

## Therapeutic Diets – Clinically Recommended

**Policy Number** 1.135

**Policy Function** Continuum of Care

**Issue Date** 2 May 2022

**Summary** This policy provides information on how Justice Health and Forensic Mental Health Network (the Network) fulfils its role in recommending therapeutic diets and provides clear guidelines informing what constitutes a clinically indicated therapeutic diet.

**Responsible Officer** Executive Director Clinical Operations

**Applicable Sites**

- Administration Centres
- Community Sites (e.g. Court Liaison Service, Community Integration Team, etc.)
- Health Centres (Adult Correctional Centres or Police Cells)
- Health Centres (Youth Justice Centres)
- Long Bay Hospital
- Forensic Hospital

**Previous Issue(s)** Policy 1.135 (22 August 2017)

**Change Summary**

- Inclusion of a therapeutic diet definition
- Clarification of standard diets and therapeutic diets as supplied by Corrective Services Industries, Youth Justice NSW and Long Bay Hospital. Clarification of indications for therapeutic diets.
- Change in approval process for a therapeutic diet
- Clarify the verification process for food allergies and food intolerances
- Clarify approval, delivery/meal provision, cancellation and auditing processes of therapeutic diets
- Update of the [JUS200.030 Clinical Certificate- Therapeutic Diet \(Adults\)](#)
- Update of Policies, forms and references

**TRIM Reference** POLJH/1135

**Authorised by** Chief Executive, Justice Health and Forensic Mental Health Network

## 1. Preface

Corrective Services NSW (CSNSW) through Corrective Services Industries (CSI) Food Services and Youth Justice NSW (YJNSW) is responsible for meeting the nutrition and hydration needs of patients in adult correctional and youth justice facilities. Medirest is responsible for the food service provision in the Forensic Hospital. The standard diets provided at each facility are outlined below.

### 1. Standard diets provided by CSI for adult correctional facilities and Long Bay Hospital (LBH) (these diets are free from added MSG, sesame seeds and lupin)

- Normal (also appropriate for patients diagnosed with diabetes)
- Religious Friendly (Halal and Kosher)\*
- Vegetarian

\* Kosher/Halal diets are at the cost of the patient (refer to CSNSW Policy 11.2 Religious and cultural services for more information)

### 2. Standard diets provided by YJNSW for Youth Justice Facilities

- Normal
- Religious Friendly (Halal/Kosher)
- Vegetarian
- Vegan

### 3. Standard diets provided by Medirest for the Forensic Hospital

- Standard
- Vegetarian
- Vegan
- Diabetic & Low fat
- Cocktail food
- Sandwich menu
- Halal

(Kosher diets are organised through Medirest. They are not routinely available on the standard menu)

*A therapeutic diet is a modification of a regular / full diet. It is designed to control the intake of certain nutrients or foods for the purpose of being suitable to contribute to the management of a medical condition / medical requirement.* Where a therapeutic diet is clinically indicated and falls outside the standard diets listed above, it is the responsibility of Justice Health and Forensic Mental Health Network (The Network) staff to advise CSI, YJNSW and Medirest. This policy outlines the therapeutic diets provided and procedures for requesting, authorising, and monitoring therapeutic diets in the Network.

## 2. Policy Content

### 2.1 Mandatory Requirements

- Standard diets are provided to patients directly by CSNSW, YJNSW and the Forensic Hospital. Standard diets do not require a clinical certificate. The standard diets provided at each facility are outlined in Section 1.
- If a patient in an adult correctional facility or LBH requires a therapeutic diet for the treatment or management of a medical condition, network staff must complete a [JUS200.030 Clinical Certificate- Therapeutic Diet \(Adults\)](#).
- Regional Nurse Managers or Nurse Manger Operations, Access and Demand Management (NMOADM) - for Long Bay Hospital must approve [JUS200.030 Clinical Certificate- Therapeutic Diet \(Adults\)](#)
- Network staff must provide a JUS005.002 Health Problem Notification and Escort form (HPNEF) for patients requiring therapeutic diets in youth justice facilities
- Patients requiring a therapeutic diet in adult correctional, LBH and YJ facilities must have the following alerts:
  - A Therapeutic Diet 'Alert' must be created in the Patient Administration System (PAS).
  - If the reason for the therapeutic diet is a food allergy, this field must be completed in JHeHS.
  - If an anaphylactic risk is known or reported by the patient then the patient must also have an 'Active High Risk Alert' in JHeHS
- Forensic Hospital (FH) staff will convey therapeutic diet requests to Medirest via the PPPS Facilities Help Desk on the patient's behalf via email [lbhelpdesk@site.compass-group.com.au](mailto:lbhelpdesk@site.compass-group.com.au)

