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| Section | Psychiatric Health Facility (PHF) | Effective: | 8/18/2016 |
| Sub-section | Dietary Services | Version: | 1.2 |
| Policy | Requests for Additional Food | Last Revised: | 8/28//19 |
| Director's Approval | _____ | Date | _____ |
| | Alice Gleghorn, PhD | | |
| PHF Medical Director's Approval | _____ | Date | _____ |
| | Ole Behrendtsen, MD | | |
| Supersedes: | Requests for Additional Food eff. 8/18/2016 | | |
| Approvals: | PHF Medical Practice Committee: 10/7/2019 | PHF Governing Board: | |

1. PURPOSE/SCOPE

- 1.1. To ensure that the daily diet for patients is of quality and quantity necessary to meet the needs of patients and to promote patients' rights to participate in the patient's plan of care while admitted to the Santa Barbara County Psychiatric Health Facility (PHF).

2. POLICY

- 2.1. In accordance with recognized dietary practices, patients will be provided with palatable, well-balanced diets that meet their nutritional, caloric and, when required, special dietary needs.
- 2.2. In keeping with the individual patient's nutritional and caloric needs, patient requests for additional food may be accommodated.

3. PROCEDURE

- 3.1. Patients will be served a predetermined menu of meals and snacks that meet individual nutritional and caloric needs.
- 3.2. If a patient requests additional food and that patient is not on a therapeutic diet, the patient may be provided with additional servings of any food on the menu for that meal, as available.
- 3.3. Patients on a therapeutic diet, who request additional food, will be notified at that time that their request may exceed the nutrient recommendations of the therapeutic diet. After

being notified, if they still request additional food, they will be provided with additional servings of the food for that meal as available.

- 3.4 If a patient on a therapeutic diet does not wish to follow the nutritional plan provided, then the dietician will consult with the patient's primary physician to develop an individualized approach to the patient's nutritional plan.

REFERENCE

Food and Nutrition Board of the National Research Council, National Academy of Sciences
Recommended Dietary Allowances

California Code of Regulations - Social Security, Dietetic Services
Title 22, Section 77077

Code of Federal Regulations
Title 42, Section 482.13(b); Title 42, Section 482.28

RELATED POLICIES

[Therapeutic Diets](#)

REVISION RECORD

| DATE | VERSION | REVISION DESCRIPTION |
|-------------|----------------|--|
| 8/28/2019 | 1.1 | <ul style="list-style-type: none"> Revised 3.2 to reflect additional servings that can be made available to patients. |
| 10/2/2019 | 1.2 | <ul style="list-style-type: none"> Revised Purpose and Scope section. Added 3.4. |
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Culturally and Linguistically Competent Policies

The Department of Behavioral Wellness is committed to the tenets of cultural competency and understands that culturally and linguistically appropriate services are respectful of and responsive to the health beliefs, practices and needs of diverse individuals. All policies and procedures are intended to reflect the integration of diversity and cultural literacy throughout the Department. To the fullest extent possible, information, services and treatments will be provided (in verbal and/or written form) in the individual's preferred language or mode of communication (i.e. assistive devices for blind/deaf).