**F 368** 483.35(f) FREQUENCY OF MEALS/SNACKS AT BEDTIME

Each resident receives and the facility provides at least three meals daily, at regular times comparable to normal mealtimes in the community.

There must be no more than 14 hours between a substantial evening meal and breakfast the following day, except as provided below.

The facility must offer snacks at bedtime daily.

When a nourishing snack is provided at bedtime, up to 16 hours may elapse between a substantial evening meal and breakfast the following day if a resident group agrees to this meal span, and a nourishing snack is served.

This REQUIREMENT is not met as evidenced by:

Intakes: TN00028826

Based on policy review, medical record review, individual interview and staff member interview, it was determined the facility failed to offer bedtime (HS) snacks for 3 of 5 (Residents #2, 3, and 4) sampled residents reviewed.

The findings included:

1. Review of the facility's "HYDRATION / SNACK CART PROGRAM" policy documented, "...Each center MUST have a system to ensure that all patients are offered H.S. snacks per federal guidelines..."

Nurse #1 was counseled regarding bedtime snacks being offered to each patient 3/21/2012

All licensed nursing partners will be inserviced on offering bedtime snacks 4/15/2012

All licensed nurses will be inserviced on bedtime snack documentation 4/15/2012

QA will be completed weekly x 4 on bedtime snacks or until substantial compliance met.

Finding will be reported to QA Committee meeting monthly beginning 4/18/2012

**RECEIVED**

**Title**

**Signature**

4/4/12

Any deficiency statement ending with an asterisk (*) denotes a deficiency which the institution may be excused from correcting providing it is determined that other safeguards provide sufficient protection to the patients. (See instructions.) Except for nursing homes, the findings stated above are disclosable 90 days following the date of survey whether or not a plan of correction is provided. For nursing homes, the above findings and plans of correction are disclosable 14 days following the date these documents are made available to the facility. If deficiencies are cited, an approved plan of correction is requisite to continued program participation.

3. Medical record review for Resident #3 documented an admission date of 1/29/12 with diagnoses of Dementia, Hypertension, Hyperlipidemia, History of Breast Cancer, and Insulin Dependent Diabetes Mellitus. Review of Resident #3's "House Med Pass, Meal % BM Tracking Sheet" for March 2012 revealed no documentation the resident had been offered an HS snack.

During an interview in Resident #3's room on 3/19/12 at 4:55 PM, Resident #3 was asked if she was offered a bedtime snack. Resident #3 stated, "I get a cookie sometimes. The nurse don't always ask if I want a snack..."

4. Medical record review for Resident #4 documented an admission date of 11/2/04 with diagnoses of Manic Depressive Psychosis, Dementia, Dependent Personality Disorder, Hypertension, and Gastro Esophageal Reflux Disease. Review of Resident #4's "House Med Pass, Meal % BM Tracking Sheet" for March 2012 revealed no documentation the resident had been offered an HS snack.

During an interview in Resident #4's room on
## Statement of Deficiencies and Plan of Correction

**Provider/Supplier/Clinic Identification Number:**

<table>
<thead>
<tr>
<th>(x1) Provider/Supplier/Clinic Identification Number:</th>
<th>(x2) Multiple-Construction</th>
</tr>
</thead>
<tbody>
<tr>
<td>445002</td>
<td></td>
</tr>
</tbody>
</table>

**Name of Provider or Supplier:**

NHC Healthcare, Oakwood

**Street Address, City, State, Zip Code:**

244 Oakwood Dr

Lewisburg, TN 37091

**Date Survey Completed:**

03/20/2012

<table>
<thead>
<tr>
<th>ID Prefix Tag</th>
<th>Summary Statement of Deficiencies (Each deficiency must be preceded by full regulatory or LSC identifying information)</th>
<th>ID Prefix Tag</th>
<th>Provider's Plan of Correction (Each corrective action should be cross-referenced to the appropriate deficiency)</th>
<th>(x9) Completion Date</th>
</tr>
</thead>
</table>
| F 368         | Continued From page 2
3/19/12 at 4:50 PM, Resident #4 was asked if she was offered a bedtime snack. Resident #4 stated, "...Sometimes, but they don't always ask me. Depends on who is working."
5. During an interview at the nurses' station on 3/19/12 at 2:45 PM, Nurse #1 was asked if all residents were offered a bedtime snack. Nurse #1 stated, "...only the diabetics get an HS snack, unless the physician specifically orders a snack for a resident..." | F 368         |                                                                                                                |                      |