## 2.2 Implementation - Roles & Responsibilities

**Network Director of Nursing & Midwifery Services (NDONMS), Deputy Director of Nursing & Midwifery Services – Custodial Health (DDONM-CH) and Director of Nursing and Services – Forensic Hospital (DNS-FH):**

- Are responsible for ensuring this policy is fully implemented in their area(s) of control and to consult with workers as part of assessing compliance

**Regional Nurse Manager (RNM) or Nurse Manger Operations, Access and Demand Management (NMOADM) - for Long Bay Hospital**

- Is responsible for approving the [JUS200.030 Clinical Certificate- Therapeutic Diet \(Adults\)](#)
- Is responsible for ensuring that the therapeutic diet request is in accordance with the therapeutic diets available and the required documentation is entered into patients Health Record and alerts generated as appropriated
- Is responsible for ensuring that only patients with a clinical indication for a therapeutic diet are maintained on their diets

**Nurse Unit Manager / Nurse in Charge**

- Monitor, review and cancel therapeutic diets when required
- Liaise with CSI/ YJNSW when a therapeutic diet review is requested
- Ensure that the therapeutic diet audit in QARS is conducted when required

**Network Clinical Staff**

- Staff who may initiate a request for a therapeutic diet are: Medical Officers (MO), Nursing Unit Managers (NUM), Nurse Practitioners (NP), Registered Nurses (RN), Dietitians and Speech Pathologists.
- Clinical staff must provide a patient receiving a therapeutic diet with education and support regarding the reason for the diet and to promote compliance with the specific food requirements of the therapeutic diet.

## 3. Procedure Content

### 3.1 Requesting Therapeutic Diets in Adult Correctional Centres

The following process must be followed to order a therapeutic diet for patients (Appendix 2 provides a summary of this process):

1. Patient identifies health condition that necessitates a therapeutic diet. This must be alerted to health centre staff.
2. Verification of the clinical indication for the therapeutic diet must be obtained from external health providers (by completing JUS020.083 Consent to Obtain Health Information for Continuation of Care) and/or through multidisciplinary team consultation. Food likes and dislikes are not regarded as therapeutic diets and cannot be requested on clinical certificates.
3. Health condition must be entered into JHeHS
4. A Therapeutic Diet 'Alert' must be created in PAS. The clinician applying the PAS alert will add in the comments field what type of therapeutic diet the patient requires.
5. For patients who report a food allergy, an alert must be placed in JHeHS. If an anaphylactic risk is known or reported by the patient then the patient must also have an 'Active High Risk Alert' in JHeHS.

*Patients reporting anaphylaxis must provide details of external health provider and sign form: JUS020.083 Consent to Obtain Health Information for Continuation of Care) as soon as possible after reception to establish past management of the anaphylactic reaction.*

6. A Network Clinician as listed in Section 2.2 must complete the Network form [JUS200.030 Clinical Certificate- Therapeutic Diet \(Adults\)](#). Staff must indicate which therapeutic diet is required. A list of available diets and their indication is provided in the Table 1.
7. The completed certificate is approved as outlined in Section 3.5

**Table 1. Therapeutic diets provided by CSI\***

Therapeutic diet	Indications	Characteristics
Gluten free	Patients with diagnosed coeliac disease, gluten intolerance, wheat allergy or wheat intolerance.	No foods containing wheat, rye, barley, oats, spelt and triticale.
Milk Free	Patients with milk allergy or lactose intolerance.	No milk or milk-derived ingredients, or traces of milk. This diet eliminates mammalian milk, ie milk from cows, goats, sheep or buffalo. Cheeses are not allowed.
Seafood free (Fish and shellfish)	Patients with an allergy to fish or shellfish	Allergy to fish: No white fish, anchovies, salmon, sardines, tuna or products containing these foods eg. fish paste  Allergy to shellfish: no prawns, shrimp, crab, lobster, crayfish, yabbies, oysters, scallops, mussels, squid, calamari, clams, or products containing these foods e.g. shrimp paste).
Puree	Patients requiring a short term puree texture diet post jaw or oral surgery, or due to poor dentition. Meals are not for patients with dysphagia.	Meals are pureed and require no chewing.  Puree diet is available for regular and fish/shellfish free diet requirements (not available for other allergens). A hot meal is provided at lunch and dinner.
Bland	Patients with <b>nut allergy, soy allergy and egg allergy</b> are provided the bland diet.  Patients with reported food allergies or food intolerances to the following: onion, garlic, chilli, curry, capsicum, pepper, spices, tomato and mushroom.	<ul style="list-style-type: none"> <li>No nuts, nut products and traces, including peanuts (also known as groundnuts), cashews, walnuts, pecans, almonds, Brazil nuts, macadamia nuts, hazelnuts, pistachios and pine nuts. Does not exclude coconut.</li> <li>No foods with soy ingredients, including soybeans, tofu, soy sauce, soy milk, soy yoghurt and soy cheese.</li> <li>No eggs or egg products</li> <li>No foods with onion, garlic, chilli, curry, capsicum, pepper, spices, tomato and mushroom.</li> </ul>

