**Standards of Care:** Master the Core Elements of LTC Clinical Excellence

**Series Title:** Standards of Care: Master the Core Elements of LTC Clinical Excellence

**Session Title:** Nutrition, Hydration, & Weight Loss

**Presentation Date:** November 2020

**Presented By:**

* Shelly Maffia RN, MSN, MBA, LNHA, QCP, CHC, CLNC

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Proactive Medical Review and Consulting

**Course Description**:

This session will review regulatory requirements and best practices for systems related to nutrition and

hydration, and strategies for reducing weight loss in LTC facilities. Through lecture and case study analysis we will identify critical nursing assessment and documentation principles to apply in your daily practical operations to promote resident well-being and minimize potential risks.

**Learning Objectives**

1. Describe best practices for implementing and/or improving critical nursing assessment and documentation practices pertinent to systems related to nutrition and hydration, and strategies for reducing weight loss in LTC facilities.
2. Understand the role of interdisciplinary team members in collaborating to manage systems related to nutrition and hydration, and reducing weight loss in LTC facilities.
3. Describe a process for establishing priority QAPI and Staff Development activities

**Course Content**

15 minutes Review of regulations and interpretive guidance relating to nutrition, hydration, and weight loss

30 minutes Considerations for best practices and care standards related to nutrition and hydration, and strategies for reducing weight loss in LTC facilities with case studies.

10 minutes Strategies for effective staff development and QAPI activities

5 minutes Closing Comments/ Q&A

**Target Audience**:

Directors of Nursing, Nurse Managers, QA Directors, MDS/RAI Team, Nursing Staff, Staff Development Coordinators, Compliance Staff, Department Heads, Nursing Home Administrators, Corporate Leaders

**Instructional Level:** Intermediate

**Contact Hours:** 1