



# Iowa Dietetics in Health Care Communities

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## **Health Care**

**Communities:** "living environments for persons with chronic conditions, functional limitations or need for supervision or assistance. They include assisted living facilities, group homes, short-term rehabilitation facilities, skilled nursing facilities and hospice facilities." – As defined by the authors of the ADA position paper "The Nutritional Approach for Older Adults in Health Care Communities."

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## **It's New! It's Improved! It's ID-HCC!!**

by Dee Murphy MS, RD, LD, CBE

Have you heard? Did you know? The Iowa Dietetics in Health Care Communities board met June 29, 2011 and revamped *your* organization with goals and strategies that are designed to meet *your* needs and expectations. Below is a summary of what you can expect this coming year.

**Vision:** ID-HCC seeks to provide leadership in dietetics to Consultant Registered Dietitians serving Iowa Healthcare Communities.

**Goal 1/Strategies:** Increase member involvement in ID-HCC through connectedness and communication.

- Expand membership recruitment methods and connect with every Iowa RD.
- Contact former members to encourage membership renewal.
- Communicate with members via direct mail, e-mail and maintain a presence within IDA.
- Use technology and social marketing to connect and communicate with members.
- Place key information on the ID-HCC website.
- Recruit volunteers for newsletter submissions, task forces, panel discussions at the annual meeting, etc.
- Survey members yearly to determine expectations.

**Goal 2/Strategies:** Provide pertinent, cutting-edge knowledge to our members.

- Conduct an annual educational meeting with pertinent professional topics.
- Publish a timely, pertinent, newsletter on a regular basis which includes member submissions.
- Submit articles to the [IDA Bulletin](#) as appropriate for all IDA members.
- Share knowledge and information through the newsletter and electronically.
- Gather member input to determine and match annual meeting topics to learning codes.
- Conduct a session at the annual meeting on using technology for professional development.

**Goal 3/Strategies:** Promote the consulting dietitian profession to increase the population of qualified consulting dietitians.

- Promote consultants and ID-HCC members to RDs throughout Iowa.
- Maintain an active membership in the Council of the IDA.
- Utilize the website as a recruiting tool by providing updated contact information and resources.
- Partner with regulatory agencies and other professional organizations to maintain open communication; share updated information with the membership as appropriate, and to promote the membership.

## **Board and Council Positions Revised**

Find Iowa Consultant Dietitians on the web at the link below. You will find a list of contacts, past newsletter issues and membership information.

<http://www.eatrightiowa.org/icd/eml.html>



Your ID-HCC Board and Council is made up of 13 people in a combination of elected and appointed positions. Although the Board positions have not changed in the last several years, a few of the Council positions have changed. Below is a chart showing the various positions and a summary of the changes made.

<b>Board Positions (6)</b>	<b>Term</b>	<b>Elected/Appointed</b>
Chair	1 year	Elected
Chair-Elect	1 year	Elected
Secretary	2 years	Elected
Treasurer	2 years	Elected
Nominating chair	1 year	Elected
Nominating	1 year	Elected
<b>Council Positions (7)</b>		
Past Chair	1 year	Elected
Event Coordinator	1 year	Appointed
Event Coordinator-Elect	1 year	Appointed
Newsletter Coordinator	Unlimited	Appointed
Professional Liaison	Unlimited	Appointed
Member At-Large	2 years	Appointed
Member At-Large	2 years	Appointed

Changes in positions include the term of the event coordinator from 3 years down to 1 year. Instead of such a long term as event coordinator, the Board felt a new position of Event Coordinator – Elect would be helpful to learn the job of the Event Coordinator in organizing the annual meeting. The Professional Liaison was added to connect ID-HCC with members from other professional organizations such as DIA, DEA, IHCA, DNCC and keep on top of any legislative issues that arise. Finally, two Member At-Large positions were added with a term of 2 years each. Council positions that were eliminated were Marketing, Legislative, Education and the Area Representatives as the Board felt these positions were no longer needed.

### **ID-HCC Newsletter Editor**

To help ensure timely, accurate and professionally pertinent news, the ID-HCC Board has decided to hire a newsletter editor. This position has been vacant for the last three years and Dee Murphy has graciously agreed to fill that spot. Dee has 20 years of consulting experience in hospitals and nursing homes. She received her bachelor's degree in Dietetics from Iowa State University through the CUP program and her master's degree in nutrition through Eastern Michigan University's on-line program. She holds certificates in writing from the Institute of Children's Literature and has written many articles for publication. Dee is also a Certified Breastfeeding Educator and is the co-chair of the Iowa Breastfeeding Coalition. Dee lives in Cherokee, Iowa with her husband Dan and their two teenage children and she is active in community theater.

