

Nutrition & Food Services

WELLNESS



LAGUNA
HONDA

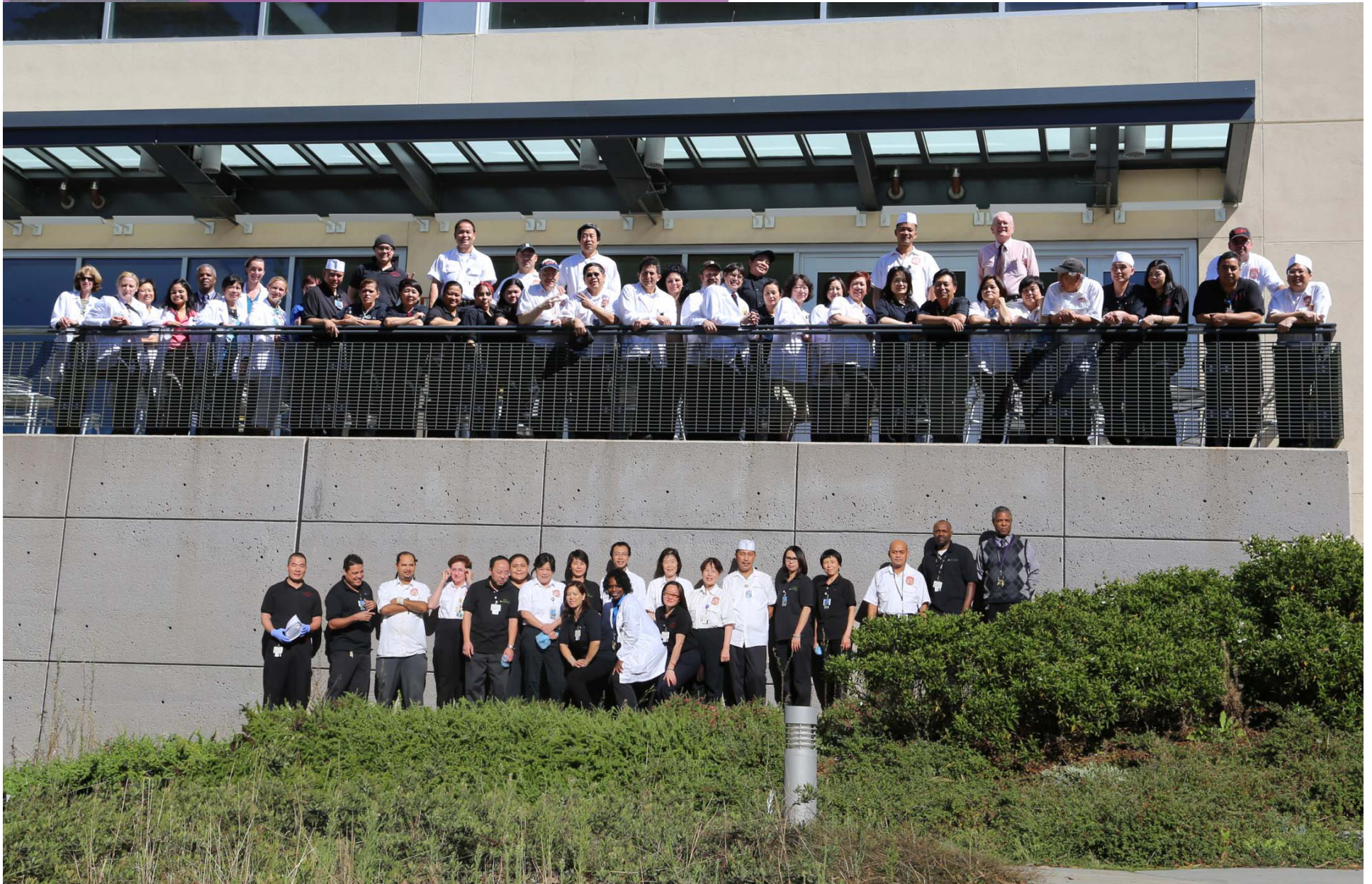


Loretta Cecconi, RD
Chief Clinical Dietitian
Interim Director of
Nutrition & Food Services



