



# Iowa Dietetics in Health Care Communities

SEPTEMBER 2015

VOLUME 5, NUMBER 1



## From the Chair...

By Renee Greiner, RD, LD  
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Hello Members,

I hope each of you have enjoyed a good summer and looking forward to the fall season. Such a time of transition, for some it's going back to school, warmer clothes, a new sports season, and for many of us, new menus! As we get ready for these transitions, it seems more and more important to support one another and I hope this group helps to do that for you. With the many transitions and changes coming forth we need one another more and more.

Our board and council met over the summer to transition new members and thank our outgoing board members. We have had a lot of discussion on our marketing and presence at conferences and fairs. We are currently working with a designer to help with design of a banner and logo for our group. Our goal is to have this ready to go by the IAND conference later this fall. I'm really excited about this, and to help our presence at these events. Come check us out at the vendor fair at IAND in November!

We are also keeping our eyes and ears open as new state and federal guidelines are coming through. It is more important now than ever that we support one another with guidance and resources to the new rules. More information to come as the rules are finalized.

Our Board & Council also discussed our upcoming meeting. You will see a save the date for April 8, 2016 inside the newsletter. Our planners have been working really hard on the agenda, so we hope to see you in Ankeny for a fun day of education and networking!

We would love each of you to be a part of our board and council, so I challenge each of you to consider a position. There is a variety of positions with varying levels of work and commitment, so please say yes our request when you are nominated! It's a fun leadership experience.

We are also looking for Area Reps, if this interests you, please contact me. It is very low commitment and a great way to help us know what is going on in your area of the state.

Thank you all for being a part of our group and please let me know how we can better serve you.

Cheers!  
Renee Greiner RDN, LD  
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## Regulatory Updates

Sandra Frahm RD LD, Health Facilities Surveyors  
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### **Regulatory Updates:**

The website for complete document assess

Order writing privileges to dietitians

Development of comprehensive care plan by IDT

Requirements for director of food and nutrition services

Improper glove usage

Chapter 58.24 of the Iowa Administrative Code remains in the revision process. After the first round of public comments, further discussions occurred with various associations who had a vested interest in any potential changes. A second draft will be released for public comment, prior to the adoption of the revised version, which could hopefully occur by the end of the year.

The Centers for Medicare and Medicaid Services (CMS) published proposed changes to Appendix PP (Long Term Care Facilities) in the Federal Register in July, with a 60-day period of comment. You can access the document at:

<https://www.federalregister.gov/articles/2015/07/16/2015-17207/medicare-and-medicaid-programs-reform-of-requirements-for-long-term-care-facilities>

One of the exciting proposed changes included the opportunity for physicians to delegate the responsibility for diet orders to dietitians. A few of the other proposed changes include a requirement for the Interdisciplinary Team (IDT), that develops the comprehensive care plan, include a member of the food and nutrition services staff and the requirement that the person serving as the director of food and nutrition services be a certified dietary manager, certified food service manager, or have a certification for food service management and safety from a national certifying body or have an associate's or higher degree in food service management or hospitality from an accredited institution of higher learning.

Survey tip: I have seen a rash of inappropriate glove use and cross contamination with gloves on surveys in the past several months. A comprehensive training program regarding hand hygiene and proper food handling is imperative to any foodservice operation to ensure food safety. In addition to training, there's a constant need for ongoing training and monitoring to ensure staff are applying what they've been taught. The most common mistakes found regarding glove use include failure to wash hands prior to donning the gloves and using gloved hands for 1 task only.

## **Simplified Diet Manual:**

The upcoming changes in the 12<sup>th</sup> edition of the diet manual

Major revision on Consistency Altered Diet

New diet manual expected release day is in January 2017



## **Simplified Diet Manual**

*Paula Watkins, RD, LD, CDE*

*Editor Simplified Diet Manual, 12th edition*

[paulawatkins2015@outlook.com](mailto:paulawatkins2015@outlook.com)

The 12th edition of the Simplified Diet Manual will have several exciting changes.

The following sections will be new to the 12th edition:

Halal Diet

Vitamin K and Prothrombin Time

Guidelines for Gout

The food allergy information is being expanded into a Chapter on Food Allergies and Intolerances. Fructose Malabsorption and Low FODMAP Guidelines will be added to this chapter.