**WE WANT YOU!**

**Send me your  
newsletter ideas!  
E-mail  
[dandmurf@netins.net](mailto:dandmurf@netins.net)  
or call (712)  
225-5807.**



*The CMS State Operations Manual can be accessed at the following website and scroll to select appendix PP.*

[http://www.cms.gov/manuals/downloads/som107\\_Appendicestoc.pdf](http://www.cms.gov/manuals/downloads/som107_Appendicestoc.pdf)

*The state regulations can be found on the DIA web (listed below) and clicking on documents (left hand side), then scrolling down to find the appropriate chapter.*

[https://dia-hfd.iowa.gov/DIA\\_HFD/ome.do](https://dia-hfd.iowa.gov/DIA_HFD/ome.do)

## Newsletter Submissions

Have you ever thought that you'd like to contribute an article to the newsletter? Do you have information that you want to pass on to other members but aren't sure about your writing skills? Have no fear! Here are a few guidelines to get you started. Remember the newsletter editor is happy to help you with the grammar and style of your article. Give it a try! We'd love to include your article in the next newsletter.

1. Deadline for submissions is 30 days prior to publication. Send all submissions electronically to [dandmurf@netins.net](mailto:dandmurf@netins.net) as a Word attachment. Include your name, phone number and e-mail address with your submission. Publication dates are September 15 and March 15.
2. All submissions are subject to editing. If a submission is not used in the current newsletter it may be kept for future use.
3. All submissions need to include all sources used. Sources will be checked for credibility.
4. Articles will be limited to one page if possible.

## The Surveyor Says.....

By Sandra Frahm RD, LD

### Introducing our State RD Surveyor

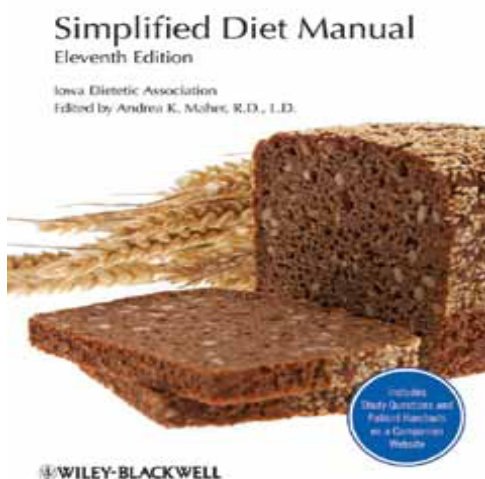
Sandra Frahm, RD, LD, joined the Department of Inspections and Appeals as a Health Facilities Surveyor in January 2011. Her duties as a surveyor include participating in the survey process for hospitals and long-term care facilities. Sandra graduated from Iowa State University with a bachelor's degree in Food and Nutrition/Dietetics through the Coordinated Undergraduate Program. Her previous work experience includes employment in hospitals and long-term care for 17 years where she served as a consultant dietitian. Sandra has experience in both in-patient and outpatient education and counseling, the nutrition care process, and food service management.

### How Can RDs Help the Survey Process?

I can't stress enough how important it is to become very familiar with the state rules and CMS regulations that relate to foodservice and nutrition care. In the Iowa administrative code, Chapter 58 covers LTC and Chapter 50 covers hospitals - both nutrition/dietary areas are very similar, but there are some differences. For the CMS regulations related to LTC (appendix PP in the CMS State Operations Manual), dietitians should especially be familiar with F314 (pressure ulcers), F325 (nutrition) and F360-371. These more specifically address nutrition care and foodservice, however there are others that relate to dignity, resident rights, standards of care, etc. that can be applied to nutrition/food service related issues. I would encourage any dietitian that works with a foodservice supervisor, dietary manager, etc. to ensure these folks have access to the rules & regulations (have copies or know how to access online) and know/understand them as well. This can be critical, especially in small facilities that only have consultant dietitians.

# Simplified Diet Manual – 11<sup>th</sup> Edition Update

By Andrea Maher RD, LD



It is the position of the American Dietetic Association that the quality of life and nutritional status of older adults residing in health care communities can be enhanced by individualization to less-restrictive diets.

The American Dietetic Association advocates for RDs to assess and evaluate the need for nutrition interventions tailored to each person's medical condition, needs, desires and rights.

## Simplified Diet Manual, 11<sup>th</sup> edition

Get ready to purchase the next edition of the Simplified Diet Manual!

Publication date: December 2011.

Hardback: \$54.99

A digital edition will also be available for download to you computer or e-book reader

### Revisions and additions to the Eleventh Edition of the Simplified Diet Manual include:

- Update of the Guidelines for Diet Planning based on Dietary Guidelines for Americans 2010
- Inclusion of Choose My Plate
- Updated Study Guide Questions at the end of each chapter
- Inclusion of online patient education handouts that coordinate with selected therapeutic diets in the manual
- Revision of Food for the Day tables using wider variety of culturally diverse foods
- Addition of the Mechanical Soft and Pureed Diets
- Addition of the Small Portion Diet
- Addition of the DASH Diet
- Revision of the Diets for Kidney and Liver Disease to include potassium and phosphorus food lists and a section on Guidelines for Liver Disease
- Addition of the Kosher Diet
- Inclusion of *Choose Your Foods, Exchange Lists for Diabetes* (© 2008, ADA)

The manual will have a new layout style for FOOD FOR THE DAY and SUGGESTED MENU PLAN tables.

Phone Toll-Free: **877.762.2974** • Fax Toll-Free: **800.597.3299**

Mail: Customer Care, 10475 Crosspoint Blvd, Indianapolis, IN 46256

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