmers or growers in accordance with state and local laws (Ref #483.60(i)(1)(i) and 483.60(i)(1)9ii)).

10 Facilities are required to store, prepare, distribute, and serve food in accordance with professional standards for food safety to include having a policy in place regarding use and storage of foods brought to residents by visitors to ensure safe and sanitary handling (Ref #483.70(b)).

ANFP Association of Nutrition & Foodservice Professionals

Visit www.ANFPonline.org to view Section §483.60 Food and Nutrition Services and the entire Requirements for States and Long-Term Care Facilities.