

Safe Kitchen, Safe Facility: Infection Prevention and Control in the Dietary Department



Objectives

- **Identify Common Infection Control Challenges**
Understand typical infection prevention and control (IPC) issues in dietary departments, including cross-contamination and cleaning and disinfection processes.
- **Explore Water Management Strategies**
Review the importance of water management in dietary department and examine effective water management plans to prevent waterborne infections.
- **Discuss Key Policies and Procedures**
Highlight essential IPC policies and procedures tailored to dietary settings, including staff hygiene, food handling, equipment cleaning, and monitoring practices.
- **Apply Best Practices for Compliance and Safety**
Learn how to implement and maintain best practices in IPC to meet regulatory standards and ensure a safe food service environment.
- **Promote a Culture of Safety and Accountability**
Encourage team engagement and continuous education to support sustained IPC efforts in the dietary department.

Food Safety and Infection Prevention

Healthcare Facility

- Patient Safety
- Staff Safety

Vulnerable populations

Food borne illnesses

Waterborne Illnesses



Hand Hygiene

- In food service operations, soap and water hand hygiene is the gold standard
- Where to wash – approved handwashing sink
- Labeled with signage, soap, warm water, paper towels and a trash can
- When to wash –
 - When changing tasks
 - Handling raw and ready-to-eat foods
 - Handling dirty and clean dishes
 - Handling trash
 - Returning to the workstation after leaving the area



Temperatures

Holding Temperatures

- Hot/Cooked foods: 135°F or higher
- Cold/Stored Foods: 41°F or lower

Cooking Temperatures

- 135°F: Precooked items
- 145°F: Whole muscle steaks, chops, fish
- 155°F: Ground beef
- 165°F: Raw poultry; anything cooled and reheated in bulk servings



Temperatures

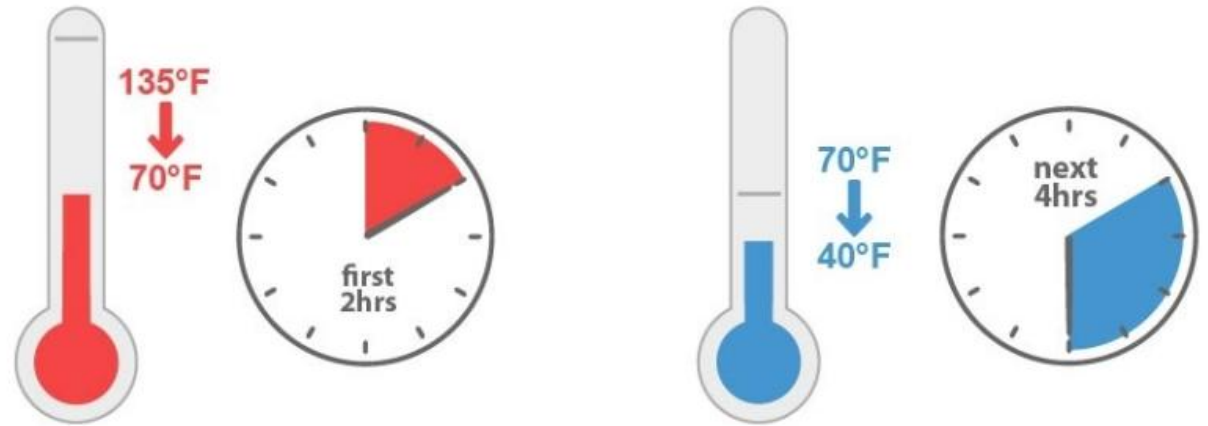
Cooling

- 6-hour max time limit:
 - 135°F – 70°F within 2 hours
 - 70°F - 41°F within the remaining 4 hours

Reheating

- 2-hour max time limit
- Internal temperature must reach at least 165°F

FOOD SAFETY - TWO STAGE COOLING



Food must be first cooled from 135°F to 70°F within 2 hours
Food must then be cooled to 41°F or lower within the next 4 hours
FDA Food Code §3-501.14 Cooling

