Essential Survey Updates: From Surviving to Thriving

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Speaker

Lynn Dowd, MEd, RDN, LD
Owner Dietary Difference

- 30+ years in LTC
- President and Owner of Dietary Difference since 2001
- Onsite/Remote comprehensive dietary consulting services
- Designed to do What Others Don't …

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Essential Survey Updates: From Surviving to Thriving

- The face of surveys are changing, *less annual surveys* and ***more complaint surveys***
- **OBJECTIVES:**
- In this presentation you will LEARN how to prepare for all food and nutrition department dietary surveys
- You will be ready for every survey with our simple tools that will be provided!
  - If these tools are used consistently,
    - The result will be significantly less citations!

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Who is Here and Why?

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GROUP ACTIVITY

IN YOUR GROUP ANSWER THESE QUESTIONS:

DATE of MOST RECENT SURVEY?

WAS IT AN ANNUAL OR COMPLAINT?

WHAT WERE THE DIETARY CITATIONS?

WHAT WERE YOUR CORRECTIONS?

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RESULTS of the GROUP ACTIVITY and LYNN'S EXPERIENCE WITH SURVEYS

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Menu Spreadsheets

Do you know if your staff follow these?

Be aware of the menu for mechanical soft diets

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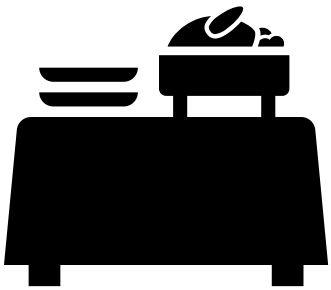
EXAMPLE OF MENU SPREADSHEET

Dinner	REG	SERV SIZE	CCHO	HONEY	LCS	M. SOFT	NECTAR	PUREE
Taco Bake	spatula; cut 16 pieces per pan (4x4)	1 Slice			⇨	Beef & Tomato Rotini Casserole		Pureed # 6 scoop
Chopped Lettuce & Tomato	#8 scoop	4 Oz		w/Honey Thick Dressing	⇨	Shredded Lettuce & Diced Tomatoes	Nectar Thick Dressing	Vegetable Juice
Mexican Rice	#8 scoop or 4 oz spoodle	4 Oz						Mexican Seasoned Cream of Rice #8
Snickerdoodle Cake	2 x 2	1 Slice	1/2 portion Snickerdoodle Cake	Not Set	1/2 portion Snickerdoodle Cake		Not Set	Pureed #12
Milk of Choice	8 oz carton or glass	8 Oz		Honey Thick Diary Beverage			Nectar Thick Dairy Beverage	
Iced Tea / Lemonade / Fruit Punch		8 Oz	Unsweetened	Honey Thick Iced Tea	Unsweetened		Nectar Thick Iced Tea	

EXAMPLE # 2 OF MENU SPREADSHEET

Lunch	REG	serving size	CCHO	HONEY	LCS	M. SOFT	NECTAR	PUREE
BBQ Chicken Leg Quarter	1 piece - extra sauce with mechanical soft, dysphagia, puree	4 Oz				Chopped 1/2 inch #10, BBQ Sauce		Pureed #10
Buttered Spinach	4 oz spoodle or #8 scoop	4 Oz		Drained		Ground #8	Drained	Pureed #8
Corn Casserole	#8 scoop or 4 oz spoodle	4 Oz				Diced Carrots #8		Pureed Carrots #8
Dinner Roll	Tongs	1 Each				Soft, Buttered		Pureed #16
Cinnamon Applesauce	#8 scoop or 4 oz spoodle; cinnamon garnish	4 Oz		Honey Thick				
Iced Tea / Lemonade / Fruit Punch		8 Oz	Unsweetened	Honey Thick Iced Tea	Unsweetened		Nectar Thick Iced Tea	

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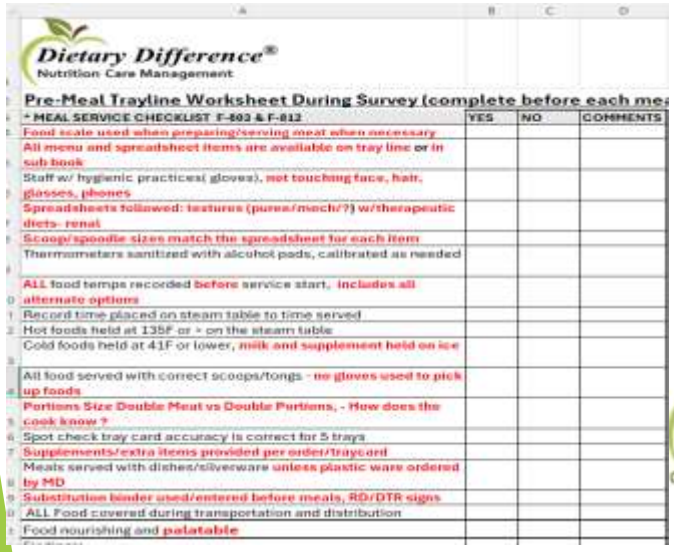


- **TRAYLINE PREPARATION**
  - **Get your Dietitian involved in this whole process**
- Use Our Tray line checklist for ALL of your surveys
- This is the MOST valuable thing I can give you!



