

You, the physician, manage your patients' overall plan of care. You can use these **six key principles** to guide you in working with your care team to improve your patients' nutritional status.

Principles to Transform Hospital Environment

Create an Institutional Culture Where All Stakeholders Value Nutrition

- Provide leadership underscoring nutrition care as an essential part of patient-centered care
- Know evidence regarding impact of malnutrition and effectiveness of nutrition intervention
- Include dietitian in daily team huddles/rounds
- Incorporate nutrition into routine care checklists and processes

Redefine Clinicians' Role to Include Nutrition Care

- Empower dietitian to cooperatively lead nutrition care as clinical team member
- Support nurse work processes to include nutrition screening and intervention

Communicate Nutrition Care Plans

- Establish and reinforce expectation that a patient's nutrition care plan is carefully documented in the EHR, regularly updated, and effectively communicated to all healthcare providers
- If present, ensure mild, moderate, or severe malnutrition is included as complicating condition in coding processes

Principles to Guide Clinician Action

Recognize and Diagnose All Malnourished Patients and Those At Risk

- Consider nutrition status as an essential attribute of medical assessment, monitoring and care plans

Rapidly Implement Comprehensive Nutrition Intervention and Continued Monitoring

- Support policy that provides automated nutrition intervention within 24 hours in patients identified as 'at-risk' during nutrition screen, while awaiting nutrition assessment, diagnosis, and care plan
- Minimize NPO periods for your patient with scheduling of procedures/tests and remain mindful of "holds" on PO diets

Develop a Comprehensive Discharge Nutrition Care and Education Plan

- Include nutrition as a component of all clinician conversations with patients and their family members/caregivers
- Reinforce the importance of nutrition care and follow-up post-discharge to patient caregiver

Visit malnutrition.com for more tools, insights, and information on improving patient outcomes with nutrition.

Abbreviations: AND, Academy of Nutrition and Dietetics; A.S.P.E.N., American Society for Parenteral and Enteral Nutrition; EHR, electronic health record; EN, enteral nutrition; NPO, nil per os; ONS, oral nutrition supplement; PN, parenteral nutrition; PO, per oral.