

While it is not always easy for patients to prioritize nutrition during their hospital stay, health care professionals can help by making sure patients consume adequate nutrients to support healing and recovery.



More than 50% of patients do not consume the full meal provided to them.<sup>1</sup>



It's important to always document patients' intake before removing their meal tray.

### Tips to make feeding patients easy and effective:

- Create a focused mealtime** and supportive mealtime environment.
- Provide easy access** by placing meal trays close to the bed and completing any necessary nutrition preparation.
- Take notice** of patient meal consumption.
- Stay alert** to missed meals.
- Monitor intake** of snacks and/or oral nutritional supplements between meals.
- Ensure** that patients receive all tube-fed or parenteral nutrition when necessary.
- Avoid** disconnecting tube-fed or parenteral nutrition for patient repositioning, ambulation, travel, or procedures.
- Remain mindful** of 'holds' on PO diets or tube-fed nutrition, relative to procedures.
- Consider** managing symptoms of GI distress while continuing to administer PO diet or tube-fed nutrition.



Be persistent in making sure your patients are receiving the proper nutrition care. Work with your care team to incorporate nutrition intervention into your existing system pathway.

<sup>1</sup> Hiesmayr M, Schindler K, Pernicka E, et al. *Clin Nutr.* 2009;28:484-491.