\*For patients requiring a therapeutic diet that is outside of the therapeutic diets outlined above, the provision of these diets will be discussed in a coordinated approach between the multidisciplinary team in the Network and in liaison with CSI.

### 3.2 Requesting Therapeutic Diets in Long Bay Hospital

Therapeutic diets for food allergies and food intolerances at LBH are supplied by CSI. LBH staff must follow processes outlined in Section 3.1 to request a therapeutic diet.

Additional therapeutic diets provided at LBH are listed in Table 2. These four diets do not require a [JUS200.030 Clinical Certificate- Therapeutic Diet \(Adults\)](#) and can be ordered directly from LBH Domestic Services. Puree and minced diets are provided by HealthShare NSW. Finger food and colonoscopy diets are provided by LBH Domestic Services.

**Table 2. Additional therapeutic diets provided at Long Bay Hospital**

Therapeutic diet	Definition and indication
Puree diet	<p>This is a modified texture diet for patients with dysphagia and those who experience pain on chewing or swallowing; have missing teeth; or poorly fitting dentures who have been recommended a puree diet by a speech pathologist or medical officer.</p> <p>To comply with IDDSI*, this diet does not require chewing; has no lumps; the liquid must not separate from the solids; retains its shape when piped or moulded; cannot be sucked through a straw; and is usually eaten with a spoon.</p>
Minced diet	<p>This is a modified texture diet for patients with dysphagia, and those who experience pain or fatigue on chewing; have missing teeth; or poorly fitting dentures who have been recommended a minced diet by a speech pathologist or medical officer.</p> <p>To comply with IDDSI, this diet should have small lumps that are visible within the food that are equal to or less than 4mm width and no longer than 15mm in length; lumps that are easy to squash with tongue; be eaten with a fork or spoon; be scooped and shaped; and be soft and moist with no separate thin liquid.</p>
Finger Food diet	This diet is for patients who are unable to have access to cutlery or foil. This diet may be indicated for patients on a Risk Intervention Team (RIT) Management plan.
Colonoscopy diet	This diet is for patients preparing for a colonoscopy
Renal meals	Renal meals are provided to patients receiving dialysis through LBH only. These meals are arranged by LBH Domestic Services. Patients are provided the standard diet or therapeutic diet listed in Table 1 when they return to their place of residence.

\*International Dysphagia Diet Standardisation Initiative (IDDSI) outlines rules around preparation of modified diets and thickened fluids, plus standardised terminology to describe these diets and thickened fluids to improve safety for individuals with a swallowing impairment (see <https://iddsi.org/australia>)

### 3.3 Requesting Therapeutic Diets in Youth Justice Facilities

Therapeutic diets available for patients in YJ facilities include:

- Gluten free (for patients with diagnosed coeliac disease or gluten intolerance)
- Nut free (for patients with an allergy to nuts)
- Milk free (for patients with an allergy to milk)
- Low Lactose (for patients with lactose intolerance)
- Diabetic (for patients with Type 1 or Type 2 Diabetes)
- Other specialised therapeutic diets are discussed and arranged with YJNSW on an individual basis.

