Check for existing requirements for:
- assistance with feeding
- ONS
- Aids for eating & drinking

Identification of food, nutrition and hydration needs on admission to acute hospitals

Assess for Refeeding Syndrome risk in patients identified at risk of malnutrition

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Check for existing dietary needs, TD or TMD or religious diet

Nutrition Screening

*Automatic referral to dietitian required (see list of specified dietary conditions)

Order appropriate diet i.e. halal

Nutritionally well (Not at risk)

Nutritionally at risk (of malnutrition)

Order appropriate diet i.e. R, ED, TD, TMD

Re-screen after one week

R or HE menu (3 meals and 2 snacks)

Refer to dietitian Consider referral to SLT or OT if required

NCP - Nutrition assessment and nutrition care plan

Refer to dietitian as required

Re-screen after one week

Order appropriate diet. i.e. R, RHE, ED, TMD

Refer to dietitian as required

Monitor food and fluid intake

Provide assistance and encouragement with eating

Consider use of ONS as per local policy

Re-weigh weekly

NCP - Nutrition assessment and nutrition care plan

SCREEN

ORDER DIET

REFER

MONITOR

NUTRITION CARE PROCESS (NCP) BY DIETITIAN

Hospital Menus Available:
Regular menu (R): 2,100-2,400 kcals, 90g protein, Regular High Energy (RHE) 2,800 kcals
Energy Dense (ED): 2,100 kcals, 90g protein, energy dense, smaller portions, fortified
Healthy Eating (HE): Suitable for diabetics, cardioprotective and nutritionally well with good appetite
Therapeutic Diets (TD): including renal, gluten free, low fibre, no added salt
Texture modified diets (TMD) including soft and bite-sized, minced & moist, pureed & liquidised
Cultural, ethnic or religious diets

ONS: oral nutritional supplement. SLT: speech & language therapist. OT: occupational therapist.

* see Part A appendix 2 in Policy.