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Sights, Sound, Smells

- You have now entered a working mess!
- Attack the kitchen by sections:
 - Food areas (serving lines, preparation/handling) and surrounding hot and cold holding equipment
 - Storage (walk-in coolers, freezers, dry storage)
 - Dish washing area



Food Service Assessment Steps

1. Find the Person-in-Charge (PIC) of the kitchen
2. Ask questions (food sources, certifications, any issues or problems since last walkthrough, etc.)
3. Start where food is being prepared or ask if anything is actively cooling or reheating from the night before
4. Start observations, ask more questions, and provide corrective action and guidance to encourage positive behavior change

Risk Analysis-Critical

- Most likely to lead to foodborne illness outbreaks, and death.
- Cooking, cooling, and reheating
- Time/Temperature Control for Safety (TCS) foods
- Dirty/contaminated food in contact with surfaces
- Hand hygiene practices, sink access, etc.
- Hot and cold holding food temperatures
- Foods from approved sources

Risk Analysis-Non-Critical

- Floors, walls, ceiling conditions (approved materials)
- Smooth, easily cleanable, non-absorbent
- General cleanliness of non-food contact surfaces of equipment and the facility

What's happening and where?



Improperly stored food



No labels on your food for "use-by" dates



No gloves on your employees



Improperly stored cleaning products



Poor temperature control



Lack of temperature logs



High-risk foods left out in the open



Food handlers who are sick or have poor hygiene



Lack of general cleanliness



Telltale signs of pests













Water with cleaning
detergent

No more than **60 minutes**

Or

With test strips **until indicated**

A close-up photograph of a chrome kitchen faucet with two handles. The faucet is mounted on a stainless steel sink. There is significant yellowish-brown corrosion and mineral deposits around the base of the faucet and on the handles. The background is a light-colored, textured wall.

☐ No
☒ Not observed but endorsed by frontline staff
☐ Not observed and not endorsed by frontline staff