The following process must be followed to order a therapeutic diet for patients within YJ facilities:

1. Patient identifies health condition that necessitates a therapeutic diet. This must be alerted to health centre staff.
2. Verification of the clinical indication for the therapeutic diet must be obtained from external providers (by completing JUS020.083 Consent to Obtain Health Information for Continuation of Care) and/or through multidisciplinary team consultation.
3. Health condition must be entered into JHeHS
4. Therapeutic diet 'Alert' must be entered in the Patient Administration System (PAS). The clinician applying the PAS alert will add in the comments field what type of therapeutic diet is required.
5. For patients who report a food allergy, an alert must be placed in JHeHS. If an anaphylactic risk is known or reported by the patient then the patient must also have an 'Active High Risk Alert' in JHeHS.
6. A Network Clinician as listed in Section 2.2 must complete the JUS005.002 *Health Problem Notification and Escort form (Adolescents)* HPNEF in PAS and indicate the therapeutic diet required.
7. A copy of the HPNEF must be provided to the YJNSW Centre Manager, YJNSW kitchen staff and Department of Education (DOE) staff.

### 3.4 Requesting Therapeutic Diets in the Forensic Hospital

Within the Forensic Hospital, all meals provided by Medirest are nut and tree nut free. The Forensic Hospital provides additional therapeutic diets (eg. gluten free or texture modified) as requested. Where a therapeutic diet is indicated, the following must be completed:

1. Medirest should be notified of therapeutic diet requirements prior to a patient's arrival, to ensure the appropriate diet can be provided. Medirest require 48 hours' notice to action therapeutic diet requests.
2. Food allergies must be checked on arrival to the Forensic Hospital and an alert must be placed in JHeHS. If an anaphylactic risk is known or reported by the patient then the patient must also have an 'Active High Risk Alert' in JHeHS. *Patients reporting anaphylaxis must provide details of external health provider and sign form: JUS020.083 Consent to Obtain Health Information for Continuation of Care) as soon as possible to establish past management of the anaphylactic reaction.*
3. Therapeutic diet requests are made weekly to Medirest on the *Planned Patient Meal Request* form.
4. The NUM1 or NIC must ensure that the allergy or therapeutic diet is completed on the planned patient meal request form.
5. The updated *Planned Patient Meal Request* form must be emailed to the PPPS Facilities Help desk at [LBHelpdesk@site.compass-group.com.au](mailto:LBHelpdesk@site.compass-group.com.au) by 1500hrs every Monday.



### 3.5 Approval of Therapeutic Diets in Adult Correctional, Long Bay Hospital and Youth Justice Facilities

Completed *Clinical Certificate- Therapeutic Diet (Adults)* must be sent to the Regional Nurse Manager or Nurse Manager Operations, Access and Demand Management (NMOADM) – for Long Bay Hospital, for approval. The RNM or NMOADM will then submit the authorised certificate to the local CSNSW Food Services Officer in correctional centres. The CSNSW Food Services Officer will convey therapeutic diet requests to CSI. CSNSW Retherm managers must inform JH staff of receipt of Therapeutic Diet certificate.

In LBH, authorised certificates are submitted to the Domestic Services Manager. The Domestic Services Manager will convey therapeutic diet requests to CSI for Long Bay Hospital patients only. In Youth Justice Facilities, a network clinician will submit the authorised certificate to the Centre Manager. The Centre Manager will contact the local YJNSW kitchen to arrange the provision of the therapeutic diet.

### 3.6 Delivery and meal provision

It is the responsibility of the food service providers (CSNSW, YJNSW and Medirest) to provide appropriate and nutritionally adequate therapeutic diets to the patient. Quality and safety concerns regarding meals provided should be raised with the appropriate food service provider. Any incidents that occur involving nutrition, food and fluids during patient care should be entered into ims+, under the principle incident type “Nutrition and Food”. It is the responsibility of LBH Domestic Services Department to supply emergency meals to patients that are in accordance with their therapeutic diet requirements whilst stock from CSI is accrued. Additionally, LBH Domestic services will provide early morning breakfast stock in each ward for patients transferred to other centres, court or medical appointments.

### 3.7 Transfer of Therapeutic Diets between Network facilities

[JUS200.030](#) *Clinical Certificate- Therapeutic Diet (Adults)* are not transferred via CSNSW when patients are transferred between facilities. Network staff must include information on therapeutic diet requirements as part of the clinical handover and transfer in/out processes. The completed therapeutic diet certificate must be provided in clinical handover.

### 3.8 Cancellation of a Therapeutic Diet

To cancel a therapeutic diet for patients within correctional centres, staff should complete the cancellation section of [JUS200.030](#) *Clinical Certificate- Therapeutic Diet (Adults)* and provide a copy of the certificate to the local CSNSW Food Services Officer (or manager domestic services for patients in Long Bay Hospital) to forward to CSI to discontinue the diet. For patients within Youth Justice Facilities, the network clinician will advise the Centre Manager of cancellations through written notification. For patients within the Forensic Hospital, the NUM1/NIC will advise Medirest of cancellations.

