Nutrition Care Recommendations:
Dietitian

You, the dietitian, are often your health care team’s first resource for nutrition. You can use these **six key principles** as your guide for incorporating nutrition into your patient’s care plan.

### Principles to Transform Hospital Environment

**Create an Institutional Culture Where All Stakeholders Value Nutrition**
- Serve as primary authority on ‘all things nutrition’
- Educate key hospital stakeholders on improved patient outcomes and reduced costs achieved with optimal nutrition care
- Host hospital-wide learning opportunities at regular intervals

**Redefine Clinicians’ Role to Include Nutrition Care**
- Actively contribute nutrition expertise and engage other team members with assessment data on progress made with nutrition care efforts
- Regularly participate in interdisciplinary rounds

**Communicate Nutrition Care Plans**
- If present, ensure mild, moderate, or severe malnutrition is included as complicating condition in coding processes
- Assume responsibility for ensuring that a patient’s nutrition care plan is carefully documented in the EHR, regularly updated, and effectively communicated to all healthcare providers, including post-acute facilities and primary care physicians
- Lead an interdisciplinary team to create and maintain standardized policies, procedures, and EHR-automated triggers relevant to nutrition, including order sets and protocols in the hospital's EHR

### Principles to Guide Clinician Action

**Recognize and Diagnose All Malnourished Patients and Those At Risk**
- Use standard malnutrition characteristics set forth by AND and A.S.P.E.N. guidelines
- Establish competence in nutrition-focused physical assessment

**Rapidly Implement Comprehensive Nutrition Intervention and Continued Monitoring**
- Establish procedures to support policy that patients identified as at-risk during nutrition screen receive automated nutrition intervention within 24 hours while awaiting assessment, diagnosis, and care plan
- Lead an interdisciplinary team to establish nutrition algorithms for use in various scenarios when positive screens or diagnostic assessments are obtained
- Provide EN formulary and micronutrient therapy options in written form as a pocket-size document; make readily available to all staff to ensure fast intervention
- Work with interdisciplinary team to establish policies and interdisciplinary practices to maximize nutrient consumption and monitoring needs

**Develop a Comprehensive Discharge Nutrition Care and Education Plan**
- Provide patients, family members, and caregivers with nutrition education and a comprehensive post-hospitalization nutrition care plan
- Ensure patient and caregiver understand the importance of follow-up nutrition assessment and education
- Provide specific information for nutrition follow-up appointments to patient and caregiver

Visit [malnutrition.com](http://malnutrition.com) for more tools, insights, and information on improving patient outcomes with nutrition.