

OREGON STATE HOSPITAL

POLICY ATTACHMENT

PROCEDURES A:	Diet Orders	POLICY: 6.047
POINT PERSON:	Chief Clinical Dietitian	
APPROVED:	Interim Superintendent	DATE: January 15, 2025
SELECT ONE:	<div><input type="radio"/> New policy attachment</div> <div><input checked="" type="radio"/> Minor/technical revision of existing policy attachment</div> <div><input type="radio"/> Reaffirmation of existing policy attachment</div> <div><input type="radio"/> Major revision of existing policy attachment</div>	

I. DIET ORDERS

- A. The physician, psychiatrist, or psychiatric mental health nurse practitioner (PMHNP) is responsible for initially ordering the diet for each patient. Dietitians may also order initial diets as needed.
- B. The Standard Diet Orders available for selections in Avatar are:
 - 1. Regular (RG7)
 - 2. Vegetarian (RG7)
 - 3. Easy to Chew (EC7)
 - 4. Soft and Bite-sized (SB6)
 - 5. Pureed (PU4)
- C. The Regular (RG7) and Vegetarian (RG7) diets are therapeutic diets that meet multiple patient nutrition requirements.
- D. Modified texture diets are Easy to Chew (EC7), Soft and Bite-Sized (SB6) and Pureed (PU4).
- E. Special Diets and other diet adjustment can be made in the diet order text when standard diet orders not indicated. When ordering special diets or other diet adjustment, consult with a dietitian to validate efficacy and ensure orders can be provided as written. See Diet Manual for more information.
- F. A licensed dietitian may change or adjust diet orders as necessary.
- G. A licensed dietitian must review diet orders that are due to expire and enter the new diet order as appropriate.
- H. If no diet is ordered, an RN or LPN must contact the admitting or attending psychiatric practitioner or a Dietitian to enter a diet order in the patient's medical

record. A verbal or telephone order is not acceptable. The diet order must be entered directly into Avatar by the practitioner.

1. Until a Diet Order entered in Avatar, an RN or LPN may only provide the following snack items unless contraindicated due to food allergies or dysphagia:
 - a. Applesauce
 - b. Lemon pudding
 - c. Banana
 - d. Plain oatmeal made with water.
 - i. can mix in jelly or jam with no seeds into oatmeal for flavor
 - e. Apple or Orange Juice
 - f. Water or Nutricare Flavored Water
2. Food and Nutrition Services staff will print the Client Diet List by Unit report from Avatar no more than one hour before meal service. For Diet Orders entered in Avatar less than one hour before service, unit staff will print the Client Diet List by Unit report or Active Order Review from avatar and bring to the kitchen to fill.
- I. For patient transfer not showing on the Client Diet List by Unit report for the new unit, FNS will verify the patient's diet order by running the Client Diet List by Unit report from the previous unit.
 1. For example, a patient transfer from AN1 to LF1. The client is not showing on the LF1 Client Diet List by Unit report, FNS will run the Client Diet List by Unit report from AN1
- J. For patients who experience a choking incident defined as a potentially fatal airway occlusion, the RN must do the following:
 1. Follow Policy 8.038 Code Blue Medical Emergency
 2. Ensure the patient remains NPO until assessed by a physician or nurse practitioner and diet order needs are determined.
 3. Contact the attending or covering physician or nurse practitioner (which may be an On-Duty Physician) for assessment and recommendation of diet texture. The practitioner must enter a diet order in the patient's medical record. A verbal or telephone order is not acceptable.
 - a. Recommended texture downgrade for a choking incident are:
 - i. Current diet is Regular (RG7), Vegetarian (RG7) or Easy to Chew (EC7) change to Soft and Bite-sized (SB6)

- ii. Current diet is Soft and Bite-sized (SB6) change to Pureed (PU4)
 - iii. Current diet Pureed (PU4) change to NPO or continue with Pureed (PU4) with enhanced supervision if determined appropriate by the On-Duty Physician
- 4. Call the Speech-Language Pathologist (SLP) at the Medical Clinic at 503-945-7125. Fax orders for a SLP consult to 503-947-8034.
 - 5. Call the On-Duty Dietitian at 503-602-7141 or email Dietitians@oha.oregon.gov.
 - 6. Follow policy 1.003 Incident Reporting