

Name of Policy: <u>Diabetic meals – room service</u> Policy Number: 3364-104-317 Department: Food & Nutrition Approving Officer: Director, Food & Nutrition Responsible Agent: Food & Nutrition Management Scope: Food & Nutrition Clinical Nutrition	 Effective Date: 6/1/2022 Initial Effective Date: 8/2002	
<input type="checkbox"/> New policy proposal <input type="checkbox"/> Major revision of existing policy		<input checked="" type="checkbox"/> Minor/technical revision of existing policy <input type="checkbox"/> Reaffirmation of existing policy

(A) Policy Statement

Meal service for patients on carbohydrate controlled diets is coordinated with patient care staff and insulin/medication schedules.

(B) Purpose of Policy

To provide a process for coordination of glucose monitoring, meals and insulin therapy in order to maximize blood glucose control.

(C) Procedure

1. Nursing will discuss with patient, the days plan of care, including need for glucose monitoring and suggested time period for meals. Patients are encouraged to use their call lights when the meal is delivered to alert nursing staff.
2. Nursing staff will encourage patients on a carbohydrate controlled diet to call for their meals prior to 7:30 a.m., 11:30 a.m. and 4:30 p.m. This will assure coordination of care, consistent timing of meals and allow for administration of insulin or diabetic medications.
3. Carbohydrate counting is used for patients on carbohydrate-controlled diets. Consistent amounts of carbohydrate from meal to meal are encouraged. The following table indicates the amount of carbohydrate recommended.

Diet order	BRKFST	LUNCH	DINNER	HS
Carbohydrate Controlled Female	45gm	45gm	45gm	30gms
Carbohydrate Controlled Male	60gms	60gms	60gms	30gms

4. Meals are delivered following established procedures.
5. For patients that have missed a meal, see policy #3364-104-319 “Monitoring of Patients with Missed Meals”.
6. Patients that have not ordered a meal prior to the stated times, will be contacted by Food and Nutrition.
7. An alert card will be placed on all carbohydrate controlled meal trays: “Diabetic/Carbohydrate Controlled Meal. STOP. Please call your nurse to see if your blood sugar needs checked before you eat.” For patients that have missed a meal, see policy #3364-104-319 “Monitoring of Patients with Missed Meals”.
8. Food items are available in floor nourishment rooms for evening snacks.

