

Nutrition therapy recommendations

for patients at discharge



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Patient name

Date of birth

Patient weight (kg)

Date

Dear patient,

during your hospital stay you were assessed as being nutritionally at risk and you received a personalized nutrition therapy according to your nutritional needs. After your hospital stay you may need further nutritional support. Herewith, you receive your individual plan how to proceed with your nutrition therapy at home.

Nutrition therapy

Your plan during hospital stay:



☐ Dietary modifications
(e.g. high energy / high protein meals)

☐ Oral nutritional supplements
(e.g. Product name, ml / units per day)

☐ Tube feeding
(e.g. Product name, ml/units per day,
flow rate (ml / hour), duration per hour)

Your plan after hospital discharge:



Nutrition therapy
Continue plan as above
after discharge:

☐ Yes ☐ No

☐ Yes, with changes:

Monitoring your progress

You can monitor your progress by checking your weight once a week. The best time for weighing is in the morning, unclothed, after using the toilet - ideally on the same scales every time. Copy the weight into the weight development graph and connect the crosses to get an overview of your weight trend. Please find the graph at the back of this page.

In addition, you can track your well-being (emotion icons) and write down special events (e.g. side effects, appetite and your ability to complete your every day tasks, i.e. washing, shopping), activities and relevant notes.

If you continue to lose weight, notice any worsening of your appetite or are less able to complete your tasks, please seek advice from your doctor, dietitian or nurse.

Please bring the sheet with you to each visit of your health care team.

A vertical number line representing weight changes. The line is marked from +10 kg to -6 kg in increments of 1 kg. A box labeled "Initial weight" is placed at the 0 kg mark. The area below the 0 kg mark is shaded orange.



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caring for life

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