### 3.7 Review and auditing of Therapeutic Diet

Individual review of therapeutic diets (including review with buy-up history) may be requested by CSNSW or YJNSW and will be facilitated by the local NUM and/or multidisciplinary team. In Long Bay Hospital, a local review of therapeutic diet certificates will be conducted by the Domestic Services team and clinical staff as required. An audit in QARS must be conducted every 2 months when a notification to audit therapeutic diets is received from Clinical & Corporate Governance by a monthly Important Notice.

## 4. Definitions

### Must

Indicates a mandatory action to be complied with.

### Should

Indicates a recommended action to be complied with unless there are sound reasons for taking a different course of action.

### Food allergy

An abnormal immune mediated reaction to ingested food (or fluid), resulting in clinical symptoms. Reactions can occur after eating a small amount, even trace amounts, of food or fluid.

### Food intolerance

The inability to digest a food which can cause discomfort and distress but is not life-threatening. Food intolerance does not involve the immune system.

### Therapeutic Diet

A therapeutic diet is a modification of a regular / full diet. It is designed to control the intake of certain nutrients or foods for the purpose of being suitable to contribute to the management of a medical condition.

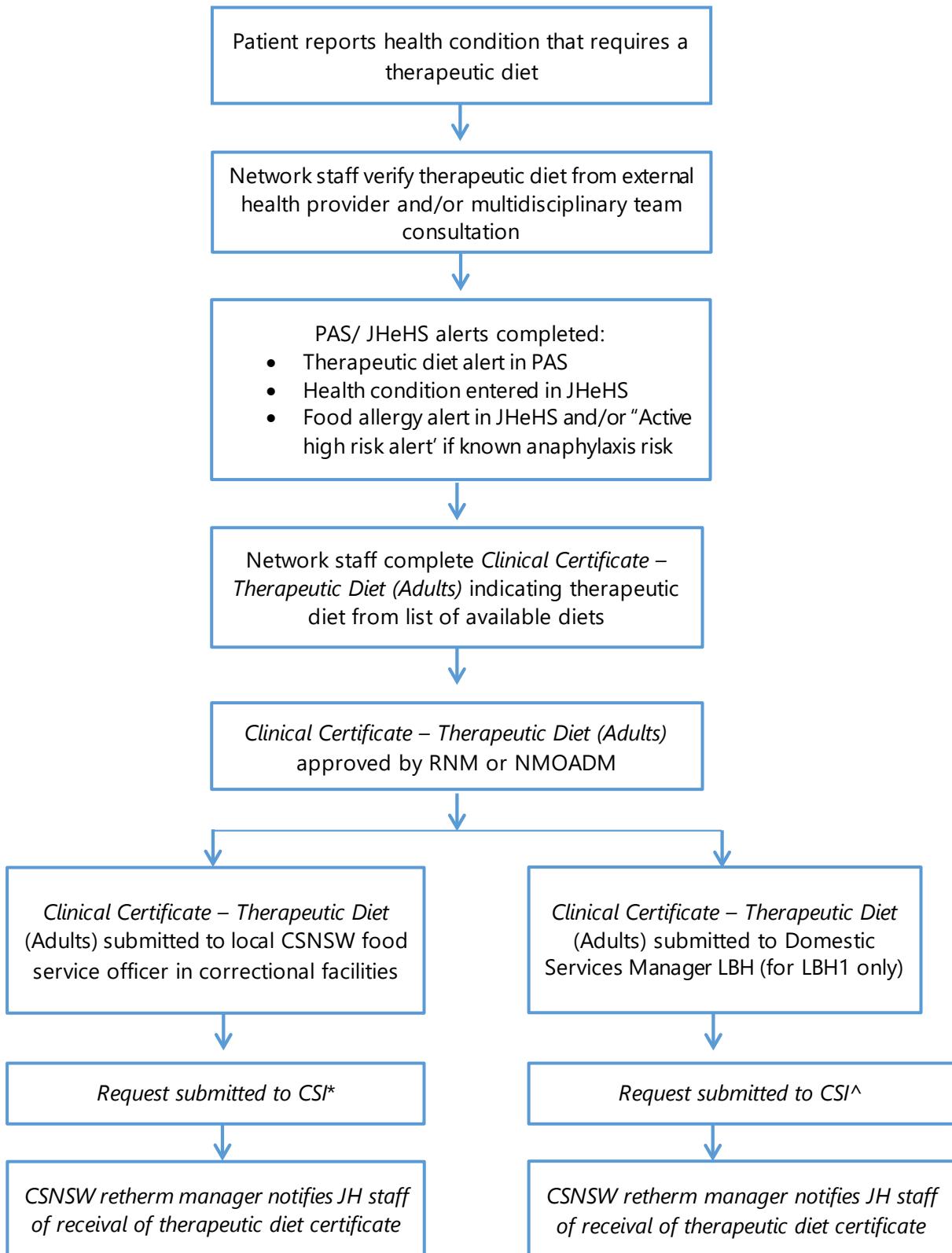
## 5. Legislation and Related Documents

Network Policies/ Manual	<p>1.231 <i>Health Problem Notification Form (Adults)</i></p> <p><a href="#">1.235</a> <i>Health Problem Notification and Escort Form (Adolescents)</i></p> <p><a href="#">4.030</a> <i>Requesting and Disclosing Health Information</i></p> <p><a href="#">4.014</a> <i>Clinical Application System – Alerts, Health Conditions, Allergies or Adverse Drug Reactions</i></p> <p><a href="#">Justice Health and Forensic Mental Health Network Prescribing Formulary</a></p>
Network Forms	<p>JUS005.002 <i>Health Problem Notification and Escort form (Adolescents)</i></p> <p>JUS005.001 <i>Health Problem Notification Form (Adults)</i></p> <p><a href="#">JUS200.030</a> <i>Clinical Certificate- Therapeutic Diet (Adults)</i></p> <p>JUS020.083 <i>Consent to Obtain Health Information For Continuation OfCare</i></p>
NSW MoH Policy Directives, and Guidelines	<p><a href="#">NSW Healthy Eating and Active Living Strategy 2013 - 2018</a></p> <p><i>NSW Health Nutrition Care Policy (PD2017_041)</i></p>
