

Nutrition News You Can Use
West Region
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In this edition:
Hot Beverages – Coffee
Updated Policies & Procedures

Hot Beverage Temperatures and Burn Risk:

We almost received an IJ last Friday on an annual survey because a resident sustained a burn from coffee. The temperature at which coffee needs to be brewed and held presents an inherent risk for burns. Liquid at this temperature can cause third-degree burns on contact with human skin.

I am requesting that all NSM review the guidelines for hot beverages and in-service staff on proper procedures to ensure we are following Kindred's procedures for hot beverages. This includes making certain that we are taking the temperature of coffee and recording it on the food temperature log.

TL 6501 Guidelines for Hot Beverages states:

“Hot beverages are prepared and brewed at high temperatures to maximize flavor and quality. Coffee needs to be brewed at 195 to 205 degrees F. to extract the full flavor¹. Holding coffee between 175 and 190 degrees F. will maintain its fresh brewed flavor over a limited period of time. Lower temperatures for brewing and holding will result in flat, poor tasting product². Commercial coffee brewing equipment is designed to heat water and hold coffee at desirable temperatures. Hot water dispensed from commercial coffee urns will likewise be in the 185 to 200 degrees F. range, the recommended temperature for brewing black teas³. Coffee and other hot beverages should be consumed at 155 to 175 degrees F to be physiologically and psychologically pleasing⁴. This temperature is safe for drinking because the mouth has several protective mechanisms that can reduce the risk of injury from hot liquids (e.g., the very rapid blood flow in the mucosa in the mouth carries away some of the heat; saliva serves to cool hot liquid; lips and tongue are sensitive and help to take in hot liquids only as fast as the mouth can cool it off)⁵.”

¹ Five simple steps to brewing great coffee. Bunn-O-Matic Corporation, Springfield, IL. 1998.

² National Coffee Association. How to brew coffee. www.ncausa.org. Accessed: 3-3-04

³ The Tea Association of the U.S.A.Inc. Recommendations for the preparation of iced and hot tea. The National Restaurant Association. 2000.

⁴ Lingle, Ted. The Coffee Brewing Handbook. Specialty Coffee Association of America, One World Trade Center, Suite 800, Long Beach, CA 90831, 310-983-8090.

⁵ Nachbar J, MD FACS. Why Hot Coffee Doesn't Burn Your Mouth. Wonder Quest with April Holladay, 2000. www.wonderquest.com

To Limit Hot Beverage Risk Factors

Precautions can be implemented to limit the risk of burns from hot beverages.

General Guidelines:

1. Do not leave pots or urns of hot coffee or other hot beverages unattended. Use toggle covers on urns to reduce risk of accidental dispensing.
2. Limit access of residents to locations where hot beverages may be prepared or re-heated such as the employee break room, kitchen and nourishment kitchen.
3. Discourage residents from carrying cups of hot beverages without a lid while they are walking or moving in a wheelchair.
4. Discourage visitors from re-heating hot beverages in the microwave.
5. When serving hot liquids to residents, consider the following:
 - a. Don't overfill drinking cups
 - b. Place beverage away from the edge of the table and near resident's dominant hand
 - c. Explain to resident that a hot liquid is being served
 - d. Place beverage in the resident's field of vision
 - e. Transfer hot beverage from the coffee urn to a serving container which may cause the temperature to drop – coffee served directly from the brewing urn will be hotter
 - f. Beverages cool faster when uncovered
6. Identify residents who may be at greater risk of spilling hot beverages on themselves, which may include but are not limited to:
 - a. Resident with tremors
 - b. Resident with poor hand control from CVA, arthritis, weakness, etc.
 - c. Resident that is not seated and is walking with the hot beverage, even a few feet.
 - d. Resident in a wheelchair that will be traveling with the hot beverage, even a few feet.

For these individuals, the hot beverage may be served in a coffee cup with a lid or a travel mug; be allowed to cool before serving; or have ice added, if resident agrees.

While it is impossible to eliminate the burn risk from hot coffee extra vigilance of our residents at risk is necessary. Prompt medical attention when a resident does spill a hot beverage is essential, any delay in treatment will increase the severity of the burn. Additionally, any coffee burn will be considered a level 3 event requiring a four step action plan.

Additional Resources:

- TL 6501 – Guidelines for Hot Beverages – please review and in-service staff on proper procedures for handling hot beverages.
- TL 6828-04 – Food Temperature Record – check you food temperature records to be sure coffee temperatures are being recorded consistently for every meal.
- TL 6828-03 Internal Food Temperature Matrix – reviews the temperature where coffee is most palatable.
- FRM 06009 Test Tray Worksheet – includes taking the temperature of coffee on a test tray.
- Food Temperature In-service – Principles of Food Temp Control > Knect>Health Services Division> Nutrition Services> Nutrition Services Home> Orientation & Training>In-services
- PRO 64700 – Burns – describes first aid for all burns.

Updated Policies & Procedures

The following dietary related policies & procedures were recently updated. Please review to ensure you are current on Kindred's policies and procedures. As a reminder to search Policies & Procedures go to:

Knect>Health Services Division>Policies & Procedures>Clinical Operations> Search HSD Policies & Procedures

- POL 201-04 Nutrition Services Department Staffing
- POL 601-05 Resident Refusal of Treatment
- POL 608-05 Dining Standards
- PRO 55201 Dishwashing Pot And Pan Sink (essential to review if you have a 2-compartment pot and pan sink)
- PRO 55202 Dishwashing Dish machine
- PRO 55203 Sanitizing Stationary Food Service Equipment & Food Contact Surfaces
- PRO 55204 Monitoring Dishwashing Temperatures and Sanitizer
- TL 5407 Food Production Guide
- PRO 61006 Hydration Risk and or Dehydration
- PRO 62000-19 Telephone/Verbal Orders
- TL 6102 Risk Analysis Guide
- TL 6117 Fluid Need and Fluid Deficit Calculation
- TL 6132 Calculating Meal Intake Guidelines

- PRO 65037 Snacks & Supplements
- TL 6537 Guideline to Determine Dining Supervision & Staffing
- TL 6828-01 Food Temperature Cooling Log
- TL 6828-02 Principles of Safe Food Handling
- TL 6828-03 Internal Food Temperature Matrix
- TL 6829 Food Storage Guide
- PRO 66001 Enteral Feeding - Bolus Method
- PRO 66001-02 Enteral Feeding - Pump Method
- FRM 05507 Nutrition Services Evaluation Sanitation Food Safety Checklist Reference
- FRM 56104-01 Medical Referral for Possible Foodborne Illness
- ERP - 103 Emergency Food Services
- TL 6129 Enhanced Dining
- TL 6130 Fine Dining

Congratulations No F-371

Torrey Pines Care Center

Please note the West Region has seen an increase in F 371 tags. So far this year we have had 13 F-371 tags in 29 surveys (45%). Please be daily quick rounds (FRM 05509) are part of your daily routine. ED's minimally need to complete quick rounds weekly. RD's need to complete a thorough Sanitation Checklist (FRM 05507-01) once a month. Please be honest with your assessments, giving a good score that is not warranted does not help with survey preparedness, and it can result in an unsafe environment for our residents. Additionally review the Smart Manual to be sure you are always survey ready!