

Chapter: Chronic and Convalescent Care
Title: Special Diets

Effective Date: 7/15/11, T-1
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Replaces: HHS.50.20
Dated: 10/28/05

ACA Standard(s): 3-JCRF-4C-10

(a) **Standard.**

Special diets (including omissions such as for allergies) are served only upon the physician, dentist, or nurse's orders. Youth are provided with a special diet using the Menu Modifications and the Texas Dietetic Association (TDA) Diet Manual. The Texas Youth Commission (TYC) ensures each facility has a copy of the TDA Diet Manual.

(b) **Procedures.**

- (1) Review the medical file for the youth's diet tolerance or special dietary needs. Notify the food service manager.
Person Responsible: Human Services Specialist (HSS) / Juvenile Correctional Officer (JCO)
 - (2) Notify the nurse of special dietary needs.
Person Responsible: HSS/JCO
 - (3) Contact the institutional provider.
Person Responsible: Nurse
 - (4) Sign an order for a special diet and complete the Special Diet: Medical form, NFS-190.
Person Responsible: Nurse/Physician
 - (5) Obtain a signature from the food service manager, provide a copy of the signed NFS-190 to the food service manager, and scan the original document with all appropriate signatures into the EMR.
Person Responsible: HSS/JCO/Nurse
 - (6) Educate the staff and youth.
Person Responsible: HSS/JCO/Nurse
 - (A) Explain the diet.
 - (B) Assess the youth's understanding of the diet.
 - (C) Encourage self-responsibility for following the diet.
 - (D) Document patient education and youth understanding on the Treatment and Intervention Record, HLS-505.
 - (7) Include on the Admission Assessment Medical File Review form, HLS-103, and the Halfway House Medical, Dental, & Health History Report, HLS-107, if it is a long-term diet.
Person Responsible: Nurse
 - (8) Direct questions about the diet to the medical provider or TYC dietitian.
Person Responsible: Nurse
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