

Food and fluid protocol



Assessment and monitoring of the intake of food and fluid

Step 1



Screening

should take place within 24 hours of admission

Malnutrition - High Risk

Increased Risk of Malnutrition

Normal condition - No Risk

Step 2



Assessment

- Causes of malnutrition
- Assessment of the nutritional intake, e.g. by Food and fluid protocol

Step 3



Nutrition therapy

- Define the nutritional goals
- Define the individual nutritional requirements
- Define the route(s) of nutrition
- Define nutritional support and implement the nutritional therapy plan

Therapy of the causes of malnutrition

Step 4



Monitoring / Follow-up

- Documentation and control of the effectiveness of the nutrition therapy e.g. by Food and fluid protocol
- Adaptation of the nutrition therapy plan if necessary

Re-screening

every 1-3 months
(at no risk)

once per month
(at increased risk)

How to complete a Food and fluid protocol?



Example: Assessment of the energy intake of a resident with a daily energy requirement of 2000 kcal

Breakfast (kcal)	Lunch (kcal)	Dinner (kcal)	Intake versus requirement	Supplementation	Energy gap	Examples of appropriate supplementation
620	760	620	100 % of requirements	No supplementation necessary	0 %	-
620	570	465	75-100 % of requirements	Energy and protein rich food and consider oral nutritional supplements (ONS)	< 25 %	100-400 kcal Energy/protein rich food and/or 1 x Oral nutritional supplement (► 200 ml à 2 kcal/ml = 400 kcal)
465	570	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)
310	380	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 (► 2 x 200 ml à 2.0 kcal/ml + 200 ml à 1.0 kcal/ml = 1000 kcal) or Tube feeding (► 1000 ml à 1.0 kcal/ml = 1000 kcal)
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)

Name of resident

Energy requirements
in kcal/d

Energy requirements
in g/d

Step 2/4

Food protocol

☐ **Assessment** (3 days) ☐ **Monitoring** (at least once a week) **Legend:** Normal diet 0 ⊕ 1/4 ⊕ 1/2 ⊕ 3/4 ⊕ 1/1 ⊕

Date	kcal	g protein	Normal diet	Description/type	INI	Supplementation: type and quantity (ONS/tube feeding, parenteral)	INI
Breakfast			⊕				
Snack			⊕				
Lunch			⊕				
Snack			⊕				
Dinner			⊕				
Snack			⊕				
Total energy intake via food	kcal	g	INI				

Date	kcal	g protein	Normal diet	Description/type	INI	Supplementation: type and quantity (ONS/tube feeding, parenteral)	INI
Breakfast			⊕				
Snack			⊕				
Lunch			⊕				
Snack			⊕				
Dinner			⊕				
Snack			⊕				
Total energy intake via food	kcal	g	INI				

Date	kcal	g protein	Normal diet	Description/type	INI	Supplementation: type and quantity (ONS/tube feeding, parenteral)	INI
Breakfast			⊕				
Snack			⊕				
Lunch			⊕				
Snack			⊕				
Dinner			⊕				
Snack			⊕				
Total energy intake via food	kcal	g	INI				

Fluid requirements in ml/d

Step 2/4 **Fluid protocol - daily fluid intake**

		☐ Assessment (3 days review of fluid intake)	☐ Monitoring (daily)							
			1	2	3	4	5	6	7	8
Date										
 Cup	ml									
	ml									
	ml									
	ml									
 Glass/ bowl	ml									
	ml									
	ml									
	ml									
	ml									
Fluid intake via ONS (ml)										
+	Water content of food (0.33 ml/kcal) (ml)									
+	Water content of ONS and/or tube feed* (ml)									
+	Water content of parenteral/infusion solution* (ml)									
=	Total fluid intake (ml)									

* please find the water content on the product label

Fluid substitution = Fluid requirement - total fluid intake

Fluid substitution (ml)											
Initials											

Comments _____

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