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Who we are



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What we do

Planning

- 28 day seasonal cycle menu
- Menu and recipe development
- Recognize special holidays

Meal Production

- Using a centralized trayline system, assemble daily breakfasts, lunches and dinners for 765+ residents
- 2,000+ meals produced daily; 730,000 meals annually
- Provide cafeteria service serving 300-400 people per day

Transport and Maintenance

- Meal delivery and pick up
- Snacks delivery
- Maintain galleys, coffee and juice bars on the neighborhoods

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Food Service Quality Checks

- Mock Surveys
- Based on Title 22 and CMS Food Service Quality Standards:
 - Food temperature
 - Tasting checks
 - Sanitation inspection
 - Accuracy of trays
- Emergency Preparedness/
Disaster Planning:
 - Menu
 - Food and Supplies Par
 - Water Supply

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Who we are



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What we do

- Complete nutritional assessments and apply medical nutrition therapy
- Specify and coordinate residents' individualized nutrition plans of care

Clinical Nutrition



- 300 Regular
- 145 Modified
- 110 Mechanical Soft
- 145 Pureed Texture
- 80+ Enteral Nutrition

Breakdown of Diets



- Recipe and menu development with Chefs
- Safety measures with Speech Pathology, Nursing and Medicine
- Nutritional care planning with Resident Care Team

Coordination and Collaboration



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Clinical Nutrition Quality Checks

- Monthly and as needed evaluations to ensure nutritional standards are met with the following interventions as needed
 - Communication between Nursing and Dietitian
 - Early intervention
 - Weight stabilization
 - Preventing avoidable weight loss
 - Completing needed documentation, including care plans
- Clinical Nutrition's Performance Improvement Plan
 - Peer reviews
 - Quality indicators
 - Pressure ulcers
 - Dehydration
 - Enteral nutrition
 - Weight loss/gain
 - Dysphagia
 - Modified diets

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Quality Measure: Weight Loss

CMS Quality Measure	Q3 2013	CA Avg	National Avg
% of residents with significant weight loss	4.0	6.2	7.6

Significant Weight Loss Report: Data is comprised from the MDS 3.0 and quality measures are posted on CMS' Nursing Home Compare website. Data collection period from 1/1/2013 to 9/30/2013

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Service Delivery Improvements

- Transitioned to the Dinex system
- Purchased equipment to use for food related resident activities
- Individualized food related activities on each neighborhood

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Best Practice

A neighborhood's example of improving nutritional care:

- Almond butter
- Juicing
- Valentine's roasted beets
- Pizza party
- Smoothies



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- Integration and collaboration with clinical nutrition staff, including LHH Chief Dietitian role
- Implemented handoff and communication of clinical info between dietitians
- Shared best practices
- This month, March 2014, LHH will provide training of diet office information system to SFGH staff

