

FAN Newsletter

Sodexo's Food and Nutrition Department



Fall 2014

CELEBRITY CHEF SERIES

Sodexo and the MUSC Office of Health Promotion have launched the **Celebrity Chef Series**. Featured thus far have been Chef Lily Lei from Lei Lei's Hot Kitchen and Chef Simon Pizunski from Burtons Grill. This collaboration between local chefs and Sodexo chefs promotes healthy versions of popular restaurant dishes that are modified to meet Sodexo's "Mindful" criteria for calories, fat, sodium and cholesterol. Selected dishes were prepared to order in World Cuisine in the Main Hospital Cafeteria. The Chef from the featured restaurant was available for questions, and samples and recipe cards were provided. Additionally, MUSC employees received a discount at the restaurant during the week of the event. Try the Mindful Twist on Burtons Grill's [Mediterranean Chicken Risoto and Key Lime Sweet Shot](#) at home!



Emily Kearley, Manager
Burtons Grill of Mount
Pleasant



Both Retail Cafeterias are Mindful Silver Certified – only 10 accounts in the country have been certified!

Food Management Magazine has announced Mindful by Sodexo's health and wellness approach winner of a Best Concept Award for the "Best Management Company Concept"



FRESH EXPRESS, SODEXO'S NEW MOBILE FOOD CART, ROLLS OUT

Fresh Xpress, a new mobile food kiosk, has rolled out to feed MUSC, thus expanding the options for quick, healthy and affordable food! Fresh Xpress will be available Monday through Friday and will be parked in different locations throughout the week. To find out where, follow MUSC Food and Nutrition on [Facebook](#) or [Twitter](#) @MUSC_FaN. Fresh Xpress, serves lunch from 11 AM – 1 PM, accepts cash or credit card (no badges) and primarily features Mindful choices including salads, sandwiches, snacks and other delicious grab-and-go items.



92

University Hospital Cafe

RETAIL SATISFACTION SCORES
highest scores ever received for
both facilities and much higher
than the national average

91

Ashley River Tower Cafe



Christine Martin, MS, RD, LD, CNSC completes basic tube feeding placement competency at the MUSC Simulation lab

Genesis of the Tube Team

Providing adequate nutrition is a key component in promoting positive patient outcomes. If a patient is unable to eat, initiating early tube (or enteral) feedings can have a tremendous impact on the patient's recovery response.

"Tube Team" is being formed at MUSC with the goal of promoting early enteral nutrition, reduce nursing time, and reducing cost by minimizing X-ray confirmation of tube placement.

The Tube Team will consist of 6 advanced practice dietitians and cover both the University Hospital and Ashley River Tower. The dietitians will place feeding tubes using the Cortrak device, which is a tube tracking system that allows bedside viewing of the tube placement. The Cortrak system results in more accurate placements of feeding tubes. The dietitians recently completed basic tube placement competencies, in the MUSC Simulation lab, and a Cortrak representative conducted competency training for placing Cortrak tubes. The Tube Team is projected to begin placing small bore feeding tubes beginning January 2015.

RECOGNIZING OUR CLINICIANS

Angela Fish, RD, LD, CNSC, Pediatric Dietitian became certified as a Certified Nutrition Support Clinician

Megan Griffin, MS, RD, LN, CHES, CSP, Pediatric Dietitian became certified as a Certified Specialist in Pediatric Nutrition

Kelli Miller, MSH, RD, LD, CNSC, Pediatric Dietitian obtained her Allergy Specialist Certification

Nina Crowley, PhD, RD, LD, MUSC Bariatric Surgery Team Dietitian, wrote for Sodexo's blog: Expanding Your Reach: Positioning Your Program in a Digital World.

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Nutrition on Facebook and
Twitter!



QUALITY OF LIFE SERVICES



+ 48 pts

7A in Children's (shown) had the most improved **patient satisfaction score** for an increase of 5.9 points and a patient satisfaction score of 93%.

5 East in UH had the most improved **patient satisfaction score** with an increase of 20 points and a patient satisfaction score of 95%.

Senior Care Unit at IOP had the most improved **patient satisfaction score** for the month with an increase of 48 points and patient satisfaction score of **100%**.



Cystic Fibrosis Cycle for Life

The Cystic Fibrosis Cycle for Life bike ride was on October 4. Members of the **MUSC Cystic Fibrosis Program** set up a Halloween themed rest stop along the route and gave out water, Gatorade and snacks. The Aptalis CF Cycle for Life is the Cystic Fibrosis Foundation's premiere cycling event. Each year, thousands of cyclists gather in dozens of cities across the country to take part in this event to raise funds and awareness for cystic fibrosis. This year participants raised nearly \$50,000 to help find a cure for cystic fibrosis. Shown here: Members of MUSC's Cystic Fibrosis Program including **Sara Litwin, RDN**.

Tonya Turner, RDN supported the SCTR fair by presenting "The Science Behind the Fads" at the Urban Farm.

The **SCResearch.org Expo** is a research event that aims to: increase awareness of both general and study-specific research; energize MUSC staff, patients, and the public to partner with research as study participants; and celebrate research study volunteers as partners.



Debbie Petitpain, RDN, provided an in-service to the staff of **Burtens Grill** on the importance of their gluten sensitive menu to customers with gluten sensitivity or celiac disease. The **MUSC Dietetic Interns**, as part of their food service rotation with Sodexo, developed a video aimed at educating those in the restaurant industry on the importance of **gluten-free** procedures.

Watch it here:

www.youtube.com/watch?v=p4oOA2W26uc&app=desk



LOWCOUNTRY FOOD DAY CRAWL

Sodexo partnered with over a dozen local food advocates to promote National Food Day and the first every Lowcountry Food Day Crawl. Events were scheduled throughout the Charleston community over several days where attendees were encouraged to reconnect with real food, their local farmers and distributors and community members. At the MUSC Urban Farm, there was a cooking demonstration as part of the “Peanut Party” as well as other fun family events.



REFRESHED PATIENT MENU

Introducing 14 new food items on the patients’ restaurant style menu including chicken parmesan, crispy baked tilapia and tuna melt. Additionally, all feature (non-selected) menus have been re-evaluated for menu appeal, nutrient content, and variety and all common EPIC food allergy diets have been programmed into the At Your Request system.

MISSION & VISION STATEMENTS DIETETIC SERVICES

Dietetic Services Mission

The Dietetic Services Department commits itself to enhancing the quality of life throughout the life cycle, promoting and restoring health through the provision of quality food and nutritional care services in an environment that ensures dignity and respect for each person. The Dietetic Services Department has an ongoing obligation to constant quality improvement in the care and service it provides.

Dietetic Services Vision

The Dietetic Services Department’s vision is to help MUSC thrive, by aligning the services we provide through the needs of MUSC, the patients and employees who care for them. The Dietetic Services Department’s role in “Changing What’s Possible” will be through the utilization of the most advanced tools and technology in the industry, a heightened consumer health awareness, and an engaged and diverse workforce.



Great Southeast Shake-out
Clinical Nutrition Managers
Mary Basel and Chris
Bannister and Clinical Dietitian
Emily Chapman participated in
the Great Shake-out during the
QMR Feeding Tube meeting.