Monitoring

Monitoring is an integral part of the nutritional management process to document and control the effectiveness of the nutrition therapy of the resident. The nutritional therapy and status of the resident should be monitored by defined measurements and observations, such as recording of dietary intake, body weight and function and, where appropriate, laboratory parameters (e.g. blood parameters). This may lead to adaptations of the nutrition therapy plan during the natural history of the resident's condition.

- Documentation and control of the effectiveness of nutrition therapy
- Adaptation of the nutrition therapy plan if necessary

Step 4

! **Don't forget to check also the daily fluid intake**

Monitoring/Follow-up

Monitoring and follow-up of food intake should take place at least once a week to guarantee an effective nutrition therapy. The documentation of weight development can help to give an additional orientation about the development of the nutritional status of the resident.

Energy requirements: 2100 kcal/d   **Protein requirements:** 84 g/d

You can find tools to calculate requirements on page 24 - 25

The energy and protein requirements can be found on the nutrition therapy sheet.

Monitoring – food intake (to be completed by nutrition expert)

		Assessment			Monitoring		
		3 days review			1	2	3
	Date	28.09.15	29.09.15	30.09.15	07.10.15		
Energy	Energy intake via normal diet, kcal	1400	1400	1300	1500		
	Energy intake via ONS, kcal	300	600	600	600		
	Energy intake via tube, kcal	-	-	-	-		
	Energy intake parenteral nutrition, kcal	-	-	-	-		
	Total energy intake, kcal	1700	2000	1900	2100		
	% of requirements (Intake/requirement x 100)	81%	95%	90%	100%		
Protein	Protein intake via normal diet, g	60	60	55	60		
	Protein intake via ONS, g	12	24	24	24		
	Protein intake via tube, g	-	-	-	-		
	Protein intake parenteral nutrition, g	-	-	-	-		
	Total protein intake, g	72	84	79	84		
	% of requirements (Intake/requirement x 100)	60%	100%	94%	100%		
	Nutrition therapy: yes/no	1600 kcal ONS	1600 kcal ONS	1600 kcal ONS	1600 kcal ONS		
	Initials	Fa	Ma	Ma	Le		

Monitoring - weight development

Week:	1	2	3	4	5
Date	24.09.15	27.09.15	30.09.15		
Weight (kg)	63.0	62.5	63.5		
Weight gain/weight loss (kg)	0	– 0.5	+ 1.0		

Week:	1	2	3	4	5
Initials	Fa	Ma	Ma		