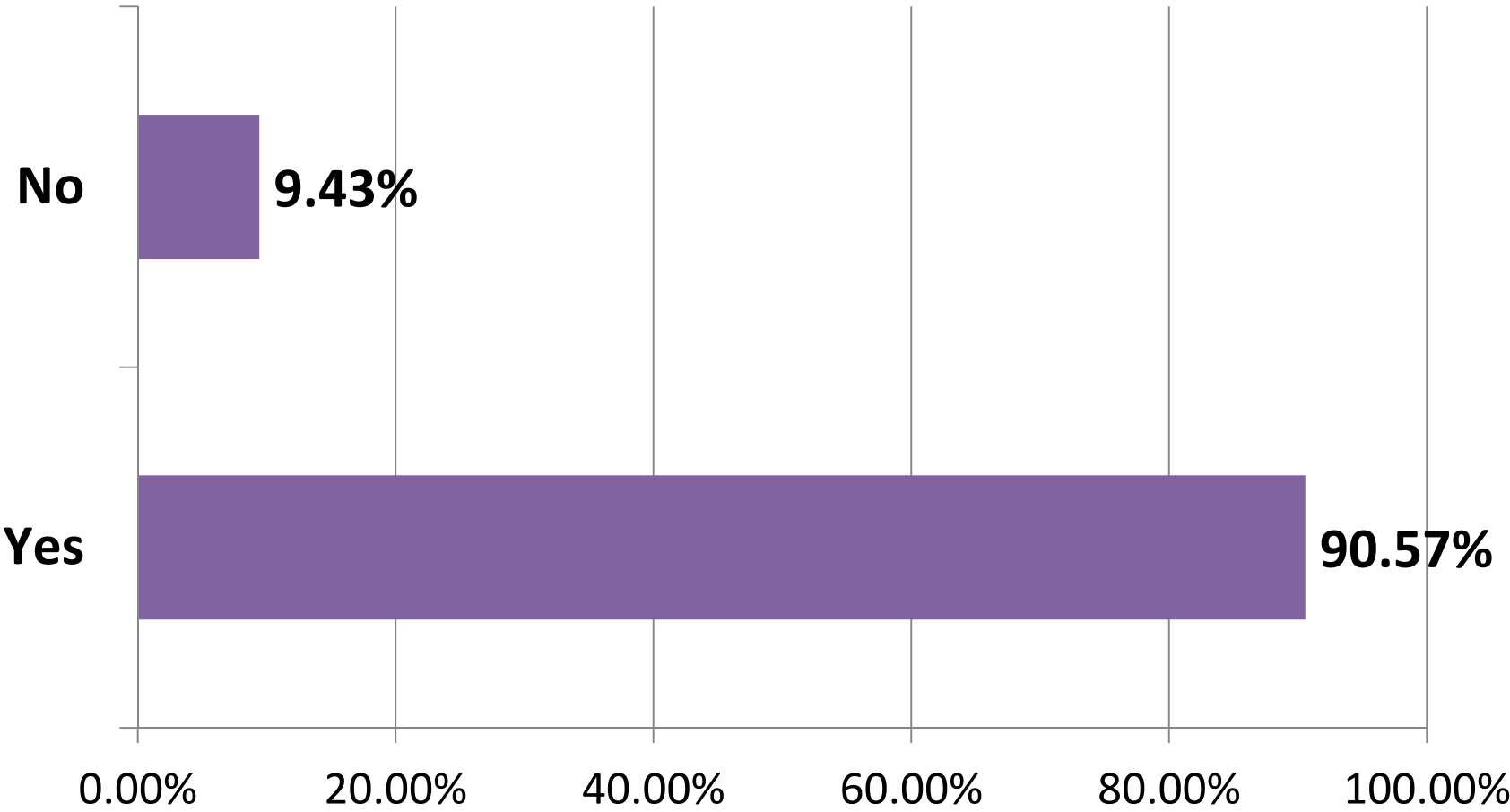
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- 2014 Pulse Checks
 - Sent to Laguna Honda staff
 - 1st Pulse Check was in January
 - Planning for quarterly Pulse Checks
 - Results are shown with next four slides

