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# Retooling Nutrition Services that Impact Quality of Care



October 6, 2010

2:00 p.m. – 3:30 p.m.

Direct Care Teleconference Series

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# Retooling Nutrition Services that Impact Quality of Care

## Date:

**October 6, 2010**  
**2:00 p.m. – 3:30 p.m.**  
Teleconference



## Speakers:

**Amy Kotterman** RD,LD graduated from The Ohio State University in 1990 with a Bachelor of Science degree in Medical Dietetics. She is the Corporate Dietitian for United Church Homes where she has been for 18 years. She is a member of The American Dietetic Association, Dietetics in Health Care Communities, the current chairman of the Ohio Health Care Association Dietary Council and a former Examiner for the Ohio Award for Excellence. Amy has spoken on Person Centered Care and Enhanced Dining programs at the Person Centered Care Coalition conference, as well as at previous OHCA conferences.

**Gretchen Robinson's** dedication to quality of life for the elderly is paramount to her professional career as Corporate Dietitian for Health Care Facilities, Inc (1978-2004). Currently she works as a consultant to 3 HCF communities and is an Adjunct Professor at Ohio Northern University. A lecturer, writer and consultant Gretchen utilizes interdisciplinary associations with physicians, administrators, nurses, dietitians and dietetic technicians to enhance the role of the dietitian as a link to nutrition and health. As an ADA delegate she facilitated 6 workshops on the Nutrition Care Process training over 300 RDs and DTRs throughout Ohio. To influence key food and nutrition initiatives Gretchen served on a task force that recommended changes to the Ohio Board of Dietetics and aligned licensure rules with the ADA SOP/ SOPP. Is co-chair of DHCC committee developing practice guidelines for RDs and DTRs. Gretchen's most recent peer reviewed publication is a topic currently championed "Culture Change Impacts Quality of Life for Nursing Home Residents" in Topics in Clinical Nutrition, Changing the Face of Dietetics (April-June 2008). A member of ADAs evidence based guideline "Unintended weight loss in older adults brings full circle her leadership abilities to think strategically, flexibility to adjust strategies and creativity to seek out new opportunities for the RD and DTR.

## Course Description:

Nutrition is a critical issue in long term communities. Although impaired nutritional status is not an expected part of normal aging, it may be associated with increased risk of mortality and other negative outcomes. This session is designed to highlight important nutrition care issues and provide evidence based practice guidelines to improve the lives of those served. Care issues will include: providing nutritious and safe meals; recording food and fluid intakes accurately; obtain and verify accurate measurements of height and weight; and identify signs and symptoms of dehydration. Systematic approaches to care will be discussed to help the interdisciplinary team develop meaningful interventions to stabilize or improve nutritional status before additional complications can arise. The session offers cutting edge information on a variety of hot topics that impact quality of care and quality of life.

## Objectives:

1. Participants will understand the importance of safe food handling and be able to identify and apply the rules of food safety and time temperature danger zones
2. Participants will identify signs and symptoms of dehydration and be able to list steps to prevent dehydration
3. Participants will be able to instruct facility personnel on proper methods for measuring height and weighing residents to ensure accuracy.
4. Participants will be able to recognize and record food and fluid intakes accurately

## CEUs:

This program is approved for one (1.0) hour of credit for nursing home administrators and nurses. Individual attendance will be monitored throughout the call. Only those attending the entire call will be awarded continuing education credit. Upon receipt of your request for continuing education form, certificates will be mailed to the facility.

**One low Price for unlimited participants!**

### How it will work:

One week prior to the teleconference, you will receive an email with the toll-free number and access code for your contact person at the facility to enter the teleconference, as well as any handout materials and continuing education request forms. The number and access code are only valid for one connection (phone line). Any additional connections will be billed the teleconference registration fee.

### CEUs & Other Education Requirements:

Each program will include time for those participating to ask questions of the instructor as well as materials for facilities to utilize to facilitate follow up discussion as a compliment to their facility's staff development efforts. Each participant will receive a certificate of attendance which can be used toward meeting the annual in-service education requirements for state tested nursing assistants in skilled nursing facilities (Rule 3701-17-07.1 (K) OAC).

### How much does it cost?

Facilities will pay just one low fee for an unlimited number of participants. The number and access code is valid only for one telephone connection at the location registered with OHCA. Any additional telephone connections will be billed for the registration fee.

Have a conflict the day or time of the call or just want other shifts to be able to hear the program? This program is being recorded and a cd-rom along with the handouts is available for purchase. CEUs are not available for listening to the CD.

**It is imperative that an email address is provided.**

## Registration Fees:

Members:	\$ 60 (before 9/20)	\$ 75 (9/20 and after)
Non-Members:	\$ 105 (before 9/20)	\$ 130 (9/20 and after)

**Payment must be included to be processed.**

Send this completed form and payment to:

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**Retooling Nutrition Services that Impact Quality of Care**