

# **Inter-professional Meetings**

## **Inter-Professional Morning Meetings (Daily – 9:00 AM)**

During the daily inter-professional morning meetings, the healthcare team gathers to review ongoing patient needs and coordinate care. Each session begins with an overview of new admissions, including dietetic assessments, nutritional risks, and any immediate needs related to feeding routes or diet textures. We also evaluate planned discharges to ensure patients leave with appropriate dietary instructions and follow-up recommendations. Particular attention is given to weight fluctuations, which often signal changes in patient health status or nutrition adequacy.

These meetings also serve as a platform to discuss patient condition updates, such as altered mental status, swallowing ability, or acute medical changes that may affect dietary plans. Insurance coverage updates are reviewed for select patients to confirm eligibility for services such as supplements, tube feeding formulas, or rehab programs. Overall, the daily meetings provide essential communication between the interdisciplinary team and enhance timely, coordinated nutritional care.

## **UR Meetings (11/11/2025 – Weekly)**

The weekly Utilization Review (UR) meeting focuses on evaluating patient progress and ensuring that services align with clinical needs and insurance requirements. During this meeting, the team reviews new admissions in greater detail, discussing medical backgrounds, nutrition diagnoses, weight history, and anticipated dietary interventions. Discharges are also examined to verify that patients are nutritionally stable and that all dietary orders such as modified textures or controlled carbohydrate diets are appropriately addressed before leaving the facility.

Special cases are highlighted, particularly those involving weight changes, complex nutrition needs, or fluctuating medical conditions. Insurance verification plays an important role in UR discussions, ensuring patients receive authorized services such as supplements, nutritional counseling, and therapy sessions. The team collaborates to resolve any coverage issues, advocate for necessary services, and maintain continuity of patient care.

## **Care Plan Meetings (Weekly – Multiple Sessions Attended)**

During the weekly care plan meetings, the interdisciplinary team reviews individual patient cases to evaluate progress, address concerns, and adjust care plans as needed. These meetings focus heavily on patient-specific issues, including nutrition complaints, feeding difficulties, appetite changes, and weight fluctuations. As an intern, I observed how dietitians contribute to care planning by recommending appropriate diet modifications, assessing intake barriers, and collaborating with nursing and therapy staff.

Family involvement is a key element of these meetings. When concerns arise, team members contact families to discuss patient needs, clarify updates, and gather information about preferences or changes at home. These conversations ensure transparency and help tailor the care plan to support patient comfort, nutritional goals, and overall quality of life. The meetings also reinforce the importance of communication and interdisciplinary teamwork in long-term care settings.

## **Quality Management Meeting (11/19/2025 – Monthly)**

The monthly quality management meeting centers on reviewing the facility's Quality Assurance and Performance Improvement (QAPI) plan. Each department provides updates regarding their performance indicators, challenges, and improvement strategies. The dietitian presents a focused review of nutrition-related trends, particularly significant weight changes including both unexpected gains and losses and discusses the clinical reasons contributing to these outcomes.

The meeting also evaluates the effectiveness of current nutrition interventions and identifies areas where adjustments may be needed to improve patient outcomes. Recommendations are shared regarding meal quality, supplement compliance, hydration practices, and care coordination. By analyzing trends and discussing improvement strategies, the team ensures that nutrition services remain aligned with regulatory standards and best practices for patient care.

\*I am attaching a page from Quality Assurance and Performance Improvement (QAPI) plan.



**Pressure Ulcers (Data from Mega Data)**

<https://app.megadatahealth.com/Analyze?custom=false&name=Wounds>

DATA COLLECTION AND REVIEW	Current Month:	Previous Month 1:	Previous Month 2:	Trending
# Acquired Pressure Ulcers				
# Admitted Pressure Ulcers				
# Pressure Ulcers Worsening				
# Pressure Ulcers Healed				
PROCESS REVIEW: Are systems in place to minimize the opportunity for pressure ulcer development?				
Process Improvement Plan?				

**Weight Loss Review (Data from Mega Data)**

<https://app.megadatahealth.com/Report?id=%2FClinical%2FCritical%20Vitals>

Filter vital type to only show weight loss

DATA COLLECTION AND REVIEW	Current Month: Oct	Previous Month 1: Sept	Previous Month 2: Aug	Trending
Total # Residents with Excessive Weight Loss (L) – 5% loss in 1 month/ 30 days. According to MDS	Total: 2 Fluid/medical: 1 True: 1 Question: 0 Hospice: 0	Total: 6 Fluid/medical: 2 True: 3 Question: 2	Total: 4 Fluid/medical: 2 True: 2 Hospice/decline: 1	Weight loss is discussed daily/weekly (risk meeting). Oct [redacted] TF/wouldn't adjust, [redacted] medical/multiple hospital stays r/t heart complications). MD/RP notifications to remain stable. PIP currently in place, see attached.
PROCESS REVIEW: Are systems in place to minimize the opportunity for unplanned weight loss?				
<b>Weight Loss and Hydration Management:</b>				
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No Is the Weight Loss / Hydration Management Clinical System implemented and effective?			
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No Are residents with weight loss discussed?			
<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No Does documentation reflect that the attending physician and registered dietician are evaluating and providing interventions for weight loss?			

This Report has been generated as part of the facility's Quality Assessment and Assurance process and constitutes confidential Quality Assessment and Assurance Committee Records. Ref 42 USC §§1395i-3(b)(1)(B) and 1396r(b)(1)(B) and 42 CFR §483.75(0).