



## **Nursing Service Guidelines Inpatient Behavioral Health**

**Title:** Meals and Nutrition

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

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

**Procedure:**

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

**Reviewed by:** Kassa Casey, MSN, RN & Stephanie Calmes, Ph.D., LPCC-S, LICDC-CS

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**Reviewed by Policy & Standard Committee:**