The Academy of Nutrition and Dietetics has denied our request to include the National Dysphagia Diet in the next edition as it is out of print. Therefore, the Consistency Altered Diets chapter is undergoing major revisions.

The anticipated publication date is January 2017. IAND is self-publishing the book and planning to sell it at our website.

## **WANTED: RD's FOR ID-HCC ELECTION**

Election will be held at the spring meeting

Open Positions

Chair-Elect

Treasurer

Nominations Chair-Elect

Meeting Planner

Contact:

Erica Wessels or  
Nominations Chair

[erica.wessels@hotmail.com](mailto:erica.wessels@hotmail.com)

319-415-1610

Robin Maharry

Nominations Chair-Elect

[rlmaharry@gmail.com](mailto:rlmaharry@gmail.com)

515-225-7873



### **IAND Annual Meeting:**

4-5 November 2015

Early Registration  
Ends: 1 October  
2015

Marriott Conference  
Center

### **ID-HCC Webpage with a New Look:**

Check out the new  
web page coming  
soon!

Webpage will keep  
you up to date

New link called  
"Resources"

## **IAND 2015 Annual Meeting**

IAND Annual Meeting is 4-5 November 2015. Early registration ends on 1 October 2015. This year it is in Coralville at the Marriott Conference Center just off I-80. To register on-line go [www.eatrightiowa.org](http://www.eatrightiowa.org).

Topics include:

*Sports Nutrition: Nutritional Strategies to Improve Performance*

*Food Psychology: Why We Eat More Than We Think*

*Social Media: The Fad Diet That Didn't Go Away*

*Donor Human Milk, Milk Sharing, and the Mother's Milk Bank of Iowa*

*Creating Health: The Best Treatment for Chronic Disease*

*Alternative Treatment for Epilepsy: The Ketogenic Diet or Cannabidiol Oil*

*Our Nutrition Journey*

*Ethical Issues in Clinical Dietetics and Nutrition*

*Update on the Affordable Care Act and the Implication for  
Nutrition-Related Issues*

*Changing Ways We Look at Agriculture*

*Antibiotics and Meat – What Consumers Need to Know*

### **ID-HCC Webpage with a New Look!**

*Rose Hoenig, RD, CSG, LS, Secretary  
dietitianhoenig@gmail.com*

Be watching for the new and improved IAND website to be launched early October. When that happens, ID-HCC will also have a fresh look and updated content on its own page. Our webpage will keep you up to date with Board activities, annual meeting announcements, membership application and a new link called "Resources". This new link will evolve over time and will contain resources frequently used by Consultants.

Please send me ideas for other content you would find helpful to have at your fingertips to enhance your practice and make finding information easier.

**Our ID-HCC  
Vision:**

ID-HCC seeks to provide dynamic leadership to a dynamic organization.

**Our Goals:**

Increase member involvement in our organization

Transfer and share cutting edge knowledge among our members

Promote the consulting dietitian profession to increase the population of qualified consulting dietitians

Document using the Nutrition Care Process

## Save The Date for The ID-HCC Spring Conference

FFA Enrichment  
Center  
DMACC Campus  
Des Moines, IA

Iowa Dietitians  
Health Care Communities  
**Expanding Knowledge  
& Sharpening Skills**

Annual Spring Meeting

April 8, 2016

### Featured Speakers:

Cindy Keith, RN, BS  
Understanding Dementia

Brenda Richardson, MA, RDN, LD, CD, FAND  
Regulation and MDS Updates  
CMS and Reimbursement

Sandra Frahm, RD, LD  
Update from DIA

**For more information  
contact:**

**Jill Whitson, MPH**

**DMACC**

**515-256-4907**

**SAVE THE  
DATE!**



[www.eatright.org/iowa](http://www.eatright.org/iowa)



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**Iowa Dietetics in Health Care Communities (ID-HCC)  
Executive Committee and Officers 2015-2016**

**Chair**

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rgreiner@martinsnet.com

**Chair-Elect**

Char Kooima, RD, LD, CDE  
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**Secretary**

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**Nominations Chair**

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