

DEPARTMENT OF CLINICAL NUTRITION

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Summary for optimal Clinical Nutrition Care :

- ✚ Early nutrition intervention is essential for positive patient outcomes.
- ✚ All patients at high risk for malnutrition need to be assessed by a Registered Dietitian.
- ✚ This is done by writing a nutrition consult in CIS. MD's, PA's and RN's can order nutrition consults in CIS.
- ✚ The Dietitian responds to consults in CIS within 24 hours.
- ✚ The Dietitian is involved in Interdisciplinary Team Rounds and carries a beeper.
- ✚ Only MD's & PA's write diet orders in CIS for regular and modified diets, oral supplementations, enteral feedings and parenteral nutrition.
- ✚ Upon admission, MD/PA orders a diet via CIS, which is then transmitted to the Diet Office where it is entered into Food Services' computer system.
- ✚ A Diet Manual is located on each unit for easy reference.

Registered Dietitians	Food Service Advocates
Contact by CIS consults, IDT rounds	On the floors or call
Clinical Assessments & diet education	Food preferences

CLINICAL NUTRITION

Nutrition Consults:

- For all patients having or at risk for nutritional problems, e.g. patients on enteral/parenteral nutrition, significant weight loss PTA, wound healing/pressure sores, malabsorption/digestive problems, prolonged poor intake, dysphagia, uncontrolled or new onset diabetes, complicated diet orders, ESRD, hypoalbuminemia, hydration issues, prolonged diarrhea/vomiting, or NPO > 3 days not related to a test.
- Order via CIS.
- Give reason for consult (e.g. diet education; poor intake; dysphagia; determine best TF)
- Order upon admission or when change of status occurs, e.g. from PO to TF, weaning off TF, prior to TPN, s/p stroke with dysphagia, new pressure ulcer.
- Read Comprehensive Assessment by Registered Dietitian (yellow strip–adults; blue–pediatric) in the progress notes.

Diet Orders

- Diet orders must be written by the MD/PA only. Selection of diet orders from CIS.
- New admissions need a diet order upon admission.
- **No diet order, No tray, No exceptions.**
- NPO/Liquid diets are active for 3 days; all other diet orders are active for 14 days. Once inactive, orders must be renewed before a tray will be sent.
- “Custom Diet” orders MUST have something checked off or there is no order.
- “Miscellaneous Nutrition Order” allows space to order diets, supplements or enteral feedings that are non–formulary.
- NPO is a diet order. If ordered for a test, you must write a diet order after its completion. Recommend ordering “Hold Breakfast” or “Hold Lunch” for tests instead, which automatically sends the next meal.

One of patients greatest frustrations is waiting for a diet order to allow a tray to be sent after admission or a test. Be considerate. Only you can remedy this.

- Unacceptable Diet Orders:
 - ✦ “Resume Diet” and “Advance as Tolerated” are not diet orders.
 - ✦ “Advance to goal rate of ...” is not recognized. Each TF change must have a new order.
 - ✦ “Fluid Restriction TID” is not an order.

Diet Orders

- Orders must be specific: noting #kcal's if desired, # grams Na or K, and ml's for fluid restrictions (place in "Custom Diet").
- PO Supplements must be ordered by MD/PA. Specify the type of formula and frequency, and if non-formulary the amount. e.g. Nutren 1.0 kcal/cc Isotonic TID. **DO NOT** order by number of cans/day. Our formulary is Nestle's.
- NCS diet does not provide snacks unless ordered.
Calorie level or "ADA" diets provide automatic HS snack.
Gestational diets provide 3 snacks daily.

Enteral Feedings

- Orders should include product name, strength, rate or amount and frequency and method of delivery (bolus vs. continuous).
- Indicate in CIS if PO feeding is also permitted or not.
- We do not encourage dilution of formulas. Instead of half-strength, choose a lower rate of infusion and supplement with water.
- Every change in tube feeding (increase or decrease rate) **MUST** have a new order.
- Order a nutrition consult.
- Diabetics on enteral nutrition should be given ProBalance initially; Glytrol is for hard to control DM or those who have been well controlled on it PTA.
- ❖ 24 hour supply of enteral feeds and supplements are sent on the Breakfast truck.
- ❖ Changes in Enteral Feedings will not take place until the next Breakfast unless someone picks it up from the Diet Office.

Parenteral Feedings

- Order a nutrition consult if not already ordered.
- In Order Pad section of CIS, TPN orders are found in "Meds by Category". Choose Adult or Pediatrics or Neonate. Be sure to complete all sections: i.e. "rate" and "over time".
- Pharmacy must receive orders by 1pm for same day delivery.
- It is very important to monitor blood sugar (by FS) 24 hours after start of PN.