

# JUVENILE COURT HEALTH SERVICES

		Page 1	Of 2
Subject: <b>NUTRITION AND MEDICAL DIETS</b>		Original Issue Date: 12/28/89	Policy # <b>B-105</b>
		Supersedes: 2/8/2019	Effective Date: 5/8/2021
Departments Consulted:  Probation Dietitian Department of Medicine	Approved By:  (Signature on File) Health Services Administrator  (Signature on File) Nursing Director	Approved by:  (Signature on File) Medical Director	

## PURPOSE

To describe how the food served to youth will support overall adolescent health, supplying age-specific nutritional needs, and meeting the special dietary needs of those with certain health conditions.

## POLICY

Nutrition and medical diets are provided, in collaboration with Probation's Dietitian, to meet youths' dietary requirements and are modified when necessary to meet specific requirements related to clinical conditions.

## PROCEDURE

1. Nutritionally-appropriate diets are served that meet the California Code of Regulations, Title 15 and the Nutrition Standards of the National School Lunch Program.
2. Medical diets approved by the facility shall be ordered by a licensed physician, dentist or nurse practitioner for a youth. Orders for medical diets must include the type of diet, the medical condition for which the diet is being ordered, foods to be omitted, recommended food substitutes (if applicable), the duration for which the diet is to be provided and special instructions, if any. Orders may refer to diet specifications listed in the approved Probation Department Medical Diet Manual.
3. At the time of placing the order, physicians will discuss with the youth the indications for the medical diet, the differences from the standard non-medical diet, and the importance of compliance with the specific medical diet order. This education will be documented in the physician's clinical note in the electronic medical record (PEMRS).
4. The Probation Department employs a registered dietitian to maintain menus that meet all applicable regulatory agency and clinical care standards.

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	Medical Director's Initials: (Initials on File)	

5. The Probation registered dietitian reviews all diets for nutritional adequacy every six months and/or whenever a substantial change in the menus is made. After approval by the JCHS Medical Director, the Medical Diet Manual serves as written documentation of the menu, and includes the date, signature and title of the consulting dietitian. An up-to-date copy of the Manual is available electronically to all JCHS staff.
6. At a residential treatment camp, some youth may be chosen to work on "Kitchen Patrol" and assist the kitchen staff with preparing the meals or other light kitchen/dining room duties. Youth who participate in this program must be cleared by the camp nurse and will have daily reviews by the head of the kitchen staff to be sure that they may still participate in duties that day.
7. When a youth refuses their prescribed diets and requests to see medical services for a diet change, follow-up nutritional counseling is provided by the physician.
8. Youth with a food allergy shall not receive a regular diet which contains the specified allergen.
9. Probation has procedures in place to ensure that kitchen staff who prepare therapeutic diets have been trained.

## **AUTHORITY**

California Code of Regulations, Title 15, Division 1, Subchapter 5, Article 9, Sections 1460 – 1462

## **REFERENCE**

NCCHC Standard Y-F-02

## **REVIEW DATES**

June 21, 2011; May 2, 2013; December 14, 2016; October 26, 2017; February 8, 2019; May 8, 2021