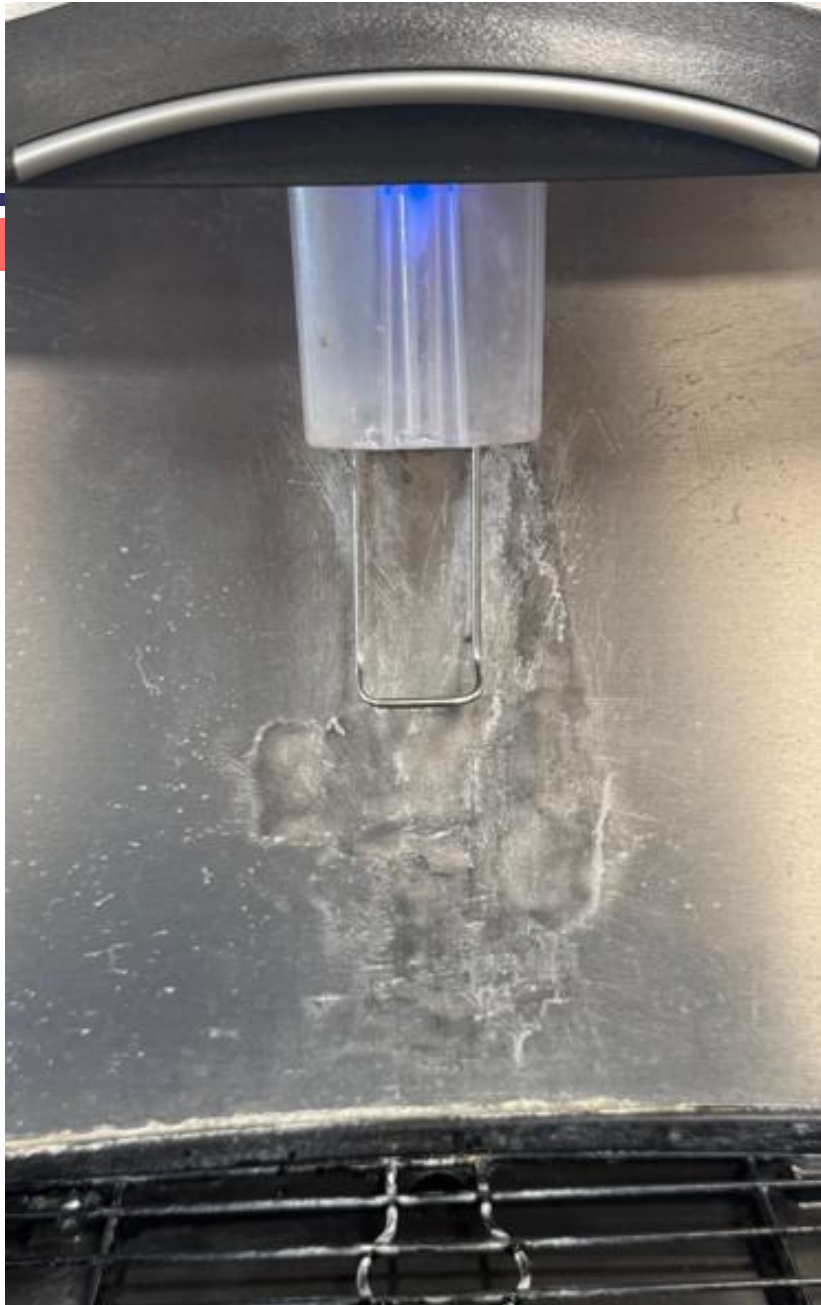
Medication Preparation area

☐ Yes
☒ No
☐ Not observed but endorsed by frontline staff
☐ Not observed and not endorsed by frontline staff

☐ Taps are running, do countertops and care supplies remain free from splashing?
☐ Observed but endorsed by frontline staff
☐ Observed and not endorsed by frontline staff
☐ Not observed but endorsed by frontline staff
☐ Not observed and not endorsed by frontline staff

☐ Tap can be closed before flushing?





Ice and Water Machines

- A visible air gap should be observed
- No visible mold or biofilms observed
- Scoop not stored in ice, must have handle
- Interior of the ice machine
- Ice chutes
- Drainage pipes

There should be a cleaning schedule for the machine

Dishes

- Manual: Three-compartment sink (Wash, Rinse, Sanitize)
 - Chemical indicator test strips
 - Bleach
 - Quaternary ammonium
- Automatic: dish machine
 - High temp requires 160°F dish surface
 - Max temp recording thermometer
 - Chemical indicator test strips



Employee Hygiene

- Hair coverings
- General Cleanliness
- No exposed cuts or sores on hands
- Visible signs of illness
(must have an employee health policy)