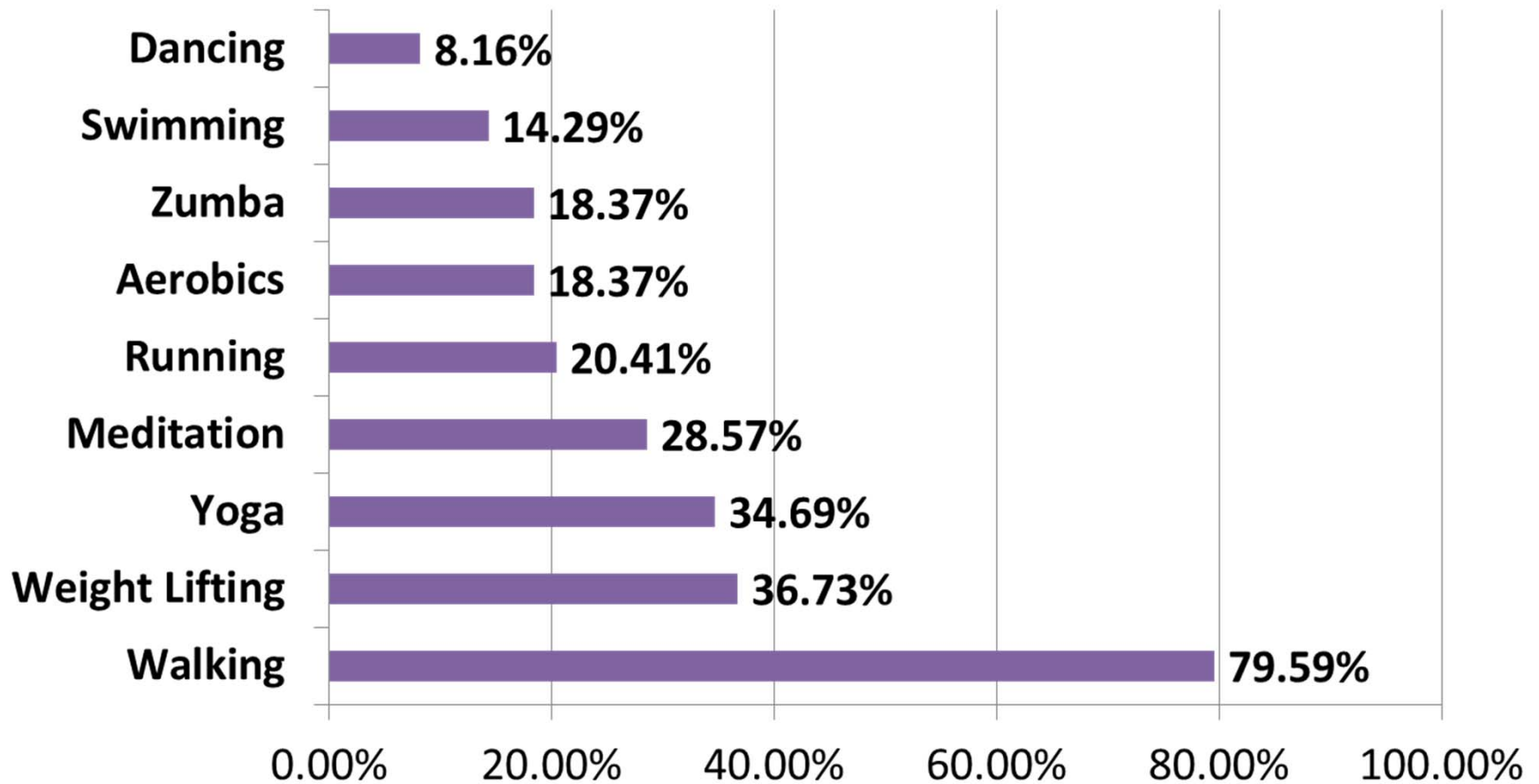
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Survey Question: *Are you participating in Wellness activities?*
(n = 53 responses)



