

# Top 10 Facts a CDM<sup>®</sup>, CFPP<sup>®</sup> Needs to Know About the New CMS LTC Regulations

On September 28, the Centers for Medicare & Medicaid Services (CMS) issued its final regulations for long-term care facilities. The CDM<sup>®</sup>, CFPP<sup>®</sup> is listed first amongst qualifications for the newly designated Director of Food and Nutrition Services. Read below to learn what else CDM<sup>®</sup>, CFPP<sup>®</sup>s need to know about the new regulations.



Here is a Top Ten list to help you and your team understand the new CMS LTC Regulations, specifically Section §483.60 Food and Nutrition Services:

1. “Dietary Services” are redesignated as “Food and Nutrition Services”, revising language to include consideration of resident preferences (Ref #483.60).
2. Facilities are required to employ sufficient staff with appropriate competencies and skill sets to carry out functions of the food and nutrition service, including resident assessments and care planning (Ref #483.60(a)).
3. Facilities shall employ a dietitian on a full-time, part-time, or consultant basis that is registered by the Commission on Dietetic Registration or licensed or certified by the state as a dietitian or clinically qualified nutrition professional (Ref #483.60(a)(1)).
4. If a dietitian is not employed full-time, the Director of Food and Nutrition Services must meet one of the following requirements and meet applicable state requirements: (Ref #483.60(a)(2))
  - Certified Dietary Manager, Certified Food Protection Professional (CDM<sup>®</sup>, CFPP<sup>®</sup>)
  - Certified Foodservice Manager
  - Associates or higher degree in Hospitality or Foodservice Management with training in foodservice management and food safety
5. A member of Food and Nutrition Service must participate in the care planning process (Ref #483.60(b)).
6. Menus must reflect religious, cultural, and ethnic needs of residents and are both safe and appetizing with allergies, intolerances, and preferences being considered (Ref# 483.60(d)).
7. The 14-hour rule remains in effect with meals served at times in accordance with resident needs, preferences, requests, and plan of care (Ref #483.60(f)).
8. Provisions for adaptive equipment continue to be provided in accordance with the plan of care (Ref #483.60(g)).
9. Facilities may procure food directly from facility gardens, local producers, farmers or growers in accordance with state and local laws (Ref #483.60(i)(1)(i) and 483.60(i)(1)9ii)).
10. Facilities are required to store, prepare, distribute, and serve food in accordance with professional standards for food safety to include having a policy in place regarding use and storage of foods brought to residents by visitors to ensure safe and sanitary handling (Ref #483.70(b)).

**To view section §483.60 Food and Nutrition Services, click [HERE](#).**

**To view the entire Requirements for States and Long-Term Care Facilities, click [HERE](#).**