

TARGET AUDIENCE

- HOME HEALTH NURSES
- NURSE ADMINISTRATORS
- DIRECTORS OF HOME HEALTH AGENCIES
- NURSING MANAGERS
- NEW OWNERS OF HOME HEALTH FACILITIES
- RN CASE MANAGERS
- STAFF NURSES
- HOME HEALTH AIDES

Compliance Review Services, Inc., Educational Unit is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



Compliance Review
Services, Inc. Educational
Unit

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Houston, Texas 77065
Phone 832-237-2525
Fax 832-237-2505

WHEN: see website for dates

www.compliancereviewservices.com

WHERE: online

COMPLIANCE REVIEW
SERVICES, INC.
EDUCATIONAL UNIT

Presents

SPECIALIZED DIETS

(An Online Presentation)

"A great class for aides and nurses who have never prepared specialized diets before!"

*Kim Kelly, RN, BSN, CEO
Compliance Review Services, Inc.*



Course Objectives

- 1) The participant will be able to identify the importance and purpose of the various specialized diets.
- 2) The participant will be able to identify the differences in diets and why a patient is placed on a specialized diet.
- 3) The participant will be able to identify the 2 sources of cholesterol and the difference in fats found in the body.
- 4) The participant will be able to identify foods to avoid on a Low Cholesterol diet and foods to include in the diet.
- 5) The participant will be able to distinguish between the various sodium restricted diets and identify foods high in sodium and low sodium alternatives.
- 6) The participant will be able to identify the specific diabetic diets.
- 7) The participant will be able to define the meaning of free foods and their role in the diabetic diets.
- 8) The participant will be able to demonstrate and apply the principles of the Carbohydrate counting meal plan approach.

9) The participant will be able to identify where to obtain nutritional information regarding the contents of packaged and canned food.

10) The participant will be knowledgeable about special diets in order to assist patients with meal preparation.



Successful completion of this course with 2.0 contact hours awarded requires completion and submission of a post- test meeting the requirements of a pre-determined score, self-reported level of achievement of objectives, a completion of the course before the deadline date(30 days to complete) and a completion of the online course evaluation.

This activity provides

**2.0 Contact Hours
2.0 Clock Hours**

COST FOR THE COURSE

We are offering this 2.0 hour course for \$49.99 per registrant. We accept MasterCard and Visa, and PayPal

Call 832-237-2525