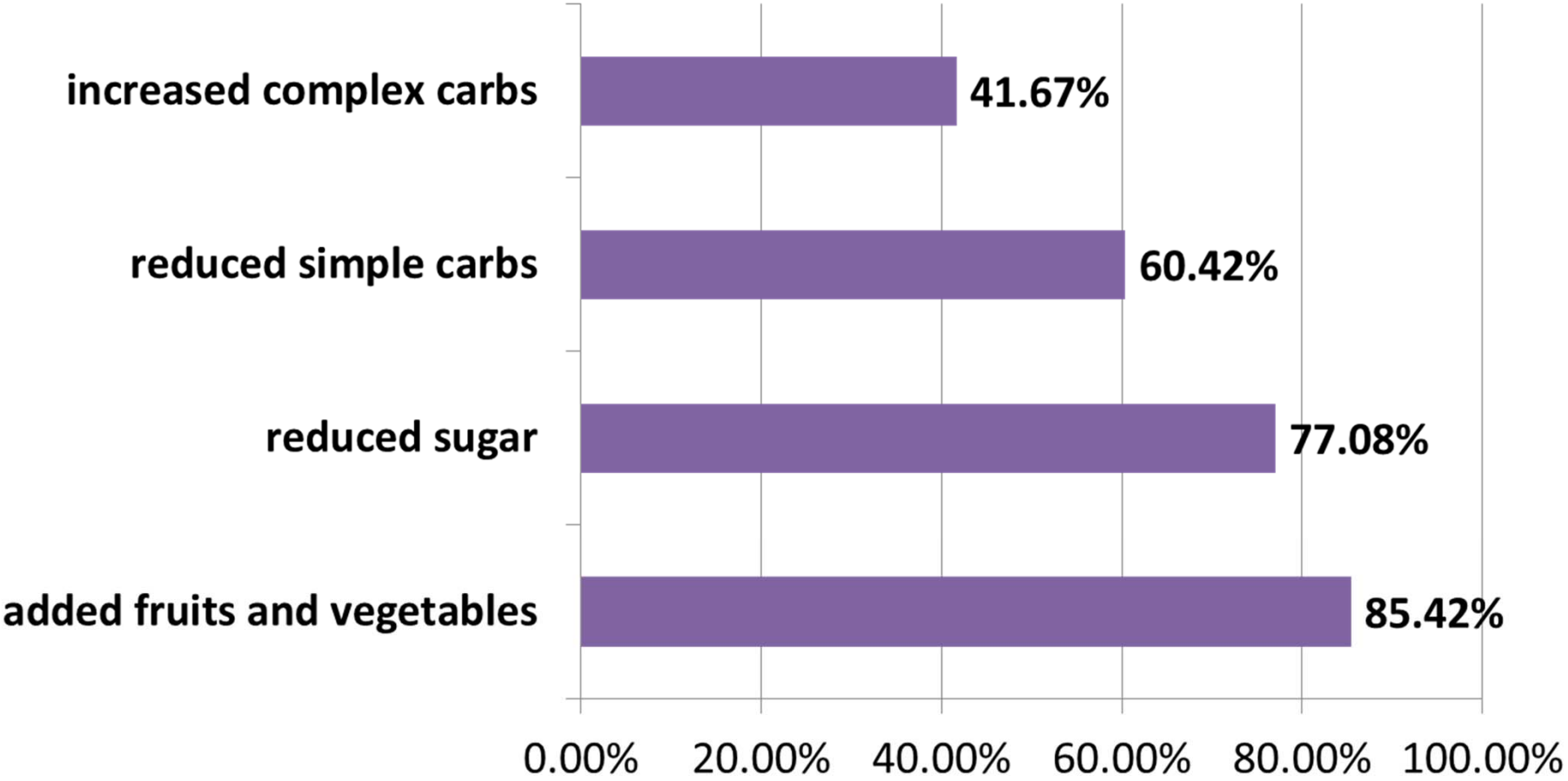
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Survey Question: *Activities currently participating in?*
(n = 49 responses)