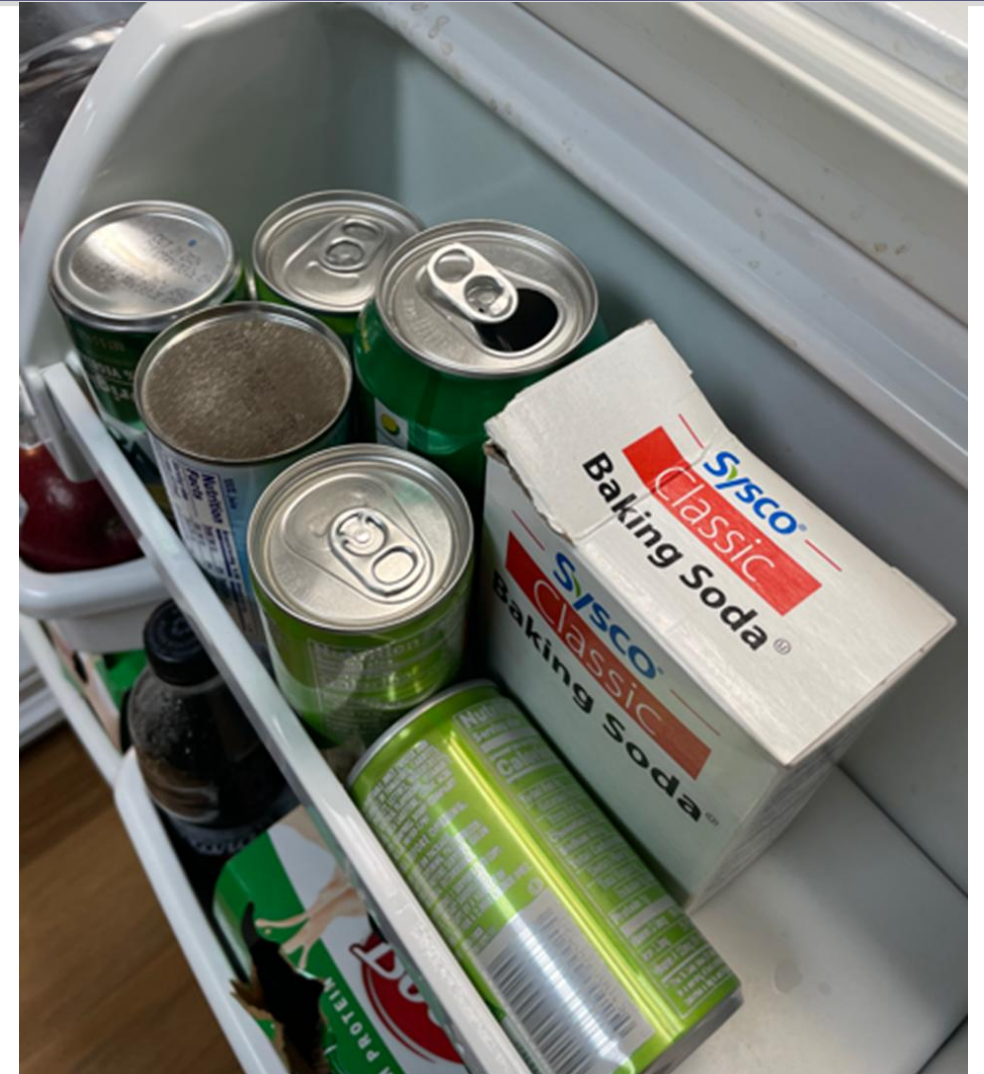
Other areas for dietary monitoring

- Nourishment Kitchens
- Food Transport Carts
- Medication Carts
- Outside Food Sources



Nourishment Rooms

- Storage
- No evidence of pests
- Refrigerator/Freezer
- Cleanliness
- Temperature monitoring/recording
- Dates
- Patient information







0.42 Oz
115V AC
60 Hz
1.3 A
OPEN TANK
0319
to





Approved Food Sources

Approved food sources are those that are inspected by a level of government at any point in the chain-of-command

(e.g. Sysco, GFS, Giant Eagle, etc.)



Checklists



SUGGESTED CHECKLIST: FOOD SAFETY REQUIREMENTS - USE AND STORAGE OF FOOD AND BEVERAGE ITEMS BROUGHT IN FOR RESIDENTS

Regulation 483.60(i)(3)

Have a policy regarding use and storage of foods brought to residents by family and other visitors to ensure safe and sanitary storage, handling, and consumption

IAC 58.24(1)a.
There shall be written policies and procedures for dietetic services that include staffing, nutrition, menu food service, ordering, receiving, storage, sanitation, and staff hygiene. These policies and procedures shall be made available for use by dietetic services.

Recommended Actions

- ☐ Develop a policy and procedure that addresses the appropriate use and storage of foods and beverages brought to residents by family and other visitors. This policy must follow the safe and sanitary storage, handling and consumption of food as identified in 483.60(i) Food Safety Requirements.
- ☐ Review and update resident, resident representative and family education on food, beverage accessibility, purchasing, storage and consumption in accordance to individualized care plan.
- ☐ Review and update admission, readmission and comprehensive individualized assessment and care planning process with respect to the appropriate use and storage of foods and beverages brought to residents by family and other visitors including safe and sanitary storage, handling and consumption of food.
- ☐ Educate staff on roles and responsibilities related to the appropriate use and storage of foods and beverages brought to residents by family and other visitors.