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PRE-MEAL TRAYLINE CHECKLIST



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Pre-Meal Trayline Worksheet During Survey (complete before each mea

* MEAL SERVICE CHECKLIST F-803 & F-812	YES	NO	COMMENTS
Food scale used when preparing/serving meat when necessary			
All menu and spreadsheet items are available on tray line or in sub book			
Staff w/ hygienic practices(gloves), not touching face, hair, glasses, phones			
Spreadsheets followed: textures (puree/mech/?) w/therapeutic diets- renal			
Scoop/spoodle sizes match the spreadsheet for each item			
Thermometers sanitized with alcohol pads, calibrated as needed			
ALL food temps recorded before service start, includes all alternate options			
Record time placed on steam table to time served			
Hot foods held at 135F or > on the steam table			
Cold foods held at 41F or lower, milk and supplement held on ice			
All food served with correct scoops/tongs - no gloves used to pick up foods			
Portions Size Double Meat vs Double Portions, - How does the cook know ?			
Spot check tray card accuracy is correct for 5 trays			
Supplements/extra items provided per order/traycard			
Meals served with dishes/silverware unless plastic ware ordered by MD			
Substitution binder used/entered before meals, RD/DTR signs			
ALL Food covered during transportation and distribution			
Food nourishing and palatable			

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PREPARATION FOR THE SURVEY

MOST COMMON CITATIONS

- Not following menus
- Not providing specified alternatives
- Not enough variety at meal-time
- Inadequate temperatures
- Not getting extra items on trays (supplements, requested items)

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DIETARY DIFFERENCE FOOD SAFETY AND SANITATION AUDIT

- Real Results and Tips from 30+ Surveys in the past 6 -9 months
- • Everything from the surveyor inspection form
- • What we have seen/been cited for on and off the form is in red
- • Focus on 3 key areas-the nests of the cites!

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FOOD SAFETY AND SANITATION AUDIT



DIETARY DIFFERENCE FOOD SAFETY AND SANITATION AUDIT Location/Date:

PRE-INSPECTION F-803	YES	NO	COMMENTS
WEEK AT A GLANCE and Allergen Menu posted on all units/dining rooms			
LICENSE/CERTIFICATION	YES	NO	COMMENTS
Does DM have Serve Safe? Write in expiration date OR Level 2 in comments			
Food service license current and posted			
GENERAL CLEANLINESS	YES	NO	COMMENTS
Kitchen presents appearance of general cleanliness			
FOOD PROCUREMENT	YES	NO	COMMENTS
3 day Emergency food supply is available, no items expired, policy?			
Resident food storage policy/food brought in by visitors/holding on units			
DRY STORAGE F-812	YES	NO	COMMENTS
All items marked with received date including year; single items dated			
Canned goods: no punctures or dents			
Open packages: sealed, labeled with date stored, date opened, use-by			
Food products discarded on or before the use-by date			
Bulk bins covered & dated; no scoops/utensils in dry goods			
Items stored 6" above floor, 18" from ceiling and sprinkler heads			
REFRIGERATORS/FREEZERS F-812	YES	NO	COMMENTS
All units have internal thermometers			
Foods in freezer frozen/foods solid, no sign of freezer burn, ice buildup			
Open packages in freezer closed/sealed			
Foods in freezers marked with received date including year			
Refrigerator temperatures at or below 41 degrees F			
Foods covered, labeled with date opened & use- by date; what is your policy?			

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UNIT REFRIGERATORS

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DISHMACHINE F 812

- Low temp dish machine/120F wash and rinse
- 50ppm sanitizer or per manufacturer instructions
- High temp dish machine 150F wash/180F rinse
- Test Strips
- Forms



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Labeling and Dating and Gloves and Handwashing F812

- Everything needs a date
- Freezer and storeroom must HAVE the year listed (12/01/25)
- What does your policy say?

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ADDITIONAL AREAS OF FOCUS

- Week at a glance through the 3-Day emergency menus
- Dry food storage
- Refrig/freezers
- Employee practices & food prep
- General cleanliness
- Utility area
- Food service records
- Maintenance

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