

# Food and fluid protocol







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Hospital

## Assessment and monitoring of the intake of food and fluid



Step 1			<b>ening</b> rs of admission	
		High Risk	Low Risk	
Step 2	<b>†</b>	Moderate Risk  Assessment	It is important to select a screening tool that is practical, easy to use, and has been validated in the patient population of interest!	
Ston 2	Å	Causes of malnutrition     Evaluation of relevant parameters     Assessment of the nutritional intake		
Step 3	A	Nutrition therapy		
	<b>^</b>	<ul> <li>Define the nutritional goals and the individual nutritional requirements</li> <li>Define the route(s) of nutrition</li> <li>Define nutritional support and implement the nutritional therapy plan</li> </ul>		
Step 4	W	Monitoring /	Follow-up	
		<ul> <li>Documentation and monitoring of the effectiveness of the nutrition therapy</li> <li>Adaptation of the nutrition therapy plan if necessary</li> </ul>	<b>Re-Screening</b> weekly	

### How to complete a Food & Fluid protocol? Example: Assessment of energy (protein) intake (purchase of 2000 kgs)



Example: Assessment of energy (protein) intake (purchase of 2000 kcal)

Breakfast (kcal)	Lunch (kcal)	Dinner (kcal)	Intake versus requirement	Supplementation	Energy Gap	Examples of appropr	riate supplementation
<b>X X X</b> 620	<b>X X X X X</b>	<b>X X X</b> 620	100 % of requirements	No supplementation necessary	0%	-	
<b>X X X</b> 620	<b>X X</b> 570	<b>X X</b> 465	75 – 100 % of requirements	Energy and protein rich food and consider oral nutritional supplements	<b>C</b> <25%	100 – 400 kcal	Energy/protein rich food and/or 1x Oral nutritional supplement (•200 ml à 2 kcal/ml = 400 kcal)
<b>X X</b> 465	<b>X X</b> 570	<b>X X</b> 465	50 – 75 % of requirements	Oral nutritional supplements	25%	500 kcal	2 x Oral nutritional supplements (• 200 ml à 1.0 kcal/ml + 200 ml à 1.5 kcal/ml = 500 kcal)
<b>X X</b> 310	<b>X X</b> 380	<b>X X</b> 310	25 – 50 % of requirements	If possible: oral nutritional supplements, if not: supplementary or complete tube feeding. Consider parenteral nutrition if enteral nutrition is inadequate or impossible.	50%	1000 kcal	3 x Oral nutritional supplements and/or tube feeding (▶ 1000 ml (▶ 400 ml à 2.0 kcal/ml
<b>X</b> 155	190	155	< 25 % of requirements	For < 21–28 days: nasogastric tube feeding, for > 21–28 days: tube feeding via PEG. Consider parenteral nutrition if enteral nutrition is inadequate or impossible.	>75%	1500 kcal	Tube feeding (* 1000 ml à 1.5 kcal/ml = 1500 kcal)

Source: Dutch Malnutrition Steering Group (2011): Guideline Screening and Treatment of Malnutrition. www.fightmalnutrition.eu.

Patient name			by
Date of admission	Energy requirements in kcal/d	Protein requirements in g/d	_



Step 2/4

#### Food protocol - daily fluid intake

Assessment (3 days) and regular monitoring of energy and protein intake

	As	ssessme	ent						
	3 days review of food intake			1	2	3	4	5	6
Date									
Breakfast kcal*					$\bigoplus$	$\bigoplus$	$\bigoplus$		
Signature									
Lunch kcal*									
Signature									
Dinner kcal*									
Signature									
Snack 1+2 kcal*	$\oplus \oplus$	$\oplus \oplus$	$\oplus \oplus$	$\oplus \oplus$	$\oplus \oplus$	$\oplus \oplus$	$\oplus \oplus$	$\oplus \oplus$	$\bigoplus$
Signature									
Snack 3+4 kcal*	$\oplus \oplus$	$\oplus \oplus$	$\oplus \oplus$	$\oplus \oplus$	$\oplus \oplus$	$\oplus \oplus$	$\oplus \oplus$	$\oplus \oplus$	$\oplus \oplus$
Signature									
Estimation of provided energy via food per day kcal*	$\oplus$	$\oplus$	$\oplus$	$\oplus$	$\oplus$	$\oplus$	$\oplus$	$\oplus$	
Energy intakevia food (kcal)									
Protein intakevia food (g)**									
ONS intake(No. of bottles, kcal)									
Tube feed intake(No. of bags, kcal)									
Parenteral nutrition intake (kcal)									
Total energy intake (kcal)									
Parenteral nutrition, amino acids intake (g)									
Total protein intake (g)**									
Signature									

<sup>\*</sup>average energy content of provided menues during hospital stay (Breakfast, lunch, dinner and snacks)
\*\* estimation of daily protein intake (high = H, medium = M, low = L); to be surveyed if possible.

Step 3	Nutrition therapy
	Calculate the average one

Calculate the average energy and protein intake in % and determine nutrition therapy

	Calculate the average energy and protein intake in 70 and determine nutrition therapy
Notes:	



#### Step 2/4 Food protocol - daily fluid intake

	_	 						
	Date							
	Morning ml							
	ml							
Cup	ml							
Cup	ml							
.1	Afternoon ml							
	ml							
200 mi	ml							
	ml							
Glass/ bowl	Evening ml							
	ml							
Fluid ii	ntake via ONS (ml)							
	ontent of food 8 ml/kcal) (ml)							
Water content of ONS + and/or tube feed* (ml)								
Water content of parenteral/ + infusion solution* (ml)								
= Total flui	d intake (ml)							

<sup>\*</sup> please find the water content on the product label

#### Fluid substitution = Fluid requirement - total fluid intake

Fluid substitution (ml)							
Signature							

Notes:			