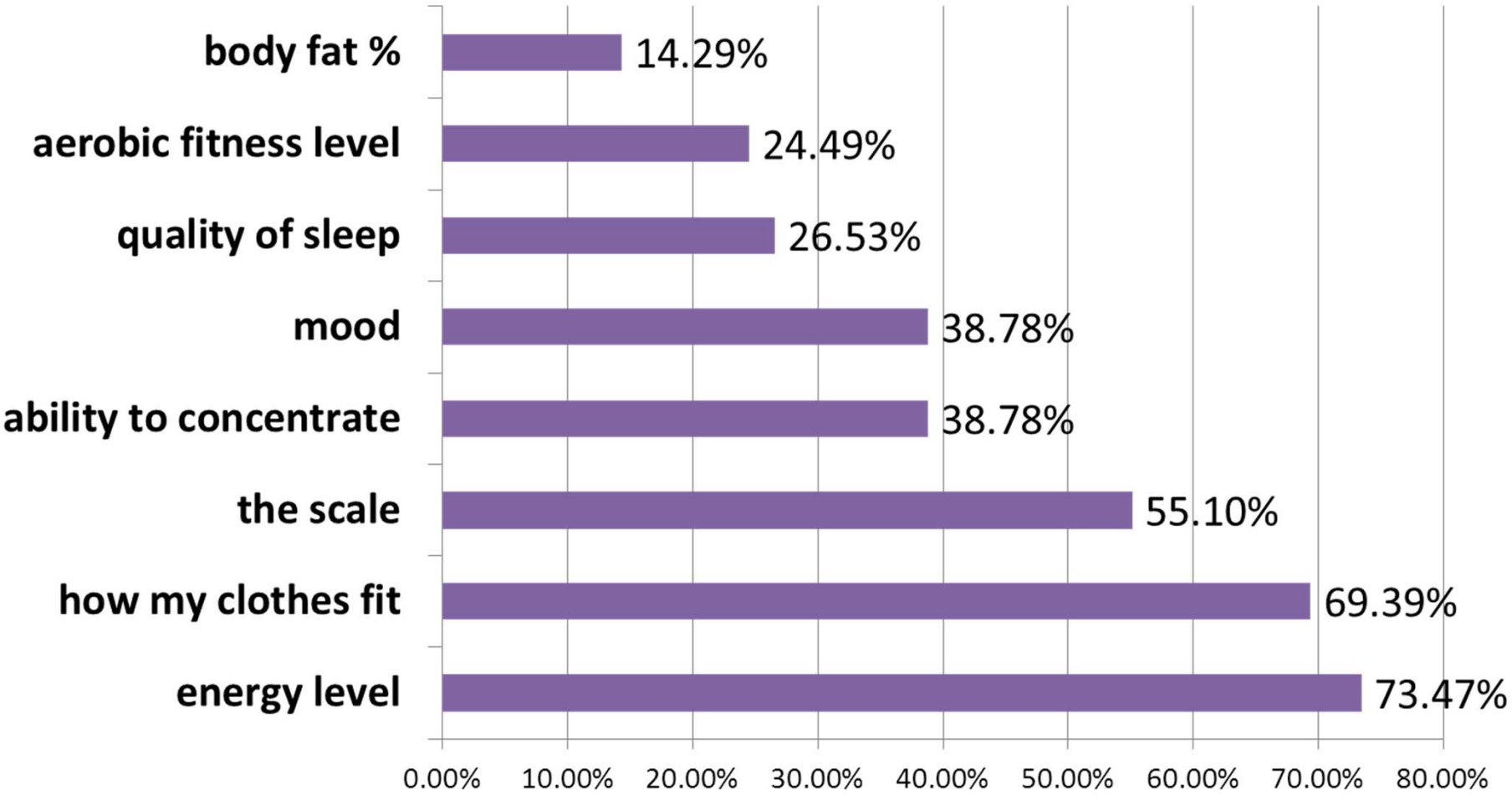
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Survey Question: *How have you improved your diet?*
(n = 48 responses)



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Survey Question: *How do you measure your progress?*
(n = 49 responses)



