


DIETARY POLICY



ASSOCIATED HOSPITAL




GOVERNMENT MEDICAL COLLEGE KATHUA

DIETARY POLICY

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DIETARY POLICY

Document Approval

Manual Name	<u>POLICY FOR DIETARY IN HOSPITAL</u>	
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DIETARY POLICY

POLICY:

Understand the importance of dietary services in hospital along with Planning and design considerations, organizing, staffing and equipping the dietary services in a hospital setting/outsourcing.

PURPOSE:

To ensure the proper planning, quality control, supervision, food distribution service and evaluation of out sourced food services.

SCOPE:

All admitted patients(entitled for JSSK scheme) and attendant in Quarantine ward, isolation, triage and other wards along with staff on duty in isolation ward(COVID-19)

COMMITTEE MEMBERS-

- | | |
|------------------------|-------------------------|
| 1. Dr. Yangchen Dolma | Medical Superintendent. |
| 2. Dr B N Bhougal | HOD Medicine. |
| 3. Dr. Anil Mehta | HOD Gynae. and Obs. |
| 4. Ms. Deepshikha | Dietician. |
| 5. Smt. Sudershan Devi | Nursing Supervisor. |
| 6. Ms. Nayada Bano | Diet Nurse. |

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PROCESS DETAIL-

DESCRIPTION OF THE PROCESS:

- Doctor advises diet as per the Disease condition and nutritional requirement of the patient.
- Concerned nurse of the ward calculate the total diet and inform Dietician. Dietician informs same to the kitchen in charge.
- Three main courses will be served in hygienic condition by outsource agency.
- Food is delivered to the respective ward in the food cart by the kitchen helper[Decentralized system].
- Disposable utensils is used for the patients and disposed off properly.
- Monthly billing prepared by contractor is verified by Dietitian.

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THERAPEUTIC DIETS

Therapeutic diet is the modification of normal meal to treat the indiscriminate health state of individual [Morbidity condition]. Common therapeutic diets served in the hospital are:

- Clear Liquid, Liquid, semisolid, soft and Normal diet (for normal patients with minor ailments)
- Diabetic Diet (In cases of Diabetic Patients)
- Renal Diet (Renal Calculi)
- High Fiber Diet (In cases of patients with Constipation)
- Gluten free Diet (In cases of patients with Celiac Disease)
- DASH Diet (In cases of patients with Hypertension)
- High Protein Diet (In cases of patients with Protein Energy Malnutrition)
- Enteral nutrition (In cases of patients who can't take diet orally)

QUALITY CONTROL MEASURES:

- Cleanliness of food preparing area, utensils and cutlery.
- Regularly Food tasting by authorized staff and random sampling of qualitative analysis of food being served.
- Monthly Diet menu should be displayed.
- Feedback form from the patients.

FORMS & RECORDS

- Diet sheet prepared by Nursing staff
- Numbers of meal served to the patients
- Food tasting sampling records.