CSNSW	<p><i>Corrective Services NSW Operations Procedures Manual</i></p> <p><i>Custodial Operations Policy and Procedures, Policy 11.2 Religious and cultural services (V1.3))</i></p>
Agency for Clinical Innovation	<p><a href="#">Nutrition Standards for Consumers of Inpatient Mental Health Services in NSW</a></p> <p><a href="#">Nutrition Standards for Adult Inpatients in NSW Hospitals</a></p> <p><a href="#">Nutrition Standards for Paediatric Inpatients in NSW Hospitals 2011</a></p> <p><a href="#">Diet specifications for adult inpatient</a></p>
National Health and Medical Research Council (NHMRC)	<p><a href="#">Australian Dietary Guidelines 2013</a></p>
Food Standards Australia and New Zealand 2019	<p><i>Standard 3.3.1 – Food Safety Programs for Food Service to Vulnerable Persons</i></p>

## Appendix 1: Recommended Sites for Dietary information

- *Corrective Services Industries (CSI) Frequently Asked Question Fact Sheet* and *CSI Regular MCP Meal Specifications* for further information on food provision by CSI. For the latest version and further information, CSI can be contacted on the following e-mail [CSIFoodOrders@justice.nsw.gov.au](mailto:CSIFoodOrders@justice.nsw.gov.au)
- Australian Dietary Guidelines and Australian Guide for Healthy Eating can be found on the Eat for Health website: <https://www.eatforhealth.gov.au/>
- ACI Nutrition Standards and Diet specifications:  
<https://www.aci.health.nsw.gov.au/resources/nutrition/nutrition-food-in-hospitals/nutrition-standards-diets>
- Management of Food Allergies and Food Intolerances:
  - ASICA (Australasian society of clinical immunology and allergy) - <https://www.allergy.org.au/>
  - Food Authority, NSW Government - <https://www.foodauthority.nsw.gov.au/retail/allergies-intolerances>
  - Food Allergy Training by the National Allergy Strategy - <https://foodallergytraining.org.au/>
- International Dysphagia Diet Standardisation Initiative (IDDSI): <https://iddsi.org/australia>

## Appendix 2: Flow chart for requesting and approving therapeutic diets in adult correctional centres



\* Individual review of therapeutic diets (including review with buy-up history) may be requested by CSNSW and will be facilitated by the centre NUM and/or multidisciplinary team.

^ In Long Bay Hospital, a local review of therapeutic diet certificates will be conducted by the Domestic Services team and clinical staff as required.