

## ***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.**

11201 Steeple Park Drive  
Houston, Texas 77065  
Phone 832-237-2525  
Fax 832-237-2505

**WHEN:** see website for dates

[www.compliancereviewservices.com](http://www.compliancereviewservices.com)

**WHERE:** online

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## COMPLIANCE REVIEW SERVICES, INC.

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*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 clock 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 Clock Hours**

## **COST FOR THE COURSE**

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

**Call 832-237-2525**