

Chapter: Health Care and Treatment	Effective Date: 2/1/14
Title: Therapeutic Diets	Page: 1 of 1
ACA: 4-JCF-4C-18(M), 4A-03(M)	Replaces: HSP.04.09, 6/1/09

(a) **Standard.**

A health care practitioner prescribes therapeutic diets for juveniles as necessary. A therapeutic diet manual is available in the health services area for reference and information.

(b) **Procedures.**

(1) A **licensed health care provider or nurse:**

- (A) is the only personnel authorized to order a therapeutic diet,
- (B) must furnish the therapeutic diet in writing on the Special Diet Order: Medical form, [NFS-190](#), and
- (C) re-assesses therapeutic diet orders, with the exception of food allergy diets, at least quarterly.

(2) A **licensed and registered dietician** evaluates therapeutic diets for nutritional adequacy.

(3) The **health services administrator** ensures:

- (A) the completed NFS-190 is forwarded to the food service manager;
- (B) appropriate direct care staff are notified of the youth's dietary restrictions; and
- (C) a copy of the NFS-190 is scanned into the EMR after all signatures are obtained.

(4) Each **infirmary** maintains a copy of the Texas Dietetic Association Medical Nutrition Therapy Manual, which contains procedures for therapeutic diets.