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Going Forward

Nutrition is Wellness

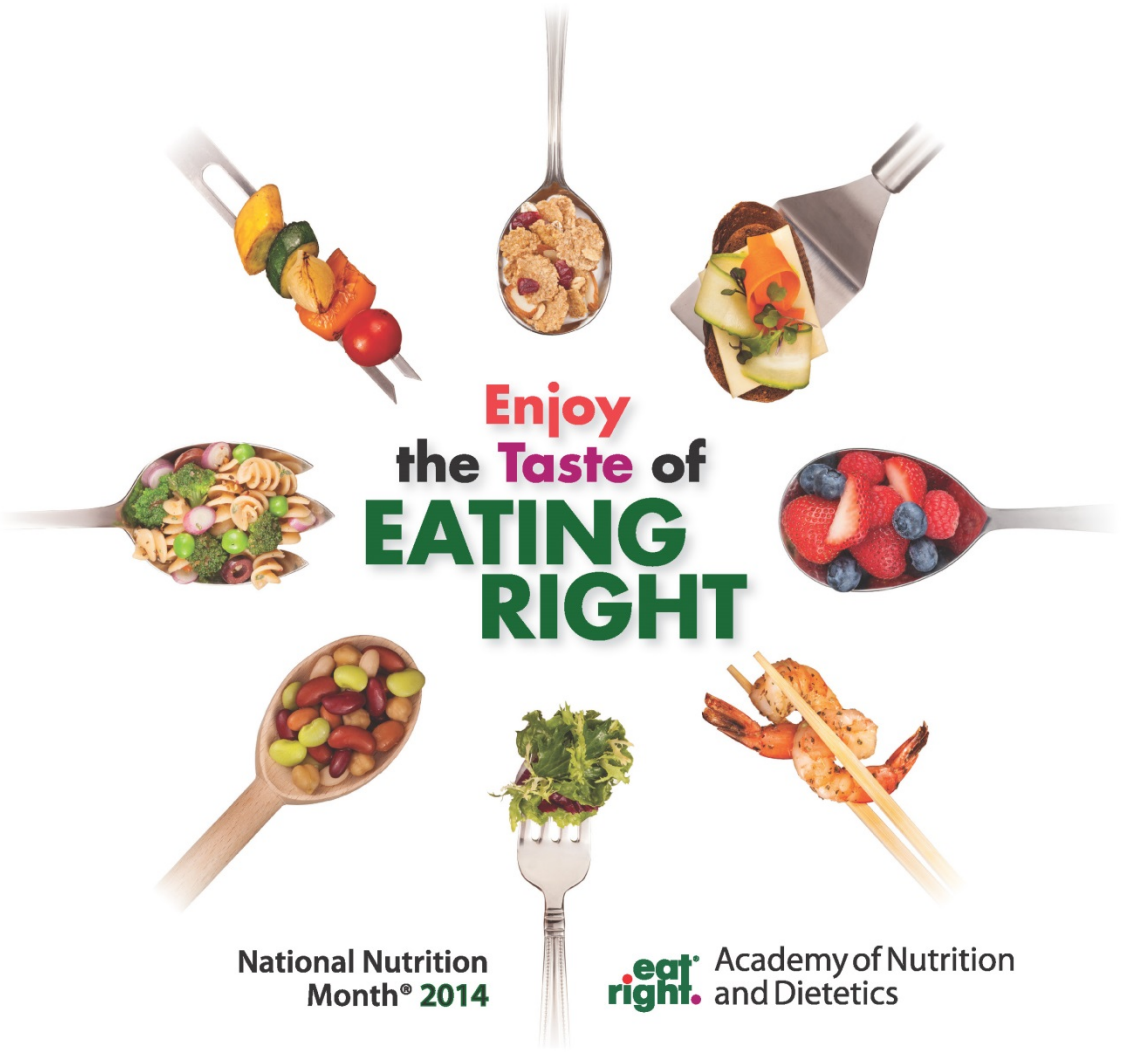
“Following the Healthbeat of Laguna Honda”

- Simple cooking demonstrations
- Providing lists of free cooking classes offered in the community
- Increase healthy items in vending machines
- Coordinate wellness initiatives with SFGH
- Continue surveys



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Thank you!



Enjoy
the Taste of
**EATING
RIGHT**

National Nutrition
Month® 2014

**eat
right.** Academy of Nutrition
and Dietetics