

NURSING SERVICES GUIDELINE 6CD INPATIENT DETOX UNIT

Guideline: Meals and nutrition



Policy Number Superseded:

Responsibility: Department Directors/Lead Nurses/Detox Floor Nurses/Designees

Effective Date:
April 23, 2025

Purpose of Guideline: To meet each patient's nutritional needs, while promoting community and encouraging healthy eating habits.

Initial Effective Date:
August 2017

Procedure:

- (A) Patients will order all meals by calling extension 2328. Staff will assist as needed.
- (B) Food and nutrition will deliver trays to the detox unit using a tray cart at the following times.
 - (1) Breakfast – 0800.
 - (2) Lunch – 1130.
 - (3) Dinner – 1700.
- (C) Unit staff will assist in distributing meal trays to patients from the tray cart.
- (D) Staff will encourage all patients to eat their meals in the dining room. If patient refuses, they may eat in their room.
- (E) Trays will be placed back on tray cart, and food and nutrition will pick up the cart.
- (F) Snacks are provided and available for the patients on the detox unit 24 hours/day.
- (G) No outside food or drink is permitted on the unit.

Approved by:
Kurt Kless, MSN, MBA, RN, NE-BC
Chief Nursing Officer

Initial effective date:
August 2017

Review/Revision Completed by:
Kassa Casey, MSN, RN, CDP, Nursing
Director Inpatient Psychiatry
Stephanie Calmes, Ph.D., LPCC-S,
LICDC-CS, Administrative Director

Review/Revision Date:
August 2019
February 2021
April 23, 2025

Next review date:
April 23, 2028