Food Service Manager Self-Inspection Checklist

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Date _____

Observer _____

Use this checklist once a week to determine areas in your operation requiring corrective action. Record corrective action taken and keep completed records in a notebook for future reference.

Personal Dress and Hygiene

	Yes	No	Corrective Action
Employees wear proper uniform including proper shoes.....	☐	☐	_____
Hair restraint is worn.....	☐	☐	_____
Fingernails are short, unpolished, and clean.....	☐	☐	_____
Jewelry is limited to watch, simple earrings, and plain ring.....	☐	☐	_____
Hands are washed or gloves are changed at critical points.....	☐	☐	_____
Open sores, cuts, or splints and bandages on hands are completely covered while handling food.....	☐	☐	_____
Hands are washed thoroughly using proper hand-washing procedures at critical points.....	☐	☐	_____
Smoking is observed only in designated areas away from preparation, service, storage, and warewashing areas.....	☐	☐	_____
Eating, Drinking, or chewing gum are observed only in designated areas away from work areas.....	☐	☐	_____
Employees take appropriate action when coughing or sneezing.....	☐	☐	_____
Disposable tissues are used and disposed of when coughing/blowing nose.....	☐	☐	_____

Food Storage and Dry Storage

	Yes	No	Corrective Action
Temperature is between 50° F and 70° F.....	☐	☐	_____
All food and paper supplies are 6 to 8 inches off the floor.....	☐	☐	_____
All food is labeled with name and delivery date.....	☐	☐	_____
The FIFO (First In, First Out) method of Inventory is being practiced.....	☐	☐	_____
There is no bulging or leaking canned goods in storage.....	☐	☐	_____
Food is protected from contamination.....	☐	☐	_____
All surfaces and floors are clean.....	☐	☐	_____
Chemicals are stored away from food and other food-related supplies.....	☐	☐	_____

Large Equipment

	Yes	No	Corrective Action
Food slicer is clean to sight and touch.....	☐	☐	_____

Infection Prevention and Food Service

- Monthly in-services conducted with the food service workers
- Discuss isolation signage, caddies
- Personal Protective Equipment (PPE) usage
- Hand hygiene
- Communication with other care team members on tray delivery procedures

Infection Prevention and Food Services

- Glove use
 - Raw vs Ready-to-eat food
 - Changing tasks (clean vs dirty dishes)
- Date-marking
 - Food code vs healthcare facilities
 - First In, First Out (FIFO)
- Temperature monitoring/recording
 - Logs
- Corrective actions

Resources

- The U.S. Food and Drug Administration's (FDA) Food Code (2022)-Resources for Public Health Partners | Food Safety and Inspection Service
- U.S. Department of Agriculture Food Safety and Inspection Service – Resources for Public Health Partners (<https://www.fsis.usda.gov/food-safety/foodborne-illness-and-disease/resources-public-health-partners>)
- Joint Commission Standards - Refrigerator/Freezer - Monitoring Temperature for Food Storage | Behavioral Health | Care Treatment and Services CTS | The Joint Commission
- Checklist: <https://doh.sd.gov/media/w1kfsann/checklist.pdf>
- Checklist: https://www.anfponline.org/docs/default-source/legacy-docs/ia/documents/2_-checklist-tool---food-safety-requirements-.pdf?sfvrsn=0
- <https://www.cdc.gov/infection-control/media/pdfs/IPC-obs-form-water-exposure-508.pdf>
- https://www.cdc.gov/healthcare-associated-infections/php/toolkit/icar.html#cdc_generic_section_4-section-3-observation-forms

S O U T H D A K O T A

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QUESTIONS?

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